

## TacoTime Nutritional Statement

			Calories	Cals From Fat	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 %)
	Weight																
<b>Burritos</b>																	
Big Juan, Chicken	12.25	oz	580	140	16	8.0	0	70	2550	70	11	4	34	20	15	30	35
Big Juan, Ground Beef	12.25	oz	630	210	23	10.0	0	65	2710	73	13	4	30	20	10	35	40
Big, Juan, Pork	12.25	oz	650	240	27	10.0	0	70	2380	70	12	5	31	20	10	30	35
Casita, Chicken	11.25	oz	490	150	17	10.0	0	85	2350	42	5	4	34	25	10	35	20
Casita, Ground Beef	11.25	oz	540	210	24	12.0	0	80	2570	46	6	5	29	25	15	35	30
Casita, Pork	11.25	oz	550	250	28	11.0	0	85	1900	41	5	6	30	25	10	30	25
Beef, Bean & Cheese	8.75	oz	490	150	17	7.0	0	45	2310	55	11	2	26	15	6	30	40
Chicken & Black Bean	10.25	oz	490	140	16	6.0	0	60	1270	54	9	3	30	10	10	20	30
Chicken B.L.T.	9.75	oz	690	350	39	10.0	0	90	1600	43	8	4	39	8	10	25	25
Crispy Chicken Ranchero	12.0	oz	600	280	31	7.0	0	60	1250	51	7	3	29	6	20	25	20
Crisp Chicken	4.75	oz	380	150	17	6.0	0	55	540	33	2	0	22	6	2	6	10
Crisp Ground Beef	4.75	oz	430	190	21	6.0	0	45	830	36	4	1	22	4	2	15	20
Crisp Pinto Bean	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	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 Pork	6.75	oz	460	190	5	0.0	0	50	690	43	6	5	24	6	4	15	20
Soft Veggie	10.0	oz	520	150	17	7.0	0	25	2530	73	12	3	19	20	10	30	35
<b>Tacos</b>																	
Crisp Ground Beef	4.0	oz	260	150	17	5.0	0	35	460	12	2	1	14	6	4	15	8
Crisp, Ground Beef with Sour Cream	4.5	oz	290	170	19	7.0	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	0	45	1020	43	9	2	23	6	6	20	30
Soft, Junior	5.25	oz	310	120	13	6.0	0	40	800	28	6	2	18	6	4	20	20
Soft, Pork	7.0	oz	460	190	21	4.5	0	50	690	43	6	5	24	6	4	15	20
Street Tacos, Chicken	7.0	oz	220	5	0.5	0.0	0	45	680	28	5	2	22	2	10	2	6
Street Tacos, Pork	7.0	oz	300	100	11	1.5	0	35	240	28	5	3	19	4	10	2	4
Super Soft, Chicken	10.5	oz	530	140	16	8.0	0	70	2180	59	6	2	34	15	8	30	25
Super Soft, Chicken - Wheat Tortilla	10.5	oz	530	140	16	8.0	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
Super Soft, Pork	10.5	oz	580	240	27	8.0	0	70	1850	56	9	6	29	15	6	25	25
<b>Other Favorites</b>																	
Cheddar Melt	2.75	oz	250	110	12	7.0	0	30	470	25	4	0	11	6	0	25	10
Chimichanga, Chicken	12.5	oz	610	180	20	11.0	0	85	2620	63	10	4	37	25	10	40	35
Chimichanga, Ground Beef	12.5	oz	650	240	27	13.0	0	80	2520	63	11	5	31	25	15	40	40
Enchilada, Chicken	7.0	oz	230	50	5	3.0	0	50	610	17	1	3	23	8	10	15	8
Enchilada, Ground Beef	7.0	oz	290	110	12	5.0	0	45	830	21	3	4	18	10	10	15	15
Nachos, Grande	16.5	oz	930	390	43	21.0	0	90	3580	96	10	9	37	45	25	130	20
Taco Burger	7.5	oz	460	230	26	8.0	0	50	1180	31	3	7	21	10	8	20	20
Tostada, Bean	4.0	oz	230	110	13	4.0	0	15	1320	21	3	1	8	10	6	20	8
Tostada, Chicken	6.5	oz	320	110	13	4.0	0	50	1600	22	3	1	26	10	6	20	10
Tostada, Ground Beef	6.5	oz	380	180	20	6.0	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	0	5	27	1	0	3	0	0	4	2
Fries, Cheddar - Large	9.5	oz	700	440	49	16.0	0	45	1580	52	5	1	16	10	40	30	10
Fries, Cheddar - Medium	7.0	oz	500	310	35	11.0	0	30	1170	39	4	1	11	6	30	20	8
Fries, Cheddar - Small	4.75	oz	350	220	25	8.0	0	25	810	26	3	1	8	4	20	15	6
Fries, Mexi, Large	8.0	oz	530	320	36	6.0	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	0	670	26	3	1	3	0	20	0	6
Fries, Stuffed - Large (16 ea)	9.0	oz	640	360	40	11.0	0	30	1380	57	6	6	14	10	0	30	6
Fries, Stuffed - Medium (12 ea)	7.0	oz	460	250	28	8.0	0	20	1020	42	4	4	11	8	0	20	4
Fries, Stuffed - Small (8 ea)	5.0	oz	320	180	20	6.0	0	15	700	29	3	3	7	6	0	15	2
Mexi-Rice	3.5	oz	80	5	0.5	0.0	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>Salads</b>																
Taco, Regular - Chicken	9.5 oz	310	120	13	4.0	0	50	680	22	2	3	25	8	10	15	8
Taco, Regular - Ground Beef	9.0 oz	370	180	20	6.0	0	45	810	24	4	3	20	8	10	15	15
Tostada Delight, Chicken	9.0 oz	450	170	19	7.0	0	70	2050	35	4	2	30	20	8	25	20
Tostada Delight, Ground Beef	9.0 oz	490	230	26	10.0	0	65	1970	36	6	3	24	20	10	25	20
<b>Desserts</b>																
Churro, plain	1.6 oz	210	140	16	5.0	0	20	160	17	0	4	2	0	0	0	0
Churro with cinnamon & sugar	2.0 oz	250	140	16	5.0	0	20	160	27	0	14	2	0	0	0	0
Crustos	3.5 oz	290	50	6	1.0	0	0	270	58	3	19	6	0	0	4	10
Empanada, Apple	4.0 oz	230	60	7	1.0	0	0	200	40	2	10	4	0	0	2	8
Empanada, Bavarian Crème	4.0 oz	240	80	9	2.0	0	5	210	36	1	4	6	2	0	8	8
Empanada, Cherry	4.0 oz	240	60	7	1.0	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>Breakfast</b>																
<b>Breakfast Burritos</b>																
Egg and Cheese	5.75 oz	370	140	16	7	0	195	580	40	7	1	16	10	2	20	25
Egg and Taters	7.0 oz	430	170	19	8	0	195	760	48	8	1	17	10	8	20	25
Egg and Bacon	7.5 oz	510	220	24	9	0	220	1110	49	8	1	25	10	10	20	30
Egg and Sausage	8.0 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	10.0 oz	700	380	42	16	0	410	1320	51	8	2	29	20	10	30	35
Ultimate	11.0 oz	860	520	58	17	0	425	1620	52	8	3	35	20	10	25	35
<b>Omelets</b>																
Cheese	8.0 oz	490	330	36	18	0	795	590	6	0	0	35	30	6	50	20
Bacon and Cheese	9.5 oz	520	330	37	17	0	805	850	8	1	1	40	30	6	40	20
Sausage and Cheese	10.0 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	15.5 oz	740	430	48	23	0	840	2570	26	5	5	50	50	20	70	35
<b>Sides and Platters</b>																
Biscuits and Gravy - Small	5.5 oz	410	210	23	5	0	20	1130	43	2	3	9	0	0	4	15
Biscuits and Gravy - Large	11.0 oz	830	420	47	9	0	35	2270	85	3	7	17	0	0	8	35
Taters and Gravy - Small	7.5 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	5.5 oz	460	110	12	3	0	0	410	81	1	46	5	0	0	10	15
French Toast Sticks with Syrup - Large	11.0 oz	910	220	24	6	0	0	810	163	2	91	10	0	0	20	30
Breakfast Platter	13.5 oz	810	550	61	19	0	430	1930	38	4	3	29	15	30	6	25
Jr. Breakfast Platter	8.0 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
<b>Beverages</b>																
Soft Drinks - Small		0-220														
Soft Drinks - Medium		0-330														
Soft Drinks - Large		0-440														
<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>																
<p><b>Recommended limits for a 2,000 calorie daily diet are 20 grams of saturated fat and 2,300 milligrams of sodium.</b></p>																