

# Taco Bell® Menu Nutrition Guide



Fresco Menu	Serving Size (gms)	Calories	Calories from Fat	Total Fat (gms)	Saturated Fat (gms)	Trans Fat (gms)	Cholesterol (mgs)	Sodium (mgs)	Carbohydrates (gms)	Dietary Fiber (gms)	Sugars (gms)	Protein (gms)	Fresco Style meets 25% reduction in fat*
Fresco Crunchy Taco	92	150	70	7	2.5	0	20	350	13	3	1	7	-
Fresco Soft Taco - Beef	113	180	60	7	3	0	20	640	22	3	2	8	-
Fresco Burrito Supreme® - Chicken	241	340	70	8	2.5	0	25	1390	49	6	4	18	-
Fresco Burrito Supreme® - Steak	241	330	70	8	2.5	0	15	1310	49	6	4	15	-
Fresco Ranchero Chicken Soft Taco	135	170	35	4	1.5	0	25	740	22	2	3	12	-
Fresco Grilled Steak Soft Taco	128	160	40	4.5	1.5	0	15	600	21	2	3	9	-
Fresco Bean Burrito	213	330	70	7	2	0.5	0	1230	55	9	4	11	-
<b>Volcano Menu</b>													
Volcano Nachos	354	990	550	61	9	1.5	45	1880	88	14	6	20	✓
Volcano Taco	92	240	150	17	5	0	35	470	14	3	1	8	✓
Volcano Burrito	303	800	380	42	12	1	70	2010	81	8	6	24	✓
<b>Taco Salads</b>													
Chicken Ranch Taco Salad	488	960	510	57	10	1	70	1710	78	8	8	36	✓
Chipotle Steak Taco Salad	488	950	530	59	11	1	65	1760	76	8	9	29	✓
Fiesta Taco Salad	544	820	380	43	10	1.5	60	1740	81	15	10	30	-
Fiesta Taco Salad without Shell	475	460	200	22	8	1.5	60	1470	41	13	9	24	✓

## Nutrition Guide Original Items

<b>TACOS</b>													
Crunchy TACO SUPREME®	113	200	100	12	5	0	35	350	15	3	2	9	✓
DOUBLE DECKER® Taco	156	320	120	13	4.5	0.5	30	800	38	7	2	14	-
DOUBLE DECKER® Taco Supreme®	191	350	140	15	6	1	35	820	40	7	3	14	✓
Soft TACO SUPREME® - Beef	135	240	100	11	5	0	35	650	24	3	3	11	✓
Ranchero Chicken Soft Taco	135	270	120	14	4	0	40	840	21	2	2	14	✓
Grilled Steak Soft Taco	128	250	130	14	4	0	30	710	20	2	2	11	✓
<b>GORDITAS</b>													
Gordita Supreme® - Beef	153	300	120	13	5	0	35	590	31	4	6	13	✓
Gordita Supreme® - Chicken	153	270	90	10	3.5	0	35	620	29	2	6	17	✓
Gordita Supreme® - Steak	153	270	90	11	4	0	30	550	29	2	6	14	✓
Gordita Baja® - Beef	153	340	160	18	5	0	35	710	30	4	6	13	✓
Gordita Baja® - Chicken	153	320	130	15	3.5	0	35	750	29	3	6	16	✓
Gordita Baja® - Steak	153	310	140	15	3.5	0	30	670	28	3	6	14	✓
Gordita Nacho Cheese - Beef	153	290	120	14	3	0	20	720	31	4	6	12	✓
Gordita Nacho Cheese - Chicken	153	270	90	10	1.5	0	25	760	30	2	6	15	✓
Gordita Nacho Cheese - Steak	153	260	100	11	2	0	15	690	29	2	6	12	✓
<b>CHALUPAS</b>													
Chalupa Supreme - Beef	153	370	190	21	5	0.5	35	600	31	4	4	13	-
Chalupa Supreme - Chicken	153	350	160	18	4	0	35	640	30	3	4	17	✓
Chalupa Supreme - Steak	153	340	170	18	4	0	30	560	29	3	4	14	✓
Chalupa Baja - Beef	153	410	240	26	5	0.5	35	720	31	5	4	13	✓
Chalupa Baja - Chicken	153	390	210	23	4	0	35	760	29	3	4	16	✓
Chalupa Baja - Steak	153	380	210	23	4	0	30	690	29	3	4	13	✓
Chalupa Nacho Cheese - Beef	153	370	190	22	3.5	0	20	730	31	4	4	12	-
Chalupa Nacho Cheese - Chicken	153	340	160	18	2	0	25	770	30	3	4	15	-
Chalupa Nacho Cheese - Steak	153	330	170	19	2.5	0	15	700	30	3	4	12	-
<b>BURRITOS</b>													
7-Layer Burrito	283	490	160	17	6	1	20	1360	67	10	5	17	✓
Burrito Supreme® - Beef	248	410	130	15	6	1	35	1350	52	8	5	17	✓
Burrito Supreme® - Chicken	248	390	110	12	5	0	40	1390	51	6	5	20	✓
Burrito Supreme® - Steak	248	380	110	12	5	0.5	30	1320	50	6	5	17	✓

Grilled Stuft Burrito - Beef	325	690	270	30	10	1	60	2110	79	10	6	26	√
Grilled Stuft Burrito - Chicken	325	650	210	23	7	0.5	70	2180	76	7	5	33	√
Grilled Stuft Burrito - Steak	325	630	220	24	8	1	50	2040	75	7	6	28	√
1/2 lb+ Nacho Crunch Burrito	234	520	230	25	8	0.5	50	1400	54	6	5	19	-
1/2 lb+ Cheesy Potato Burrito	248	530	230	25	8	0.5	50	1690	57	7	5	19	-
1/2 lb+ Combo Burrito	241	450	160	17	7	1	50	1610	51	9	3	21	-
Cheesy Double Beef Burrito	227	470	180	20	6	0.5	40	1580	54	6	4	18	-
Cheesy Bean & Rice Burrito	227	470	180	21	5	0	15	1420	60	6	5	12	√

### WHY PAY MORE®!

Cheese Roll-Up	64	200	90	10	5	0	20	530	19	2	1	9	N/A
Crispy Potato Soft Taco	106	260	120	13	3	0	10	690	31	3	2	6	√
Triple Layer Nachos	142	340	160	18	1.5	0	0	720	38	6	2	7	-
Cinnamon Twists	35	170	60	7	0	0	0	200	26	1	10	1	N/A
Crunchy Taco	78	170	90	10	3.5	0	30	330	12	3	1	8	-
Chicken Burrito	177	440	180	20	5	0	40	1260	48	3	3	16	√
Chicken Soft Taco	99	200	70	8	3	0	35	640	19	1	1	12	√
Soft Taco - Beef	99	210	80	9	4	0	30	620	21	3	2	10	-
Bean Burrito	198	350	80	9	3.5	0.5	5	1220	54	9	3	13	-
Caramel Apple Empanada	85	310	140	15	2.5	0	0	310	39	2	13	3	N/A

### SPECIALTIES

Crunchwrap Supreme®	254	540	190	21	7	0	30	1400	71	6	7	16	√
Mexican Pizza	213	530	270	30	8	1	45	990	46	7	2	20	-
Enchirito® - Beef	213	360	150	17	8	1	45	1410	35	7	2	18	√
Enchirito® - Chicken	213	340	120	13	7	0.5	50	1450	33	6	2	22	√
Enchirito® - Steak	213	330	120	14	7	0.5	45	1370	33	6	2	19	√
MexiMelt®	128	280	130	14	7	0.5	45	870	23	4	2	15	√
Express Taco Salad	475	600	270	30	9	1.5	60	1380	57	15	7	25	√
Chicken Taquitos	128	320	100	11	4.5	0	40	1000	37	2	2	18	√
Steak Taquitos	128	310	100	11	5	0	30	930	37	2	3	15	√
Guacamole Side	21	35	25	3	0	0	0	85	2	1	0	0	N/A
Salsa Side	21	5	0	0	0	0	0	80	1	0	1	0	N/A
Reduced Fat Sour Cream Side	21	30	20	2	1	0	5	20	2	0	1	1	N/A
Chicken Quesadilla	184	520	250	28	12	0.5	75	1420	41	4	3	28	N/A
Steak Quesadilla	184	510	250	28	12	1	65	1340	40	4	3	25	N/A

### NACHOS AND SIDES

Nachos	99	330	190	21	2	0	0	520	31	2	2	4	√
Nachos Supreme	191	430	220	24	4.5	0.5	30	780	41	7	3	13	-
Nachos BellGrande®	305	760	380	42	6	1	30	1250	77	12	5	19	√
Pintos 'n Cheese	128	170	60	6	3	0.5	15	670	18	7	1	9	√
Mexican Rice	85	130	35	3.5	0	0	0	410	21	1	1	2	√
Cheesy Fiesta Potatoes	135	270	140	16	2.5	0	5	840	28	3	2	4	√

### REGIONAL MENU ITEMS

Cheese Quesadilla	142	470	240	26	11	0.5	50	1100	40	4	3	19	N/A
Chili Cheese Burrito	156	370	150	16	8	0.5	40	1080	40	4	3	16	√
Tostada	170	240	80	9	3.5	0.5	15	670	28	8	1	10	√

### BEVERAGES

Mango Strawberry Frutista Freeze®	479	250	0	0	0	0	0	10	62	0	59	0	N/A
Strawberry Frutista Freeze®	479	230	0	0	0	0	0	55	57	0	57	0	N/A
Mountain Dew	16oz	220	0	0	0	0	0	70	58	0	58	0	N/A
Mountain Dew	20oz	275	0	0	0	0	0	90	73	0	73	0	N/A
Mountain Dew	30oz	413	0	0	0	0	0	132	110	0	110	0	N/A
Mountain Dew	40oz	550	0	0	0	0	0	176	146	0	146	0	N/A
MUG Root Beer	16oz	200	0	0	0	0	0	30	52	0	52	0	N/A
MUG Root Beer	20oz	250	0	0	0	0	0	40	65	0	65	0	N/A
MUG Root Beer	30oz	375	0	0	0	0	0	57	98	0	98	0	N/A
MUG Root Beer	40oz	500	0	0	0	0	0	76	130	0	130	0	N/A
Pepsi	16oz	200	0	0	0	0	0	50	56	0	54	0	N/A
Pepsi	20oz	250	0	0	0	0	0	60	70	0	68	0	N/A
Pepsi	30oz	375	0	0	0	0	0	95	105	0	102	0	N/A
Pepsi	40oz	500	0	0	0	0	0	127	175	0	136	0	N/A
Diet Pepsi	16oz	0	0	0	0	0	0	50	0	0	0	0	N/A
Diet Pepsi	20oz	0	0	0	0	0	0	60	0	0	0	0	N/A
Diet Pepsi	30oz	0	0	0	0	0	0	95	0	0	0	0	N/A
Diet Pepsi	40oz	0	0	0	0	0	0	127	0	0	0	0	N/A

Sierra Mist	16oz	200	0	0	0	0	0	0	40	54	0	54	0	N/A
Sierra Mist	20oz	250	0	0	0	0	0	0	50	68	0	68	0	N/A
Sierra Mist	30oz	375	0	0	0	0	0	0	75	102	0	102	0	N/A
Sierra Mist	40oz	500	0	0	0	0	0	0	100	136	0	136	0	N/A
Tropicana Fruit Punch	16oz	220	0	0	0	0	0	0	50	60	0	60	0	N/A
Tropicana Fruit Punch	20oz	275	0	0	0	0	0	0	60	75	0	75	0	N/A
Tropicana Fruit Punch	30oz	413	0	0	0	0	0	0	95	113	0	102	0	N/A
Tropicana Fruit Punch	40oz	550	0	0	0	0	0	0	127	150	0	128	0	N/A
Tropicana Pink Lemonade	16oz	200	0	0	0	0	0	0	210	54	0	54	0	N/A
Tropicana Pink Lemonade	20oz	250	0	0	0	0	0	0	260	68	0	68	0	N/A
Tropicana Pink Lemonade	30oz	375	0	0	0	0	0	0	395	102	0	102	0	N/A
Tropicana Pink Lemonade	40oz	500	0	0	0	0	0	0	526	136	0	136	0	N/A
Lipton Raspberry Iced Tea	16oz	160	0	0	0	0	0	0	50	42	0	42	0	N/A
Lipton Raspberry Iced Tea	20oz	200	0	0	0	0	0	0	60	53	0	53	0	N/A
Lipton Raspberry Iced Tea	30oz	300	0	0	0	0	0	0	95	80	0	80	0	N/A
Lipton Raspberry Iced Tea	40oz	400	0	0	0	0	0	0	127	106	0	106	0	N/A
Dr. Pepper	16oz	200	0	0	0	0	0	0	70	54	0	54	0	N/A
Dr. Pepper	20oz	250	0	0	0	0	0	0	90	68	0	68	0	N/A
Dr. Pepper	30oz	375	0	0	0	0	0	0	132	102	0	102	0	N/A
Dr. Pepper	40oz	500	0	0	0	0	0	0	176	136	0	136	0	N/A
Mountain Dew Baja Blast	16oz	220	0	0	0	0	0	0	70	60	0	58	0	N/A
Mountain Dew Baja Blast	20oz	275	0	0	0	0	0	0	90	75	0	73	0	N/A
Mountain Dew Baja Blast	30oz	413	0	0	0	0	0	0	132	113	0	110	0	N/A
Mountain Dew Baja Blast	40oz	550	0	0	0	0	0	0	176	150	0	146	0	N/A

*The Dietary Guidelines for Americans recommend limited saturated fat to 20 grams and sodium to 2,300 milligrams for a typical adult eating 2,000 calories daily. Recommended limits may be higher or lower depending upon daily calorie consumption*



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For more information go to [www.mypyramid.gov](http://www.mypyramid.gov)

Product data is based on current U.S. formulations (based on zero grams trans fat canola frying oil) as of the date posted. Product formulations and nutritional values may differ for Taco Bell® Express and "multi-brand" (Kentucky Fried Chicken®, Taco Bell®, Taco Bell®/Pizza Hut®, and Taco Bell®/Long John Silver's®) menu items that may be based on a different type of oil, and for products outside the continental U.S. Although this data is based on standard portion guidelines, variation can be expected due to seasonal influences, minor differences in product assembly per restaurant and other factors. Substitution of ingredients may alter nutritional values. Menu items and hours of availability may vary by location. Regional Menu items are available only at participating locations. Except for Taco Bell® Express, multi-brand menu items, limited time offerings, and test market menu items, single-brand menu products as of the date posted are included in this Nutrition Guide.

For the most current U.S. nutritional information and for Taco Bell® Express and multi-brand menu items, see [www.tacobell.com](http://www.tacobell.com). If you have any questions about Taco Bell® and nutrition or are particularly sensitive to specific ingredients or foods, please contact us at 1-800-TACOBELL or visit our Web site at [www.tacobell.com](http://www.tacobell.com).

\* "Fresco Style" fat reduction varies per menu item and not all menu items will meet a 25% reduction in fat.

N/A = The "Fresco Style" option is not available for this menu item

- = Using the "Fresco Style" option does not provide a 25% reduction in fat

√ = Using the "Fresco Style" option will provide a 25% reduction in fat

† 1/2 lb. claim for Combo, Cheesy Potato and Nacho Crunch burrito is based on average weight. Individual product weights vary.

‡ Nutrition values for fountain beverages do not account for ice. Depending on the sodium content of the water where the beverage is dispensed, the actual sodium content may be higher or lower than the listed values.