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Shredded chicken: chicken, water and spices (salt, modified cornstarch, tomato powder, paprika (VC), natural flavors (including smoke flavor), citric acid, spices, saffron oil, sugar, inosina and guanile, torula, maltodextrin), modified food starch, rosemary extract (soy and/or canola oil) (P), tortillas flour: enriched wheat flour Water, shortening vegetables (soybeans, hydrogenated soybeans and/or cotton seed oil), sugar, leavening salt (baking soda, sodium acid pyrophosphate), molasses, dough conditioner (tumeric acid, monodistilled, enzymes, biowheat gluten, cellular gums, wheat starch, calcium carbonate), calcium propionate, sorbic acid, and/or contains: wheat. [Certified Vegetarian], Iceberg Lettuce: Fresh Iceberg Lettuce [Certified Vegetarian], Cheddar Cheese: Cheddar Cheese (Farmed Pasteurized Milk, Salt, Enzymes, Anatu (VC), anti-coding agent. Contains: Milk [Certified Vegetarian] Home • Nutrition • Taco Bell Nutrition • Chicken Soft Taco There are 170 calories in 1 Taco Bell Soft Chicken Taco Service. Calorie breakdown: 40.9% fat, 36.4% carbohydrates, 22.7% protein. *Di: Recommended daily continuation based on 2000 calorie diet. Amount per serving 170 (711 kJ) % daily value * Total fat 8g 12% saturated fat 3g 15% fat across 0gCholesterol 40mg 13% sodium 450mg 19% total carbohydrates 16g 5% fiber Dietary 1g 4% sugars 1g protein 1g 20% vitamin A 0.0mg 4% vitamin C 0.6mg 1% calcium 80mg 80 mg 8% iron 1.1mg 6% * daily values ratio is based on 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. How long does it take to burn 170 calories of taco bell chicken soft tacos? Based on the 35 females aged 5'7 and weighing 144 lbs* based on RDI of 2000 calories please note that a variety of menu may vary depending on your Taco Bell location. You can also check if there are any coupons and deals available to save on this and many other Taco Bell menu items. Related food from BellRecipe Taco Taco bell to TacoCurrently no recipe available for Taco Bell Chicken Soft Taco, but here are some other fake recipes that you might be interested in: Nutrition facts amount per serving calories 170% daily * Total fat 8.00g 10% saturated fat 3.000g 1 5% Fat across 0.000g Cholesterol 40mg 13% sodium 450mg 20% total carbohydrates 16.00g 6% dietary fiber 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: 19 Jul 17 12:37 AM 8% of RDI* (170 calories) Calories: Carbohydrates (36%). Fat (41%) Protein (23%) Calories 170 fat 8g carbohydrates 16g protein 10g there is 170 calories in 1 taco of taco bell soft taco - chicken. Calorie breakdown: 41% fat, 36% carbohydrates, 23% protein. no meat tacos or tosada with beans and cheese, Tomato, salsa taco or Tostada with beef, cheese, lettuce taco meat or Tostada with beans, lettuce, tomatoes, taco salsa or stedoda with chicken, cheese, tomatoes, tomatoes, cheese or tostada with beans, cheese, meat, lettuce, tomatoes, tomatoes and salsa offer more taco food information please note that some foods may not be suitable for some people, and you'd urge to seek doctor's advice before starting any effort Weight or diet. Although the information provided on this site is provided in good faith and is believed to be true, FatSecret does not make any commitments or guarantees 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. I feel better. DATA NUTRITION DATA OPINIONS FOOD AWARDS 0-5 STARS IN EACH OF THREE CATEGORIES, BASED ON FOOD DENSITY (ND RATING) AND ITS SATURATION EFFECT (SATIety™). Nutritious foods and packaging are better options for weight loss. Nutritious foods without filling out are better options for healthy weight gain. Foods that contain more essential nutrients per calorie are better choices for optimal health. Nutrition data also indicate whether food is particularly high or low in various foods, according to diet recommendations from the FDA. Read more about the opinion of nutrition data there are 150 calories at Frisco Chicken Soft Taco From Taco Bell. Most of these calories come from carbohydrates (48%). We are working to obtain allergenic information for this item. We are working on getting the ingredients for the item. Photo - Taco Bell Taco Bell Soft Taco Calories and all other nutritional information. Taco Bell Taco Soft is one of the lowest calorie items in Taco Bell I've ever come across. It's only 180 calories, but you can increase or reduce the number of calories by adding or removing the addition on. As you probably know, Taco Bell lets you customize most meals to your liking. You can upgrade your meals with an add-on such as sauces, meat (beef and chicken), beans and vegetables. However, if you upgrade your tacos with one or more additions ons, the number of calories will be higher. If you're looking to cut calories, the default option is the best way to go. Adding auri will not only make an unhealthy meal, it will also make it more expensive. The price difference won't be smashing the ground. I'm just saying. For example, if you upgrade a soft taco with shredded chicken and low fat sour cream, you'll add an extra 80 calories to your meal. In my world that's a lot if you calculate calories, then I don't have to tell you that 100 calories can All the difference in the world. You can also reduce the number of calories in your tacos by getting rid of seasoned beef and cheese. Removing these two additions will result in nearly 100 fewer calories. This also means that a soft taco without cheese and beef contains only 85 calories which is great. Calories in Taco Bell Soft Taco Sautation there are four different types of soft tacos in Taco Bell: beef, chicken, top potatoes and spicy. So nutrition values vary depending on the taco variation chosen. Here are the nutrition facts for each unique recipe. The original recipe is Beef Soft Taco, so let's start with that recipe. Calories: 180 calories 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 fat: 70 fat: 8g saturated fat: 3g Tans Fat: 0g Cholesterol: 40mg Sodium: 450mg Carbohydrates: 16g Fiber: 1g Sugars: 1g Protein: 10g Soft Taco Top Calories 210 calories fat: 90 fats: 10 g saturated fat: 4.5 g Tans fat: 0g cholesterol: 30 mg sodium: 520 mg carbohydrates: 20 g fiber: 3 g sugars: 2g protein: 10 g soft spicy potato 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 differences soft taco sin in calories, some more fat, carbohydrates, and more protein. Choosing the right one depends on your nutritional needs. Nutrition Facts Amount per calorie serving 247% daily values * Total fat 8.76g 11% saturated fat 2.915g 15% trans fat - trans fat 1.619g monounsaturated fat 3.387g cholesterol 59mg 20% sodium 612mg 27 Total carbohydrates 18.7 g 7% dietary fiber 1.4 g 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 Update: August 21 07 07:33 AM 12% of RDI* (247 calories) Calorie Analysis: 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. Calories 1 oz 55 100 g 193 1 taco 247 tacos or tosada with beans, cheese, meat, lettuce, tomatoes, salsa tacos without meat or toastada with beans, lettuce, tomatoes, salsa tacos or lobster Cheese and lettuce tacos or testoda with chicken, cheese, lettuce, tomatoes, tomatoes or tosada with beef, cheese, lettuce, tomatoes, salsa meat taco salsa or tosada with beans, cheese, lettuce, tomatoes and salsa offer more tacos and soft tacos with chicken Cheese, lettuce, tomatoes, sour cream, soft taco sour with beef, cheese and soft taco lettuce with beef Lettuce, tomatoes, sour cream goat cheese (soft) soft taco with beef, cheese, lettuce, tomatoes, salsa and salsa View more results please note that certain foods may not be suitable for some people and urge you to seek advice from your doctor before starting any weight loss or diet effort. Although the information provided on this site is provided in good faith and is believed to be true, FatSecret does not make any commitments or guarantees 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. Anio Nak, page 2. Page 3Ainio nac. Page 4Ainio nac. Page 5Ainio nac. Page 6 Anno. Page 7Ainio nac. Page 8Ainio nac. Page 9Año nac. Page 10Inio nac. Page 11AA. Page 12. Page 13AA. Page 14AA. Page 15AAAO. Page 16AA. Page 17Inio nac. Page 18Ainio nac. Page 19. Page 20Año nac. Page 21AOAO. Page 22AA. Page 23. Page 24. Page 25. Page 26AA. Nac.

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