


Taco Time Breakfast Nutritional Statement

																	
	Weight	Calories	Cals From Fat (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (DV %)	Vitamin C (DV %)	Calcium (DV %)	Iron (DV %)	
Breakfast Burritos																	
Egg and Cheese	5.75 oz	370	140	16	7	0	195	580	40	7	1	16	10	2	20	25	
Egg and Taters	7.00 oz	430	170	19	8	0	195	760	48	8	1	17	10	8	20	25	
Egg and Bacon	7.50 oz	510	220	24	9	0	220	1110	49	8	1	25	10	10	20	30	
Egg and Sausage	8.00 oz	520	250	27	11	0	215	1010	49	8	1	21	10	8	20	30	
Egg and Chicken	8.25 oz	470	170	19	8	0	215	900	49	8	1	26	10	10	20	30	
Country	10.00 oz	700	380	42	16	0	410	1320	51	8	2	29	20	10	30	35	
Ultimate	11.00 oz	860	520	58	17	0	425	1620	52	8	3	35	20	10	25	35	
Omelets																	
Cheese	8.00 oz	490	330	36	18	0	795	590	6	0	0	35	30	6	50	20	
Bacon and Cheese	9.50 oz	520	330	37	17	0	805	850	8	1	1	40	30	6	40	20	
Sausage and Cheese	10.00 oz	530	360	40	18	0	795	760	9	1	0	36	30	6	40	20	
Chicken and Cheese	10.25 oz	480	290	32	15	0	800	640	8	1	0	41	30	6	40	20	
Country	13.25 oz	720	490	54	21	0	815	1260	20	2	1	40	30	10	40	25	
Nacho	15.50 oz	740	430	48	23	0	840	2570	26	5	5	50	50	20	70	35	
Sides and Platters																	
Biscuits and Gravy - Small	5.50 oz	410	210	23	5	0	20	1130	43	2	3	9	0	0	4	15	
Biscuits and Gravy - Large	11.00 oz	830	420	47	9	0	35	2270	85	3	7	17	0	0	8	35	
Taters and Gravy - Small	7.50 oz	360	200	23	6	0	20	960	34	4	1	7	0	25	0	8	
Taters and Gravy - Large	12.75 oz	610	350	39	10	0	35	1600	54	6	2	12	0	35	2	15	
French Toast Sticks with Syrup - Small	5.50 oz	460	110	12	3	0	0	410	81	1	46	5	0	0	10	15	
French Toast Sticks with Syrup - Large	11.00 oz	910	220	24	6	0	0	810	163	2	91	10	0	0	20	30	
Breakfast Platter	13.50 oz	810	550	61	19	0	430	1930	38	4	3	29	15	30	6	25	
Jr. Breakfast Platter	8.00 oz	470	310	35	11	0	275	1100	24	2	2	17	10	20	4	15	
Lil Hombre Plate	5.75 oz	430	140	15	5	0	240	330	62	1	42	10	10	4	10	15	
<p>The Nutritional Information Taco Time has provided is based on standard product formulations. Product variations may occur based on regional differences, ingredient substitutions, seasonal conditions, differences in product production at the store, and suppliers. Some items listed may not be available in all stores. This list may not include test products, limited time offers, and regional menu variations.</p>																	