



## Taco Time Nutritional Statement

	Weight	Calories	Calcs 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 %)
<b>Burritos</b>																
Big Juan, Chicken	12.25 oz	580	140	16	8	0	70	2550	70	11	4	34	20	15	30	35
Big Juan, Ground Beef	12.25 oz	630	210	23	10	0	65	2710	73	13	4	30	20	10	35	40
Casita, Chicken	11.25 oz	490	150	17	10	0	85	2350	42	5	4	34	25	10	35	20
Casita, Ground Beef	11.25 oz	540	210	24	12	0	80	2570	46	6	5	29	25	15	35	30
Beef, Bean & Cheese	8.75 oz	490	150	17	7	0	45	2310	55	11	2	26	15	6	30	40
Chicken & Black Bean	10.25 oz	490	140	16	6	0	60	1270	54	9	3	30	10	10	20	30
Chicken B.L.T.	9.75 oz	690	350	39	10	0	90	1600	43	8	4	39	8	10	25	25
Crispy Chicken Ranchero	12.0 oz	600	280	31	7	0	60	1250	51	7	3	29	6	20	25	20
Crisp Chicken	4.5-4.75 oz	380	150	17	6	0	55	540	33	2	0	22	6	2	6	10
Crisp Ground Beef	4.5-4.75 oz	430	190	21	6	0	45	830	36	4	1	22	4	2	15	20
Crisp Pinto Bean	4.5-4.75 oz	360	120	14	3.5	0	10	1910	47	5	0	13	15	4	20	20
Soft Ground Beef	6.75 oz	430	140	16	7	0	45	1090	43	8	2	23	6	4	20	30
Soft Pinto Bean	6.75 oz	370	90	10	4.5	0	15	2100	54	10	1	14	15	4	25	30
Soft Veggie	10.0 oz	520	150	17	7	0	25	2530	73	12	3	19	20	10	30	35
<b>Tacos</b>																
Crisp Ground Beef	3.75-4 oz	260	150	17	5	0	35	460	12	2	1	14	6	4	15	8
Crisp, Ground Beef with Sour Cream	4.25-4.75 oz	290	170	19	7	0	45	470	12	2	2	14	6	4	15	8
Soft, Chicken	7.0 oz	360	80	9	4.5	0	50	860	40	7	1	28	6	6	20	20
Soft, Ground Beef	7.0 oz	420	140	16	7	0	45	1020	43	9	2	23	6	6	20	30
Soft, Junior	5.3 oz	310	120	13	6	0	40	800	28	6	2	18	6	4	20	20
Super Soft, Chicken	10.5 oz	530	140	16	8	0	70	2180	59	6	2	34	15	8	30	25
Super Soft, Chicken - Wheat Tortilla	10.5 oz	530	140	16	8	0	70	2160	60	10	2	34	15	8	30	30
Super Soft, Ground Beef	10.5 oz	590	210	23	10	0.0	65	2410	62	8	3	30	20	8	30	30
Super Soft, Ground Beef - Wheat Tortilla	10.5 oz	590	200	23	10	0.0	65	2380	63	12	3	29	20	8	30	35
<b>Salads</b>																
Taco, Regular - Chicken	9.5 oz	310	120	13	4	0	50	680	22	2	3	25	8	10	15	8
Taco, Regular - Ground Beef	9.0 oz	370	180	20	6	0	45	810	24	4	3	20	8	10	15	15
Tostada Delight, Chicken	9.0 oz	450	170	19	7	0	70	2050	35	4	2	30	20	8	25	20
Tostada Delight, Ground Beef	9.0 oz	490	230	26	10	0	65	1970	36	6	3	24	20	10	25	20
<b>Other Favorites</b>																
Cheddar Melt	2.8 oz	250	110	12	7	0	30	470	25	4	0	11	6	0	25	10
Chimichanga, Chicken	12.5 oz	610	180	20	11	0	85	2620	63	10	4	37	25	10	40	35
Chimichanga, Ground Beef	12.5 oz	650	240	27	13	0	80	2520	63	11	5	31	25	15	40	40
Enchilada, Chicken	7.0 oz	230	50	5	3	0	50	610	17	1	3	23	8	10	15	8
Enchilada, Ground Beef	7.0 oz	290	110	12	5	0	45	830	21	3	4	18	10	10	15	15
Nachos, Grande	16.5 oz	930	390	43	21	0	90	3580	96	10	9	37	45	25	130	20
Street Tacos, Pork	6.5 oz	270	80	9	2	0	40	330	29	4	2	21	6	10	6	8
Taco Burger	7.5 oz	460	230	26	8	0	50	1180	31	3	7	21	10	8	20	20
Tostada, Bean	4.0 oz	230	110	13	4	0	15	1320	21	3	1	8	10	6	20	8
Tostada, Chicken	6.5 oz	320	110	13	4	0	50	1600	22	3	1	26	10	6	20	10
Tostada, Ground Beef	6.5 oz	380	180	20	6	0	45	1830	25	5	2	21	15	8	20	20
<b>Fries and Sides</b>																
Chips, Taco	2.0 oz	150	30	3.5	0	0	0	5	27	1	0	3	0	0	4	2
Fries, Cheddar - Large	9.5 oz	700	440	49	16	0	45	1580	52	5	1	16	10	40	30	10
Fries, Cheddar - Medium	7.0 oz	500	310	35	11	0	30	1170	39	4	1	11	6	30	20	8
Fries, Cheddar - Small	4.75 oz	350	220	25	8	0	25	810	26	3	1	8	4	20	15	6
Fries, Mexi, Large	8.0 oz	530	320	36	6	0	0	1300	51	5	1	5	0	40	0	10
Fries, Mexi - Medium	6.0 oz	390	230	26	4.5	0	0	990	38	4	1	4	0	30	0	8
Fries, Mexi - Small	4.0 oz	270	160	18	3	0	0	670	26	3	1	3	0	20	0	6
Fries, Stuffed - Large (16 ea)	9.0 oz	640	360	40	11	0	30	1380	57	6	6	14	10	0	30	6
Fries, Stuffed - Medium (12 ea)	7.0 oz	460	250	28	8	0	20	1020	42	4	4	11	8	0	20	4
Fries, Stuffed - Small (8 ea)	5.0 oz	320	180	20	6	0	15	700	29	3	3	7	6	0	15	2
Mexi-Rice	3.5 oz	80	5	0.5	0	0	0	350	17	0	1	2	2	2	2	6
Refritos with chips	6.0 oz	230	60	7	3.5	0	15	2620	29	5	2	11	20	6	25	20
Refritos without chips	6.5 oz	210	60	6	3.5	0	15	2620	26	5	2	11	20	6	25	20

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<b>Desserts</b>																
Churro, plain	1.6 oz	210	140	16	5	0	20	160	17	0	4	2	0	0	0	0
Churro with cinnamon & sugar	2.0 oz	250	140	16	5	0	20	160	27	0	14	2	0	0	0	0
Crustos	3.5 oz	290	50	6	1	0	0	270	58	3	19	6	0	0	4	10
Empanada, Apple	4.0 oz	230	60	7	1	0	0	200	40	2	10	4	0	0	2	8
Empanada, Bavarian Crème	4.0 oz	240	80	9	2	0	5	210	36	1	4	6	2	0	8	8
Empanada, Cherry	4.0 oz	240	60	7	1	0	0	190	41	2	4	4	2	2	2	8
Empanada, Pumpkin	4.0 oz	260	70	8	1.5	0	25	200	42	2	16	6	60	0	6	10
<b>Individual Items</b>																
Fajita Chicken Strips	2.5 oz	90	0	0	0	0	35	280	1	0	0	18	0	2	2	2
Crispy Chicken Strips	2.5 oz	110	30	3.5	0	0	35	280	1	0	0	18	0	2	2	2
Ground Beef	2.5 oz	140	60	7	2.5	0	30	510	4	2	1	13	2	2	4	10
Shredded Cheddar Cheese	0.5 oz	60	40	4.5	3	0	15	90	0	0	0	4	4	0	10	0
Sour Cream	0.5 oz	30	20	2.5	1.5	0	10	0	0	0	0	0	2	0	0	0
Guacamole	1.0 oz	50	40	4.5	0.5	0	0	125	2	1	1	0	4	4	0	2
Salsa, Salsa Fresca	1.0 oz	10	0	0	0	0	0	170	2	0	1	0	2	6	2	0
Salsa, Salsa Nuevo	1.0 oz	10	0	0	0	0	0	130	2	0	1	0	4	4	0	2
Salsa, Salsa Verde	1.0 oz	5	0	0	0	0	0	150	2	0	0	0	4	0	0	0
Dressing, Chipotle Ranch	1.0 oz	170	160	18	2.5	0	5	160	1	0	1	1	--	0	2	0
Dressing, Ranch	1.0 oz	180	180	20	3	0	5	170	1	--	1	1	--	0	2	0
Dressing, Thousand Island	1.0 oz	130	110	12	2	0	5	370	5	0	3	0	4	2	0	0
Crispy Taco Shells (each)	0.6 oz	100	70	7	0.5	0	0	0	8	0	0	1	0	0	2	0
10" Flour Tortilla	2.75 oz	210	40	4.5	1.5	0	0	390	37	6	0	6	0	0	8	20
11" Wheat Tortilla	3.25 oz	260	50	6	1	0	0	560	44	3	0	8	0	0	8	10
Tortilla Salad Bowl, 8"	1.5 oz	150	80	9	1	0	0	125	17	1	0	3	0	0	2	4
Tortilla Salad Bowl, 10"	2.5 oz	260	110	13	1.5	0	0	230	31	2	0	5	0	0	2	8
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.																