




Nutritional Information

	Weight (g)	Total Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Crisp Burritos												
Crisp Chicken Burrito	156	380	17	6	0	50	500	39	3	3	0	18
Crisp Meat Burrito	156	390	17	4.5	0	30	900	43	5	4	0	20
Crisp Pinto Bean Burrito	156	370	13	4.0	0	10	670	51	0	2	0	13
Burritos												
5 Alarm™ Burrito	210	420	15	4.0	0	10	1450	58	7	3	0	14
Big Juan™ Burrito - Chicken	354	590	16	8	0	65	2440	79	13	4	0	31
Big Juan Burrito - Pork	354	680	22	10	0	100	2790	80	13	6	0	38
Big Juan Burrito - Seasoned Beef	354	650	22	10	0	60	2890	83	15	6	0	31
Casita® Burrito - Chicken	319	450	16	9	0	80	1820	44	6	5	0	29
Casita Burrito - Pork	319	540	22	11	0	115	2180	46	6	6	0	36
Casita Burrito - Seasoned Beef	319	510	22	11	0	75	2280	48	8	6	0	29
Chicken Ranchero Burrito	319	680	25	8	0	65	1420	84	8	2	0	30
Soft Pinto Bean Burrito	191	380	10	4.0	0	15	2140	56	8	3	0	14
Soft Seasoned Beef Burrito	191	420	16	6	0	45	1070	46	5	5	0	23
Sweet Pork Burrito	269	550	18	8	0	70	1190	72	6	13	0	26
Veggie Burrito	258	440	17	6	0	30	1870	60	7	3	0	17
Quesadillas												
Cheese Quesadilla	135	450	23	12	0	55	780	39	3	2	0	20
Chicken Quesadilla	234	520	24	12	0	90	960	42	3	3	0	34
Mini Quesadilla	61	210	10	6	0	30	340	20	1	1	0	10
Tacos												
Crisp Taco - Seasoned Beef	123	260	17	5	0	40	460	13	2	2	0	15
Soft Taco - Chicken	198	360	10	4.0	0	50	590	42	3	3	0	23
Soft Taco - Pork	198	440	16	6	0	85	860	43	3	4	0	31
Soft Taco - Seasoned Beef	198	410	16	6	0	45	960	45	5	4	0	23
Super Soft Taco - Chicken	298	500	16	7	0	65	1860	61	12	2	0	29
Super Soft Taco - Pork	298	590	21	9	0	100	2220	62	12	4	0	36
Super Soft Taco - Seasoned Beef	298	560	21	10	0	60	2320	65	14	4	0	29
Nachos												
Chicken Nachos	439	880	40	20	1.0	135	2320	78	10	4	0	43
Original Nachos	369	810	39	20	0.5	100	2320	78	10	4	0	30
Pork Nachos	439	970	45	23	1.0	165	2670	80	10	5	0	50
Seasoned Beef Nachos	439	930	45	23	1.0	130	2770	82	12	5	0	43
Salads (does not include dressing)												
Fiesta Chicken Salad	347	340	11	3.5	0	45	690	37	7	4	0	25
Taco Salad - Chicken	227	310	14	3.5	0	50	450	26	2	3	0	21
Taco Salad - Seasoned Beef	213	360	19	6	0	45	810	28	4	4	0	21
Sides												
Black Beans	57	50	0	0.0	0	0	170	10	4	0	0	3
Mexi-Fries®, Kid's Size	59	130	8	1.5	0	0	410	13	1	0	0	1
Mexi-Fries, Small	89	190	12	2.5	0	0	560	19	2	1	0	2
Mexi-Fries, Regular	134	300	19	3.5	0	0	780	29	3	1	0	3
Mexi-Fries, Large	178	410	26	4.5	0	0	1030	38	4	1	0	4
Refritos	57	60	0.5	0.0	0	0	220	10	0	0	0	4
Seasoned Rice	99	150	1.5	1.0	0	5	300	31	0	1	0	3
Stuffed Mexi-Fries, Small	128	320	20	6	0	15	740	29	3	3	0	7
Stuffed Mexi-Fries, Regular	187	460	28	8	0	20	1070	42	4	4	0	11
Stuffed Mexi-Fries, Large	256	640	40	11	0	30	1440	57	6	6	0	14

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Desserts												
Apple Empanada	102	250	6	1.0	0	0	280	45	3	11	4	5
Banana Cream Empanada	102	260	6	1.0	0	0	310	46	3	6	4	5
Bavarian Cream Empanada	102	260	6	1.0	0	0	310	46	3	5	4	5
Blueberry Empanada	117	270	6	1.0	0	0	260	49	2	17	4	5
Cherry Empanada	102	250	6	1.0	0	0	260	45	3	5	4	5
Chocolate Chip Empanada	102	290	8	2.5	0	0	300	49	3	10	8	5
Chocolate Peppermint Empanada	102	260	6	1.0	0	0	310	46	3	5	4	5
Churro - Bavarian Cream	118	430	18	2.5	0	0	280	62	0	32	8	4
Churro - Cinnamon & Sugar	46	210	16	5	0	20	160	15	0	4	4	2
Cinnamon Crustos®	99	320	5	1.5	0	0	380	64	4	21	19	7
Cinnamon Swirl Empanada	102	260	6	1.0	0	0	310	46	3	5	4	5
Coconut Cream Empanada	102	260	6	1.0	0	0	310	46	3	6	4	5
Key Lime Empanada	102	260	6	1.0	0	0	310	45	3	5	4	5
Peach Empanada	102	260	6	1.0	0	0	260	47	3	17	4	5
Pumpkin Empanada	102	270	7	1.5	0	20	270	47	3	17	14	5
Strawberry Cheesecake Empanada	123	340	14	5	0	20	350	49	3	14	4	6
Salsa Bar												
5 Alarm™ Hot Sauce	28	5	0	0	0	0	75	1	0	0	0	0
Avocado Ranch	28	70	7	1.5	0	5	125	2	1	0	0	1
Banana Peppers (1 Pepper)	14	0	0	0	0	0	230	1	0	0	0	0
BBQ Sauce	28	35	0	0	0	0	430	8	1	5	4	1
Black Olives	14	15	1.5	0	0	0	105	1	0	0	0	0
Casa Sauce	28	60	4.5	1.0	0	5	300	4	0	3	0	1
Cherry Peppers	14	5	0	0	0	0	160	1	0	0	0	0
Chipotle Ranch	28	90	9	2.0	0	15	180	1	0	1	0	1
Cilantro	14	5	0	0	0	0	5	1	0	0	0	0
Enchilada Sauce	28	15	0	0	0	0	115	2	0	1	0	0
Fry Sauce	28	120	12	2.0	0	10	320	2	0	2	2	0
Guacamole	28	60	4.5	1.0	0	0	85	3	2	0	0	1
Honey Mustard	28	40	0	0	0	0	200	8	2	6	0	2
Jalapenos	14	0	0	0	0	0	150	0	0	0	0	0
Ketchup	28	35	0	0	0	0	270	8	0	7	7	0
Lemon Wedge (1 Wedge)	14	5	0	0	0	0	0	1	0	0	0	0
Lime Wedge (1 Wedge)	14	5	0	0	0	0	0	1	0	0	0	0
Onions	14	5	0	0	0	0	0	1	0	1	0	0
Original Hot Sauce	28	20	0	0	0	0	210	4	0	0	0	0
Pepperoncini	14	5	0	0	0	0	300	0	0	0	0	0
Picante Sauce	28	20	0	0	0	0	500	4	2	4	0	0
Ranch Dressing	43	140	14	3.5	0	20	250	2	0	1	0	1
Salsa Fresca	28	10	0	0	0	0	180	2	0	1	0	0
Salsa Nuevo	28	10	0	0	0	0	125	2	0	1	0	0
Salsa Verde	28	5	0	0	0	0	160	1	0	0	0	0
Sour Cream	28	45	4	2.5	0	15	15	2	0	1	0	1
Sunflower Seeds	14	80	7	0.5	0	0	0	3	2	0	0	3
Thousand Island	28	130	12	2	0	5	370	5	0	3	0	0
Tortilla Chips	57	150	2	0	0	0	0	27	2	0	0	2

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Breakfast (optional program)												
Bacon and Egg Burrito, Small	153	360	18	7	0	200	990	33	3	2	0	17
Bacon and Egg Burrito, Regular	211	490	22	7	0	210	1410	50	4	4	0	22
Breakfast Quesadilla	114	340	18	8	0	155	730	26	2	1	0	18
Coffee (12 oz)	355	5	0	0	0	0	5	0	0	0	0	0
Country Burrito	275	650	38	14	0	400	1250	51	4	4	0	26
Egg and Taters Burrito, Small	146	340	17	7	0	195	680	33	3	2	0	14
Egg and Taters Burrito, Regular	197	440	19	7	0	195	970	49	4	4	0	16
Minute Maid® Orange Juice (10 oz)	315	160	0	0	0	0	40	40	0	39	0	0
Sausage and Egg Burrito, Small	167	410	24	10	0	210	910	33	3	2	0	17
Sausage and Egg Burrito, Regular	218	520	26	10	0	210	1200	50	4	4	0	19
Taters and Gravy, Small	156	250	15	4.0	0	10	750	23	2	2	0	4
Taters and Gravy, Regular	269	410	27	7	0	25	1290	36	3	3	0	8
Ultimate Burrito	282	720	44	15	0	410	1550	51	4	5	0	28
Platter Meals (optional program)												
Casita® Burrito Platter - Chicken	666	1120	50	19	0.5	125	4400	107	14	8	0	53
Casita Burrito Platter - Pork	666	1200	55	21	0.5	160	4750	109	14	9	0	61
Casita Burrito Platter - Seasoned Beef	666	1170	55	21	1	125	4830	111	16	10	0	53
Chimi Platter - Chicken	716	1300	60	20	0.5	125	4640	126	16	9	0	56
Chimi Platter - Pork	716	1390	66	22	0.5	160	4990	128	16	11	0	64
Chimi Platter - Seasoned Beef	716	1310	66	22	0.5	125	9300	123	5	11	0	53
Enchilada Platter - Chicken	593	1000	49	19	0.5	130	3020	84	10	7	0	47
Enchilada Platter - Pork	593	1090	55	21	0.5	165	3370	85	10	8	0	54
Enchilada Platter - Seasoned Beef	593	1070	57	22	0.5	120	3560	88	12	10	0	51
Optional Products												
Enchilada Soup	227	130	0.5	0	0	10	1750	20	5	3	0	10
Green Chili Burrito - Pork Carnitas	253	540	18	8	0	90	1130	58	3	5	0	33
Green Chili Chimichanga - Pork Carnitas	337	590	21	9	0	100	1350	65	4	6	0	34
Green Chili Enchiladas - Pork Carnitas	244	380	16	7	0	95	800	28	1	4	0	28
Navajo Taco	489	790	34	11	0	55	2160	25	10	10	2	32
Plate It (Rice & Beans only)	170	200	4.0	2.0	0	10	1470	33	0	2	0	8
Taco Burger	234	560	27	8	0	50	1310	54	2	12	7	25

Percentage Daily Values are based on a 2,000 calorie diet. 2,000 calories a day is used for general nutrition advice, but calorie needs vary.

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 preparation 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, custom orders, self-service orders and regional menu variations.

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