

Taco Bell

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
Breakfast						
Cheesy Toasted Breakfast Burrito – Fiesta Potato (V)	340	3.5	770	44	3	9
Cheesy Toasted Breakfast Burrito - Bacon	350	5	900	38	2	13
Hash brown	160	1	280	14	1	1
Burritos						
Bean Burrito (V)	360	4.5	1080	54	8	13
Cheesy Bean & Rice Burrito	420	4.5	940	55	6	9
Burrito Supreme - Chicken	370	5	1170	49	6	19
Burrito Supreme - Steak	380	6	1180	49	6	19
Tacos						
Crunchy Taco	170	4	300	13	3	8
Soft Taco - Beef	180	4	490	18	3	9
Soft Taco - Grilled Chicken	160	2.5	500	16	1	12
Nacho Cheese Doritos® Locos Taco	170	4	360	12	3	8
Power Menu						
Power Bowl - Veggie	370	6	710	40	10	13
Power Bowl - Chicken	460	7	1230	41	8	26
Chalupas						
Chalupa Supreme® - Chicken	340	4	580	29	3	16
Black Bean Chalupa Supreme	340	4	460	36	6	10
Sides						
Black Beans	50	0	140	7	4	3
Black Beans & Rice	160	0	370	25	5	4
Cheesy Fiesta Potatoes	240	2	520	28	3	3