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## Taco bell nutritional information pdf

Nutrition facts for the full Taco Bell menu. Select an item to view the full nutritional information, including calories, carbohydrates, sodium and Weight Watchers points. You also use our calorie filter to find the Taco Bell menu item that best suits your diet. = Voted a healthy and tasty option. Learn how healthy and tasty options are determined. Update: 11/12/2020 End of results Haven't you found what you're looking for? Try checking out our list of discontinued Taco Bell items. Bulky and very diverse menus, convenient hours and affordable prices attract customers to Taco Bell restaurants by the millions annually. Customers flock to the more than 6,500 storefronts that offer dining, pickup and drive-thru options. Both corporate-owned and franchise locations offer similar menus with Tex-Mex staples such as tacos, burritos, quesadillas, and nachos, as well as some special items unique to the fast food chain. In 2013, the large franchise operation began offering breakfast options. Other selections include side items, drinks and desserts. Jump to:Health Tips: Tacos - Nutrition charts for tacos vary slightly by ingredients, but generally contain between 170 and 190 calories, with 10 grams of fat and less than 20 grams of carbohydrates. Burritos – Traditional offerings include the chicken burrito, which boasts 440 calories per serving, 18 grams of fat, 46 grams of carbohydrates, 960mg sodium, and 30mg cholesterol. Patrons ordering grilled stuffed burritos should expect to consume at least 830 calories for chicken versions of the menu item and more than 40 grams of fat, 96 grams of carbohydrates, 2,200mg sodium, and 85 mg cholesterol. Persons with specific dietary needs should indicate this at the beginning of orders to avoid contamination by unwanted ingredients. Fresco Menu - The items have fewer ingredients than other daily offerings and generally fall around 140 calories for tacos and no more than 350 calories for burritos per serving. Each option contains less than 10 grams of fat, which serves as a starting point for the specific portion of the menu. Breakfast - Customers can order breakfast crunchwrap meals with egg, bacon, sausage and cheese (700 calories/41 grams of fat), or A.M. grillers with breakfast meat, eggs and cheese (230 calories/14 grams of fat). Gluten-free – The health-conscious menu items represent ideal options for individuals with gluten-restrictive diets. Taco salads contain an average of 750 and 800 calories and about 35 grams of fat per serving. Nachos – A standard order of nachos contains 290 calories and 16 grams of fat. Customers should expect to consume 100s of milligrams of sodium per serving of nachos due to the salted corn chips used as the bases for menu items. Cheese sauces – Reduce fat by omitting cheese and refraining from using dipping sauces such as ranch ranch (g) Total Carbs (g)Sodium (mg)Suikers (g)Weight WatchersBeveragesback to topCherry Limeade Sparkler180044105435Chereen Sparkler270066160657Klasic Limeade Sparkler230060125597Classic Limeade Sparkler16 oz1500396038484Mtn Dewnauw® Baja Blast Freeze25006375587Mtn Dew® Baja Blast Freeze 16 oz20005470546 20 oz25006890687Dr Pepper 30 oz380010213010211Dr Pepper 40 oz500013518013515Lipton Raspberry Iced Tea 16 oz16004250425Lipton Raspberry Iced Tea 20 oz20005365555536Lipton Raspberry Iced Tea 30 oz30007995799Lipton Raspberry Iced Tea 40 oz4000105125105111MTN DEW A.M. 16 oz16014245405MTN DEW A.M. 20 oz18014750465MUG Root Beer 16 oz20005230526MUG Root Beer 20 oz25006540657MUG Root Beer 30 oz380098559811MUG Root Beer 40 oz50001307513014Mountain Dew 16 oz222 0005870586Bergdauw 20 oz28007390738Bergdauw 30 oz410010913010912Mountain Dew 40 oz250014518014514516Mountain Dew Baja Blast 16 oz22005660566Mount 20 oz28007375738Mountain Dew Baja Blast 30 oz41001091510912Mountain Dew Baja Blast 40 oz250014515014516Pepsi 16 oz20005640566Pepsi 20 oz2500707050708Pepsi 30 oz38001057510511Pepsi 40 oz50001401014015Sierra Mist 16 oz20005440546Sierra Mist 20 oz25006850687Sierra Mist 30 oz3800101751011111Sierra Mist 40 oz500013510013515Tropicana Fruit Punch 16 oz22006050607Tropicana Fruit Punch 20 oz28007565758Tropicana Fruit Punch 30 oz41001139511312Tropicana Fruit Punch 40 oz550015012515016Tropicana Pink Lemonade 16 oz200054210546Tropicana Roze Limonade 30 oz380010140010111Tropicana Roze Limonade 40 oz500013553013515Breakfastback naar topCaloriesProtein (g)Total Carbs (g)Sodium (mg)Suikers (g)Weight WatchersA.M. 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