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Grated chicken: chicken, water, herbs (salt, modified cornstarch, tomato powder, paprika (VC), natural flavors (including smoky taste), citric acid, spices, safflower oil, sugar, disodium insate and guanylate, torula yeast, maltodextrin), modified food starch, rosemary extract (soy and/or cabbage oil) (P)„ Flour Tortilla: Enriched wheat flour, water, vegetable shortening (soy, hydrogenated soybeans and/or cottonseed oil), sugar, salt, acidity (baking soda, sodium acid pyrophosphate), molasses, dough conditioner (fumaric acid, distilled monoglycerides, enzymes, vital wheat gluten, cellulose, wheat starch, calcium carbonate), calcium carbon dioxide, sorlab acid and/or kaliasorase (P). Contains: Wheat, [certified vegan], iceberg lettuce: Fresh iceberg lettuce [certified vegan], Cheddar Cheese: Cheddar cheese (cultured pasteurized milk, salt, enzymes, annatto (VC)), anti-caking agent. Contains: Milk [certified vegetarian] Home • Nutrition • Taco Bell Nutrition • Chicken Soft Taco There are 170 calories in a 1 taco serving of Taco Chicken Soft Taco. Calorie breakdown: 40.9% fat, 36.4% carbohydrates, 22.7% protein. * DI: Recommended daily intake based on 2000 calorie diet. Amount per serving calories 170 (711 kJ) % Daily Value* Total fat 8g 12% saturated fat 3g 15% Trans Fat 0g Cholesterol 40mg 13% Sodium 450mg 19% Total Carbohydrate 16g 5% Dietary Fat 5% Dietary zel 16g 1g 4% Sugars 1g Protein 10g 20% Vitamin A 0.0mg 4% Vitamin C 0.6mg 1% Calcium 80mg 8% Iron 1.1mg 6% * Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower, depending on your calorie needs. How long would it take to burn off 170 calories of Taco Bell Chicken Soft Taco? Based on a 35-year-old woman who is 5'7 and weighs 144 pounds* Based on an RDI of 2000 calories please note that the variety of the menu can vary depending on your Taco Bell location. You also check if there are coupons and deals available to save on these and many other Taco Bell menu items. Related food from Taco BellRecipe for Taco Bell's Chicken Soft TacoCurrently there is no recipe available for Taco Bell Chicken Soft Taco, but here are some other copycat recipes you might be interested in: Nutrition Facts Amount per serving of calories 170 % Daily values * Total fat 8.00g 10% Saturated fat 3,000g 15% Trans Fat 0.0.0 40mg Cholesterol 40mg 13% Sodium 450mg 20% Total Carbohydrate 16.00g 6% Dietary fibre 1.0g 4% Sugars 1.00g Protein 10.00g Vitamin D - Calcium - Iron - Potassium - Is this information inaccurate or incomplete? Click here to edit. Last Updated Jul 19, 17 12:37 8% of RDI* (170 calories) Calorie Breakdown: Carbohydrates (36%) Fat (41%) Protein (23%) Calories 170 Fat 8g Carbohydrates 16g Protein 10g There are 170 calories in 1 taco Taco Bell Soft Taco - Chicken. Calorie breakdown: 41% fat, 36% carbohydrates, 23% protein. Taco or Tostada with beef, cheese, lettuce, tomato tomato Salsa Taco or Tostada with beef, cheese and lettuce Taco or Tostada with beans, cheese, meat, lettuce, tomato and salsa taco or Tostada with chicken, cheese, lettuce, tomato and salsa meatless Taco or Tostada with beans, lettuce, tomato and salsa meatless Taco or Tostada with beans and cheese, lettuce, tomato and salsa view more tacos nutritional info Please note that some foods may not be suitable for some people and you are urged to take the advice of a doctor for the onset of a weight loss effort or diet regimen. Although the information on this site is presented in good faith and is presumed to be correct, FatSecret makes no statements or assurances about its completeness or accuracy and all information, including nutritional values, is used by you at your own risk. All trademarks, copyrights and other forms of intellectual property are the property of their respective owners. Eat better. Feel better. THE OPINION Nutrition Data from NUTRITION DATA from NUTRITION DATA assigns foods in each of the three categories, based on their nutritional density (ND Rating) and their satiating effect (Fullness Factor™). Foods that are both nutritious and filling are considered better choices for weight loss. Foods that are nutritious without being filled are considered better choices for healthy weight gain. Foods containing more essential nutrients per calorie are considered better choices for optimal health. Nutrition Data also indicates whether a food is particularly high or low in various nutrients, according to the FDA's dietary recommendations. Read more about the opinion of Nutrition Data There are 150 calories in a Fresco Chicken Soft Taco from Taco Bell. Most of those calories come from carbohydrates (48%). We are working on obtaining the allergen information for this item. We are working on getting the ingredients for this item. Image - Taco Bell Taco Bell Soft Taco calories and all other nutritional information. Taco Bell's Soft Taco is one of the lowest calorie items in Taco Bell I've ever come across. It only has 180 calories, but you increase or reduce the calorie count by adding or removing add ons. As you probably know, Taco Bell lets you customize most meals to your liking. You upgrade your meals with add us such as sauces, meat (beef and chicken), beans and vegetables. However, if you upgrade your taco with one or more add ons, the number of calories will be higher. If you are looking to cut calories, the default option is the best way to go. Add us will not only make your meal unhealthier, they will also make it more expensive. The price difference will not be earth-shattering. I'm just saying. for example, you upgrade your Soft Taco with grated chicken and acid cream with less fat, adding 80 extra calories to your meal. In my world, that's a lot. If you like counting calories, I don't have to tell you that 100 calories can be the difference in the world. You also lower the number of calories in your Soft Taco by getting rid of the spiced beef and cheese. Removing these two add ounces will result in almost 100 calories less. It also means that a Soft Taco without cheese and beef contains only 85 calories which is great. Calories in Taco Bell Soft Taco There are four different types of Soft Tacos at Taco Bell: Beef, Chicken, Supreme and Spicy Potato. So nutritional values vary depending on the Taco variation selected. Below are the nutritional facts for each unique recipe. The original recipe is the Beef Soft Taco, so let's start with that one. Calories: 180 calories from fat: 80 Fat: 9g saturated fat: 4g Tans Fat: 0g Cholesterol: 25mg Sodium: 500mg Carbohydrates: 18g Fiber: 3g Sugars: 1g Protein: 9g Chicken Soft Taco Calories: 170 Calories from fat: 70 Fat: 8g saturated fat: 3g Tans Fat: 0g Cholesterol: 40mg Sodium: 450mg Carbohydrates: 16g Fiber: 1g Sugars: 1g Protein: 10g Soft Taco Supreme Calories: 210 calories from fat : 90 Fat: 10g saturated fat: 4.5g Tans Fat: 0g Cholesterol: 30mg Sodium: 520mg Carbohydrates: 20g Fibre: 3g Sugars: 2g Protein: 10g Spicy Potato Soft Taco Calories: 230 Calories Fat: 100 Fat: 12g Saturated fat: 3g Tans Fat: 0g Cholesterol: 10mg Sodium: 460mg Carbohydrates: 27g Fiber: 2g Sugars: 1g Protein: 5g All Soft Taco variations are low in calories, some have more fat and carbohydrates , and others have more protein. Choosing the right one depends on your nutritional needs. Nutrition Facts Amount per serving of calories 247 % Daily values * Total fat 8.76g 11% saturated fat 2.915g 15% Trans Fat - Polyunsaturated Fat 1.619g Monounsaturated Fat 3.387g Cholesterol 59mg 20% Sodium 612mg 27% Total Carbohydrate 3.387g Cholesterol 59mg 20% Sodium 612mg 27% Total Carbohydrate 3.387g 18.7g 7% Dietary fibre 1.4g 5% Sugars 1.09g Protein 22.08g Vitamin D - Calcium 95mg 7% Iron 2.06mg 11% Potassium 207mg 4% Vitamin A 28mcg 3% Vitamin C 0.6mg 1% Note : Includes: Taco Bell Chicken Soft Taco Last updated: 21 Aug 07 07:33 AM 12% of RDI* (247 calories) Calorie Breakdown: Carbohydrates (30%) Fat (33%) Protein (37%) Calories 247 Fat 8.755g Carbohydrates 18.701g Protein 22.08g There are 247 calories in 1 Soft Taco with chicken, cheese and lettuce. Calorie breakdown: 33% fat, 31% carbohydrates, 37% protein. Portion size calories 1 oz 55 100 g 193 1 taco 247 Meatless Taco or Tostada with beans and cheese, lettuce, tomato and salsa meatless Taco or Tostada with beans, lettuce, tomato and salsa taco or Tostada with beans, cheese, meat, lettuce, tomato and salsa taco or tostada with beef, cheese, lettuce, tomato and salsa or salsa or tostada with chicken, cheese, , Tomato and Salsa Taco or Tostada with beef, cheese and lettuce view more tacos nutrition info Soft Taco with chicken, cheese, lettuce, tomato and sour cream soft taco with beef, cheese and lettuce soft taco with beef, cheese, lettuce, tomato and sour cream cheese (soft) soft taco with beef, cheese, lettuce, tomato and salsa salsa Check out more results Please note that some foods may not be suitable for some people and you are urged to seek the advice of a doctor before starting a weight loss effort or diet regimen. Although the information on this site is presented in good faith and is presumed to be correct, FatSecret makes no statements or assurances about its completeness or accuracy and all information, including nutritional values, is used by you at your own risk. All trademarks, copyrights and other forms of intellectual property are the property of their respective owners. Año nac. Page 2Año nac. Page 3Año nac. Page 4Año nac. Page 5Año nac. Page 6Año nac. Page 7Año nac. Page 8Año nac. Page 9Año nac. Page 10Año nac. Page 11Año nac. Page 12Año nac. Page 13Año nac. Page 14Año nac. Page 15Año nac. Page 16Año nac. Page 17Año nac. Page 18Año nac. Page 19Año nac. Page 20Año nac. Page 21Año nac. Page 22Año nac. Page 23Año nac. Page 24Año nac. Page 25Año nac. Page 26Año nac. Tac.