

Full Nutrition Menu From Taco Bell

item	Serving Size (g)	calories	Calories from Fat	Saturated fat (g)	Total Fat (g)	Trans Fat	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Fresco Menu 25% less fat**
<b>Beverages</b>													
Mango Strawberry Frutista Freeze® 16 oz	479	250	0	0	0	0	0	10	6	2	5	9	0
Mango Strawberry Frutista Freeze® 20 oz	593	280	0	0	0	0	0	65	7	0	6	9	0
Strawberry Frutista Freeze® 16 oz	479	230	0	0	0	0	0	55	5	7	5	7	0
Strawberry Frutista Freeze® 20 oz	593	280	0	0	0	0	0	65	7	0	6	9	0
Cherry Crème Frutista Freeze® 16 oz	397	260	30	2	3	0	1	13	5	0	5	4	3
Cherry Crème Frutista Freeze® 20 oz	482	320	35	2.5	5	4	1	16	6	0	6	6	3
Classic Limeade Sparkler 16 oz	323	150	0	0	0	0	0	80	3	9	3	8	0
Classic Limeade Sparkler 20 oz	493	230	0	0	0	0	0	12	6	0	5	9	0
Cherry Limeade Sparkler 16 oz	323	180	0	0	0	0	0	10	4	3	4	3	0
Cherry Limeade Sparkler 20 oz	493	270	0	0	0	0	0	16	6	6	6	5	0

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Diet Pepsi 16 oz	16oz	0	0	0	0	0	0	50	0	0	0	0
Diet Pepsi 20 oz	20oz	0	0	0	0	0	0	60	0	0	0	0
Diet Pepsi 30 oz	30oz	0	0	0	0	0	0	95	0	0	0	0
Diet Pepsi 40 oz	40oz	0	0	0	0	0	0	125	0	0	0	0
Dr Pepper 16 oz	16oz	200	0	0	0	0	0	70	54	0	54	0
Dr Pepper 20 oz	20oz	250	0	0	0	0	0	90	68	0	68	0
Dr Pepper 30 oz	30oz	375	0	0	0	0	0	132	102	0	102	0
Dr Pepper 40 oz	40oz	500	0	0	0	0	0	176	136	0	136	0
Lipton Raspberry Iced Tea 16 oz	16oz	160	0	0	0	0	0	50	42	0	42	0
Lipton Raspberry Iced Tea 20 oz	20oz	200	0	0	0	0	0	65	53	0	53	0
Lipton Raspberry Iced Tea 30 oz	30oz	300	0	0	0	0	0	95	79	0	79	0
Lipton Raspberry Iced Tea 40 oz	40oz	400	0	0	0	0	0	125	105	0	105	0
Mountain Dew 16 oz	16oz	220	0	0	0	0	0	70	58	0	58	0
Mountain Dew 20 oz	20oz	280	0	0	0	0	0	90	77	0	77	0

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Mountain Dew 30 oz	30oz	410	0	0	0	0	0	130	310	0	310	0
Mountain Dew 40 oz	40oz	550	0	0	0	0	0	175	415	0	415	0
Mountain Dew Baja Blast 16 oz	16oz	220	0	0	0	0	0	60	585	0	585	0
Mountain Dew Baja Blast 20 oz	20oz	280	0	0	0	0	0	75	730	0	730	0
Mountain Dew Baja Blast 30 oz	30oz	410	0	0	0	0	0	115	910	0	910	0
Mountain Dew Baja Blast 40 oz	40oz	550	0	0	0	0	0	150	1455	0	1455	0
MUG Root Beer 16 oz	16oz	200	0	0	0	0	0	30	520	0	520	0
MUG Root Beer 20 oz	20oz	250	0	0	0	0	0	40	650	0	650	0
MUG Root Beer 30 oz	30oz	380	0	0	0	0	0	55	980	0	980	0
MUG Root Beer 40 oz	40oz	500	0	0	0	0	0	75	1300	0	1300	0
Pepsi 16 oz	16oz	200	0	0	0	0	0	40	505	0	505	0

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Pepsi 20 oz	20oz	250	0	0	0	0	0	50	67	0	67	0
Pepsi 30 oz	30oz	380	0	0	0	0	0	75	101	0	101	0
Pepsi 40 oz	40oz	500	0	0	0	0	0	100	151	0	151	0
Sierra Mist 16 oz	16oz	200	0	0	0	0	0	40	54	0	54	0
Sierra Mist 20 oz	20oz	250	0	0	0	0	0	50	68	0	68	0
Sierra Mist 30 oz	30oz	375	0	0	0	0	0	75	101	0	101	0
Sierra Mist 40 oz	40oz	500	0	0	0	0	0	100	135	0	135	0
Tropicana Fruit Punch 16 oz	16oz	220	0	0	0	0	0	50	60	0	60	0
Tropicana Fruit Punch 20 oz	20oz	280	0	0	0	0	0	65	75	0	75	0
Tropicana Fruit Punch 30 oz	30oz	413	0	0	0	0	0	95	111	0	111	0
Tropicana Fruit Punch 40	40oz	550	0	0	0	0	0	123	131	0	131	0

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oz													
Tropicana Pink Lemonade 16 oz	16oz	200	0	0	0	0	0	21	5	0	5	0	0
Tropicana Pink Lemonade 20 oz	20oz	250	0	0	0	0	0	16	6	0	6	0	0
Tropicana Pink Lemonade 30 oz	30oz	380	0	0	0	0	0	39	1	0	1	0	0
Tropicana Pink Lemonade 40 oz	40oz	500	0	0	0	0	0	52	1	0	1	0	0
								5	3	0	3	0	0
								5	5		5		
<b>Burritos</b>													
1/2 lb.* Cheesy Potato Burrito	248	540	230	7	2	0	4	13	5	7	4	1	-
					6	5	5	60	9		9	9	
						0							
1/2 lb.* Combo Burrito	241	460	160	7	1	0	4	13	5	9	3	2	-
					8	5	5	30	3		1	1	
7-Layer Burrito	283	500	160	6	1	0	2	10	6	1	5	1	✓
					8	0	0	90	9	2	7	7	
Bean Burrito	198	370	90	3.5	1	0	5	98	5	1	3	1	-
					0	0	5	0	6	0	3	3	
Beefy 5-Layer Burrito	245	540	190	8	2	0	3	12	6	9	6	1	✓
					2	0	5	80	8		9	9	
Burrito Supreme® – Beef	248	420	140	6	1	0	3	11	5	9	5	1	✓
					6	0	5	00	3		7	7	

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Burrito Supreme® - Chicken	248	400	110	5	12	0	4	10	5	7	5	2	✓
Burrito Supreme® - Steak	248	390	110	5	13	0	3	11	5	7	5	1	✓
Cheesy Bean and Rice Burrito	227	480	190	5	21	0	1	10	6	7	5	1	✓
Chili Cheese Burrito	156	380	150	8	17	0	3	93	4	5	2	1	✓
Fresco Bean Burrito	213	350	70	2.5	8	0	0	99	5	1	4	1	-
Grilled Chicken Burrito	177	430	170	5	8	0	3	87	4	3	3	1	✓
XXL Grilled Stuff Burrito - Beef	445	880	370	14	42	1	7	20	9	1	7	3	✓
XXL Grilled Stuff Burrito - Chicken	445	840	320	11	35	0	8	19	9	1	7	4	✓
XXL Grilled Stuff Burrito - Steak	445	820	320	12	36	0	7	20	9	1	7	3	✓
<b>Chalupas</b>													
Chalupa Baja – Beef	153	410	240	5	26	0	3	65	3	4	4	1	✓
Chalupa Baja - Chicken	153	390	210	4	23	0	3	61	2	3	4	1	✓
Chalupa Baja - Steak	153	380	210	4	23	0	3	65	2	3	4	1	✓

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Chalupa Nacho Cheese – Beef	153	360	190	3.5	22	0	2	62	3	4	4	1	-
Chalupa Nacho Cheese - Chicken	153	340	160	2	18	0	25	58	3	3	4	1	-
Chalupa Nacho Cheese - Steak	153	330	170	2.5	19	0	20	62	3	3	4	1	-
Chalupa Supreme - Chicken	153	350	160	4	18	0	35	52	2	3	4	1	✓
Chalupa Supreme - Steak	153	340	170	4	18	0	30	57	2	3	4	1	✓
Chalupa Supreme–Beef	153	370	190	5	21	0	30	57	3	4	4	1	-
XXL Chalupa - Beef	266	650	350	9	39	1	55	123	5	6	6	2	-
XXL Chalupa - Chicken	266	610	290	6	32	0	60	114	4	4	6	3	-
XXL Chalupa - Steak	266	590	300	6	33	0	45	122	4	4	6	2	-
						5	5	20	9			4	-
<b>Condiments and Sauces</b>													
Avocado Ranch Dressing	14	80	70	1.5	8	0	5	50	1	0	0	0	
Border Sauce - Fire	7	0	0	0	0	0	0	60	0	0	0	0	
Border Sauce - Hot	7	0	0	0	0	0	0	45	0	0	0	0	
Border Sauce - Mild	7	0	0	0	0	0	0	35	0	0	0	0	
Creamy Jalapeno Sauce	14	70	70	1	7	0	5	50	1	0	1	0	
Fiesta Salsa	21	5	0	0	0	0	0	60	1	1	1	0	

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Fire Roasted Salsa	6	0	0	0	0	0	0	45	1	0	0	0	
Green Tomatillo Sauce	28	10	0	0	0	0	0	17	2	0	1	0	
Guacamole	21	35	25	0	3	0	0	85	2	1	0	0	
Pepper Jack Sauce	14	70	60	1	7	0	5	50	1	0	0	0	
Pizza Sauce	28	10	0	0	0	0	0	90	2	0	1	0	
Red Sauce	28	10	0	0	0	0	0	17	2	0	0	0	
Reduced Fat Sour Cream	21	30	20	1	2	0	5	20	2	0	1	1	
Salsa	21	5	0	0	0	0	0	80	1	0	1	0	
Salsa Verde	6	0	0	0	0	0	0	55	1	0	0	0	
<b>Drive-Thru Diet® Menu</b>													
Fresco Bean Burrito	213	350	70	2.5	8	0	0	99	5	1	4	1	-
Fresco Burrito Supreme® – Chicken	241	350	70	2.5	8	0	2	10	5	7	4	1	-
Fresco Burrito Supreme® – Steak	241	340	80	2.5	8	0	1	11	5	7	4	1	-
Fresco Chicken Soft Taco	110	150	30	1	3	0	2	48	1	2	2	1	✓
Fresco Crunchy Taco	92	150	70	2	5	0	2	31	1	3	1	6	-
Fresco Grilled Steak Soft Taco	124	150	35	1.5	8	0	1	52	1	2	2	9	-
Fresco Soft Taco	110	180	60	2.5	7	0	2	52	2	3	2	8	-



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**Gorditas**

Cheesy Gordita Crunch

174 490 260 10 29.5 0.5 81 3 5 6 2 ✓

Gordita Baja® - Beef

153 340 160 5 18 0 64 3 4 6 1 ✓

Gordita Baja® - Chicken

153 310 130 3.5 15 0 60 2 3 6 1 ✓

Gordita Baja® - Steak

153 310 140 3.5 15 0 64 2 3 6 1 ✓

Gordita Nacho Cheese – Beef

153 290 120 3 14 0 61 3 3 6 1 ✓

Gordita Nacho Cheese - Chicken

153 270 90 1.5 10 0 57 2 2 6 1 ✓

Gordita Nacho Cheese - Steak

153 260 100 2 11 0 61 2 2 6 1 ✓

Gordita Supreme® – Beef

153 300 120 5 14 0 55 3 4 6 1 ✓

Gordita Supreme® - Chicken

153 270 90 3.5 10 0 51 2 2 6 1 ✓

Gordita Supreme® - Steak

153 270 90 4 11 0 55 2 2 6 1 ✓

**Nachos**

Cheesy Nachos

71 280 150 1.5 17 0 23 2 2 1 3

Nachos

99 330 190 2 20 5 37 3 2 2 4 ✓

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Nachos BellGrande®	305	770	380	7	42	0	30	107	71	51	19	✓
Nachos Supreme	191	440	220	5	25	0	30	640	42	83	12	-
Volcano Nachos	354	980	560	9	60	5	45	1590	89	156	20	✓
<b>Sides</b>												
Caramel Apple Empanada	85	310	140	2.5	15	0	0	310	39	23	33	
Cheesy Fiesta Potatoes	135	270	140	2.5	16	0	10	770	28	32	44	✓
Cinnamon Twists	35	170	60	0	7	0	0	200	26	10	11	
Mexican Rice	85	120	35	0	35	0	0	200	20	10	22	✓
Pintos 'n Cheese	128	170	50	3	6	0	10	580	20	81	99	✓
<b>Specialties</b>												
Bacon Ranch Chicken Flatbread Sandwich	109	300	140	3.5	16	0	40	620	23	24	16	-
Cheese Quesadilla	142	480	240	11	27	5	50	1000	40	43	19	
Cheese Roll-Up	60	190	80	5	9	0	20	450	18	21	99	

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Chicken Quesadilla	184	530	250	12	28	0	7	12	4	4	3	2	
						5	5	10	1			8	
Chili Cheese Burrito	156	380	150	8	17	0	3	93	4	5	2	1	✓
						5	5	0	1			6	
Crunchwrap Supreme®	254	540	190	6	21	0	3	11	7	7	7	1	✓
						0	0	10	1			6	
Enchirito® – Beef	209	360	150	8	17	0	4	11	3	8	2	1	✓
						5	5	20	4			8	
Enchirito® - Chicken	209	340	120	7	14	0	5	10	3	6	2	2	✓
						0	0	80	2			2	
Enchirito® - Steak	209	330	130	7	14	0	4	11	3	6	2	1	✓
						5	5	20	2			9	
Express Taco Salad w/ Chips	432	580	260	9	29	0	6	12	5	9	7	2	✓
						5	0	80	9			3	
Grilled Chicken Taquitos	128	320	100	4.5	11	0	4	77	3	3	2	1	
						0	0	0	7			8	
Grilled Steak Taquitos	128	310	100	5	11	0	3	81	3	3	2	1	✓
						0	0	0	7			5	
Mexican Pizza	213	540	270	8	30	0	4	95	4	8	3	2	-
						5	0	0	7			0	
MexiMelt®	124	270	120	7	14	0	4	76	2	4	2	1	✓
						0	0	0	1			4	

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Original Chicken Flatbread Sandwich	109	290	140	3.5	15	0	35	60	23	2	4	15	-
Steak Quesadilla	184	520	250	12	28	1	65	1250	41	4	3	25	
Tostada	170	250	90	3.5	10	0	15	550	30	9	2	10	✓
Triple Steak Stack	303	690	270	13	30	5	90	1950	59	5	12	46	-
<b>Taco Salads</b>													
Chicken Fiesta Taco Salad	463	730	310	7	35	0	70	1270	70	9	7	34	✓
Express Taco Salad w/ Chips	432	580	260	9	29	5	60	1280	59	9	7	23	✓
Fiesta Taco Salad	463	770	370	10	42	1	60	1350	74	1	8	26	-
Steak Fiesta Taco Salad	463	710	310	7	36	5	55	1350	70	9	8	28	✓
<b>Tacos</b>													
Cheesy Double Decker® Taco	167	350	140	5	15	0	25	720	39	7	2	14	
Chicken Soft Taco	96	180	50	2.5	6	0	30	460	10	1	1	14	✓
Crispy Potato Soft Taco	103	270	120	3	1	0	1	52	33	3	1	6	✓

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Crunchy Taco	78	170	90	3.5	3	0	0	1					
					1	0	2	29	1	3	1	8	-
					0	0	5	0	2				
Crunchy Taco Supreme®	113	200	100	4.5	1	0	3	32	1	3	2	9	✓
					2	0	5	0	5				
Double Decker® Taco	152	320	120	4.5	1	0	2	65	3	7	2	1	-
					3	0	5	0	7				
DOUBLE DECKER® Taco Supreme®	188	350	140	6	1	0	3	68	4	8	3	1	✓
					5	0	5	0	0				
Fresco Chicken Soft Taco	110	150	30	1	3	0	2	48	1	2	2	1	✓
					5	0	5	0	8				
Fresco Crunchy Taco	92	150	70	2	8	0	2	31	1	3	1	6	-
					0	0	0	0	3				
Grilled Steak Soft Taco	124	250	130	4	1	0	3	55	1	2	2	1	✓
					4	0	0	0	9				
Soft Taco Supreme® – Beef	131	230	100	5	1	0	3	53	2	3	3	1	✓
					1	0	5	0	2				
Soft Taco-Beef	99	210	80	4	9	0	2	53	2	3	2	1	-
					0	0	5	0	1				
<b>Volcano Menu</b>													
Volcano Burrito	303	780	380	11	4	1	6	15	8	8	6	2	✓
					1	1	5	90	0				
Volcano Nachos	354	980	560	9	6	0	4	15	8	1	6	2	✓
					0	0	5	90	9	5			
Volcano Taco	92	230	150	4.5	1	0	3	41	1	3	1	8	✓

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<b>Why Pay More!® Menu</b>					6	5	0	4				
Bean Burrito	198	370	90	3.5	10	05	980	56	10	33	13	-
Beefy 5-Layer Burrito	245	540	190	8	22	035	1280	68	96	19	19	✓
Caramel Apple Empanada	85	310	140	2.5	15	00	310	39	22	13	33	
Cheese Roll-Up	60	190	80	5	90	02	450	18	22	19	9	
Cheesy Nachos	71	280	150	1.5	17	00	230	28	22	13	3	
Cinnamon Twists	35	170	60	0	70	00	200	26	11	10	1	
Crispy Potato Soft Taco	103	270	120	3	13	01	520	31	33	16	6	✓
Crunchy Taco	78	170	90	3.5	10	025	290	12	32	18	8	-
Fresco Bean Burrito	213	350	70	2.5	80	00	990	57	11	42	12	-
Fresco Crunchy Taco	92	150	70	2	80	02	310	13	33	16	6	-
Soft Taco - Beef	96	200	80	4	90	025	510	19	33	10	0	-