



## Taco Bell Calories and Fast Food Nutrition Information

item	serving size (g)	calories	calories from fat (g)	saturated fat (g)	total fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	dietary fiber (g)	sugars (g)	protein (g)	Fresco style meets 25% reduction in fat**
<b>Beverages</b>													
<b>Berry Pomegranate Frutista Freeze</b>	593	310	0	0	0	0	0	50	75	0	75	1	N/A
<b>Berry Pomegranate Frutista Freeze® 16 oz</b>	479	250	0	0	0	0	0	40	62	0	61	1	N/A
<b>Cherry Crème Frutista Freeze® 16 oz</b>	397	260	30	2	3.5	0	10	135	56	0	54	3	N/A
<b>Cherry Crème Frutista Freeze® 20 oz</b>	482	320	35	2.5	4	0	10	160	67	0	66	3	N/A
<b>Cherry Limeade Sparkler 20 oz</b>	323	180	0	0	0	0	0	105	44	0	43	0	N/A
<b>Cherry Limeade Sparkler 20 oz</b>	493	270	0	0	0	0	0	160	66	0	65	0	N/A
<b>Classic Limeade Sparkler 16 oz</b>	323	150	0	0	0	0	0	80	39	0	38	0	N/A
<b>Classic Limeade Sparkler 20 oz</b>	493	230	0	0	0	0	0	125	60	0	59	0	N/A
<b>Mango Strawberry Frutista Freeze®</b>	593	300	0	0	0	0	0	15	75	0	73	0	N/A
<b>Mango Strawberry Frutista Freeze® 16 oz</b>	479	250	0	0	0	0	0	10	62	0	59	0	N/A
<b>Strawberry Frutista Freeze®</b>	593	280	0	0	0	0	0	65	70	0	69	0	N/A
<b>Strawberry Frutista Freeze® 16 oz</b>	479	230	0	0	0	0	0	55	57	0	57	0	N/A
<b>Diet Pepsi 16 oz</b>	454	0	0	0	0	0	0	50	0	0	0	0	N/A
<b>Diet Pepsi 20 oz</b>	567	0	0	0	0	0	0	65	0	0	0	0	N/A
<b>Diet Pepsi 30 oz</b>	851	0	0	0	0	0	0	95	0	0	0	0	N/A
<b>Diet Pepsi 40 oz</b>	1134	0	0	0	0	0	0	125	0	0	0	0	N/A
<b>Dr Pepper 16 oz</b>	454	200	0	0	0	0	0	70	54	0	54	0	N/A
<b>Dr Pepper 20 oz</b>	567	250	0	0	0	0	0	90	68	0	68	0	N/A
<b>Dr Pepper 30 oz</b>	851	380	0	0	0	0	0	130	102	0	102	0	N/A
<b>Dr Pepper 40 oz</b>	1134	500	0	0	0	0	0	180	135	0	135	0	N/A
<b>Lipton Raspberry Iced Tea 16 oz</b>	454	160	0	0	0	0	0	50	42	0	42	0	N/A
<b>Lipton Raspberry Iced Tea 20 oz</b>	567	200	0	0	0	0	0	65	53	0	53	0	N/A
<b>Lipton Raspberry Iced Tea 30 oz</b>	851	300	0	0	0	0	0	95	79	0	79	0	N/A
<b>Lipton Raspberry Iced Tea 40 oz</b>	1134	400	0	0	0	0	0	125	105	0	105	0	N/A
<b>MUG Root Beer 16 oz</b>	454	200	0	0	0	0	0	30	52	0	52	0	N/A
<b>MUG Root Beer 20 oz</b>	567	250	0	0	0	0	0	40	65	0	65	0	N/A

<b>MUG Root Beer 30 oz</b>	851	380	0	0	0	0	0	55	98	0	98	0	N/A
<b>MUG Root Beer 40 oz</b>	1134	500	0	0	0	0	0	75	130	0	130	0	N/A
<b>Mountain Dew 16 oz</b>	454	220	0	0	0	0	0	70	58	0	58	0	N/A
<b>Mountain Dew 20 oz</b>	567	280	0	0	0	0	0	90	73	0	73	0	N/A
<b>Mountain Dew 30 oz</b>	851	410	0	0	0	0	0	130	109	0	109	0	N/A
<b>Mountain Dew 40 oz</b>	1134	550	0	0	0	0	0	180	145	0	145	0	N/A
<b>Mountain Dew Baja Blast 16 oz</b>	454	220	0	0	0	0	0	60	58	0	58	0	N/A
<b>Mountain Dew Baja Blast 20 oz</b>	567	280	0	0	0	0	0	75	73	0	73	0	N/A
<b>Mountain Dew Baja Blast 30 oz</b>	851	410	0	0	0	0	0	115	109	0	109	0	N/A
<b>Mountain Dew Baja Blast 40 oz</b>	1134	550	0	0	0	0	0	150	145	0	145	0	N/A
<b>Pepsi 16 oz</b>	454	200	0	0	0	0	0	40	56	0	56	0	N/A
<b>Pepsi 20 oz</b>	567	250	0	0	0	0	0	50	70	0	70	0	N/A
<b>Pepsi 30 oz</b>	851	380	0	0	0	0	0	75	105	0	105	0	N/A
<b>Pepsi 40 oz</b>	1134	500	0	0	0	0	0	100	140	0	140	0	N/A
<b>Sierra Mist 16 oz</b>	454	200	0	0	0	0	0	40	54	0	54	0	N/A
<b>Sierra Mist 20 oz</b>	567	250	0	0	0	0	0	50	68	0	68	0	N/A
<b>Sierra Mist 30 oz</b>	851	380	0	0	0	0	0	75	101	0	101	0	N/A
<b>Sierra Mist 40 oz</b>	1134	500	0	0	0	0	0	100	135	0	135	0	N/A
<b>Tropicana Fruit Punch 16 oz</b>	454	220	0	0	0	0	0	50	60	0	60	0	N/A
<b>Tropicana Fruit Punch 20 oz</b>	567	280	0	0	0	0	0	65	75	0	75	0	N/A
<b>Tropicana Fruit Punch 30 oz</b>	851	410	0	0	0	0	0	95	113	0	113	0	N/A
<b>Tropicana Fruit Punch 40 oz</b>	1134	550	0	0	0	0	0	125	150	0	150	0	N/A
<b>Tropicana Pink Lemonade 16 oz</b>	454	200	0	0	0	0	0	210	54	0	54	0	N/A
<b>Tropicana Pink Lemonade 20 oz</b>	567	250	0	0	0	0	0	270	68	0	68	0	N/A
<b>Tropicana Pink Lemonade 30 oz</b>	851	380	0	0	0	0	0	400	101	0	101	0	N/A
<b>Tropicana Pink Lemonade 40 oz</b>	1134	500	0	0	0	0	0	530	135	0	135	0	N/A
<b>Burritos</b>													
<b>1/2 lb.* Cheesy Potato Burrito</b>	248	540	230	7	26	0.5	45	1360	59	7	4	19	-
<b>1/2 lb.* Combo Burrito</b>	241	460	160	7	18	0.5	45	1330	53	9	3	21	-
<b>7-Layer Burrito</b>	283	500	160	6	18	0	20	1090	69	12	5	17	√
<b>Bean Burrito</b>	198	370	90	3.5	10	0	5	980	56	10	3	13	-
<b>Beefy 5-Layer Burrito</b>	245	540	190	8	22	0	35	1280	68	9	6	19	√
<b>Beefy Crunch Burrito</b>	220	500	200	6	22	0	30	1060	61	5	5	14	N/A
<b>Burrito Supreme® - Beef</b>	248	420	140	6	16	0	35	1100	53	9	5	17	√
<b>Burrito Supreme® - Chicken</b>	248	400	110	5	12	0	40	1060	51	7	5	21	√
<b>Burrito Supreme® - Steak</b>	248	390	110	5	13	0	30	1100	51	7	5	17	√
<b>Chili Cheese Burrito</b>	156	380	150	8	17	0.5	35	930	41	5	2	16	√
<b>Fresco Bean Burrito</b>	213	350	70	2.5	8	0	0	990	57	11	4	12	-

<b>Grilled Chicken Burrito</b>	177	430	170	5	18	0	35	870	48	3	3	18	√
<b>XXL Grilled Stuft Burrito - Beef</b>	445	880	370	14	42	1	75	2050	95	14	7	32	√
<b>XXL Grilled Stuft Burrito - Chicken</b>	445	840	310	11	35	0	85	1970	92	11	7	40	√
<b>XXL Grilled Stuft Burrito - Steak</b>	445	820	320	12	36	0.5	70	2050	92	11	7	33	√
<b>Chalupas</b>													
<b>Chalupa Supreme - Chicken</b>	153	350	160	4	18	0	35	520	29	3	4	17	√
<b>Chalupa Supreme - Steak</b>	153	340	170	4	18	0	30	570	29	3	4	14	√
<b>Chalupa Supreme-Beef</b>	153	370	190	5	21	0	30	570	31	4	4	13	-
<b>Condiments and Sauces</b>													
<b>Avocado Ranch Dressing</b>	14	80	70	1.5	8	0	5	50	1	0	0	0	N/A
<b>Border Sauce - Fire</b>	7	0	0	0	0	0	0	60	0	0	0	0	N/A
<b>Border Sauce - Hot</b>	7	0	0	0	0	0	0	45	0	0	0	0	N/A
<b>Border Sauce - Mild</b>	7	0	0	0	0	0	0	35	0	0	0	0	N/A
<b>Creamy Jalapeno Sauce</b>	14	70	70	1	7	0	0	50	1	0	1	0	N/A
<b>Fiesta Salsa</b>	21	5	0	0	0	0	0	60	1	1	1	0	N/A
<b>Fire Roasted Salsa</b>	7	5	0	0	0	0	0	50	1	0	0	0	N/A
<b>Green Tomatillo Sauce</b>	28	10	0	0	0	0	0	170	2	0	1	0	N/A
<b>Guacamole</b>	21	35	25	0	3	0	0	85	2	1	0	0	N/A
<b>Pepper Jack Sauce</b>	14	70	60	1	7	0	5	50	1	0	0	0	N/A
<b>Pizza Sauce</b>	28	10	0	0	0	0	0	80	2	0	1	0	N/A
<b>Red Sauce</b>	28	10	0	0	0	0	0	170	2	0	0	0	N/A
<b>Reduced Fat Sour Cream</b>	21	30	20	1	2	0	5	20	2	0	1	1	N/A
<b>Salsa</b>	21	5	0	0	0	0	0	80	1	0	1	0	N/A
<b>Salsa Verde</b>	6	5	0	0	0	0	0	55	1	0	0	0	N/A
<b>Drive-Thru Diet® Menu</b>													
<b>Fresco Bean Burrito</b>	213	350	70	2.5	8	0	0	990	57	11	4	12	-
<b>Fresco Burrito Supreme® - Chicken</b>	241	350	70	2.5	8	0	25	1060	50	7	4	18	-
<b>Fresco Burrito Supreme® - Steak</b>	241	340	80	2.5	8	0	15	1100	50	7	4	15	-
<b>Fresco Chicken Soft Taco</b>	110	150	35	1	3.5	0	25	480	18	2	2	12	√
<b>Fresco Crunchy Taco</b>	92	150	70	2	8	0	20	310	13	3	1	6	-
<b>Fresco Grilled Steak Soft Taco</b>	124	150	35	1.5	4	0	15	520	19	2	2	9	-
<b>Fresco Soft Taco</b>	110	180	60	2.5	7	0	20	520	20	3	2	8	-
<b>Gorditas</b>													
<b>Cheesy Gordita Crunch</b>	174	490	260	10	29	0.5	55	810	39	5	6	20	√
<b>Gordita Supreme® - Chicken</b>	153	270	90	3.5	10	0	35	510	29	2	6	17	√
<b>Gordita Supreme® - Steak</b>	153	270	90	4	11	0	30	550	29	2	6	14	√
<b>Gordita Supreme® - Beef</b>	153	300	120	5	14	0	30	550	31	4	6	13	√
<b>Nachos</b>													

<b>Cheesy Nachos</b>	71	280	150	1.5	17	0	0	230	29	2	1	4	N/A
<b>Nachos</b>	99	330	180	2	20	0	0	370	31	2	2	4	√
<b>Nachos BellGrande®</b>	305	770	380	7	42	0.5	30	1020	79	13	5	19	√
<b>Nachos Supreme</b>	191	440	220	5	25	0	30	640	42	8	3	12	-
<b>Volcano Nachos</b>	354	980	540	9	60	0.5	45	1590	89	15	6	20	√
<b>Sides</b>													
<b>Caramel Apple Empanada</b>	85	310	140	2.5	15	0	0	310	39	2	13	3	N/A
<b>Cheesy Fiesta Potatoes</b>	135	290	150	2.5	17	0	10	620	32	3	2	4	√
<b>Cinnamon Twists</b>	35	170	60	0	7	0	0	200	26	1	10	1	N/A
<b>Mexican Rice</b>	85	120	30	0	3.5	0	0	200	20	1	0	2	√
<b>Pintos n Cheese</b>	128	170	50	3	6	0	10	580	20	8	1	9	√
<b>Specialties</b>													
<b>Cheese Quesadilla</b>	142	480	240	11	27	0.5	50	1000	40	4	3	19	N/A
<b>Cheese Roll-Up</b>	60	190	80	5	9	0	20	450	18	2	1	9	N/A
<b>Chicken Quesadilla</b>	184	530	250	12	28	0.5	75	1210	41	4	3	28	N/A
<b>Chili Cheese Burrito</b>	156	380	150	8	17	0.5	35	930	41	5	2	16	√
<b>Crunchwrap Supreme®</b>	254	540	190	6	21	0	30	1110	71	7	7	16	√
<b>Enchirito® - Chicken</b>	209	340	120	7	14	0	50	1080	32	6	2	22	√
<b>Enchirito® - Steak</b>	209	330	130	7	14	0	45	1120	32	6	2	19	√
<b>Enchirito® - Beef</b>	209	360	150	8	17	0.5	45	1120	34	8	2	18	√
<b>Express Taco Salad w/ Chips</b>	432	580	260	9	29	0.5	60	1280	59	9	7	23	√
<b>MexiMelt®</b>	124	270	130	7	14	0.5	40	760	21	4	2	14	√
<b>Mexican Pizza</b>	213	540	270	8	30	0.5	40	870	47	7	2	20	-
<b>Original Chicken Flatbread Sandwich</b>	109	290	140	3.5	16	0	40	580	22	2	4	15	-
<b>Steak Quesadilla</b>	184	520	250	12	28	1	65	1250	41	4	3	25	N/A
<b>Tostada</b>	170	250	90	3.5	10	0	15	550	30	9	2	10	√
<b>Taco Salads</b>													
<b>Express Taco Salad w/ Chips</b>	432	580	260	9	29	0.5	60	1280	59	9	7	23	√
<b>Fiesta Taco Salad-Beef</b>	463	770	380	10	42	1	60	1350	74	11	8	26	-
<b>Fiesta Taco Salad-Chicken</b>	463	730	320	7	35	0	70	1270	70	9	7	34	√
<b>Fiesta Taco Salad-Steak</b>	463	710	320	7	36	0.5	55	1350	70	9	8	28	√
<b>Tacos</b>													
<b>Chicken Soft Taco</b>	96	180	50	2.5	6	0	30	460	18	1	1	14	√
<b>Crispy Potato Soft Taco</b>	103	270	120	3	13	0	10	520	31	3	1	6	√
<b>Crunchy Taco</b>	78	170	90	3.5	10	0	25	290	12	3	1	8	-
<b>Crunchy Taco Supreme®</b>	113	200	110	4.5	12	0	35	320	15	3	2	9	√
<b>DOUBLE DECKER® Taco Supreme®</b>	188	350	140	6	15	0	35	680	40	8	3	14	√
<b>Double Decker® Taco</b>	152	320	120	4.5	13	0	25	650	37	7	2	13	-
<b>Fresco Chicken Soft Taco</b>	110	150	35	1	3.5	0	25	480	18	2	2	12	√

<b>Fresco Crunchy Taco</b>	92	150	70	2	8	0	20	310	13	3	1	6	-
<b>Grilled Steak Soft Taco</b>	124	250	130	4	14	0	30	550	19	2	2	11	√
<b>Soft Taco Supreme® - Beef</b>	131	230	100	5	11	0	35	530	22	3	3	10	√
<b>Soft Taco-Beef</b>	96	200	80	4	9	0	25	510	19	3	1	10	-
<b>Volcano Menu</b>													
<b>Volcano Burrito</b>	303	780	370	11	41	1	65	1590	80	8	6	24	√
<b>Volcano Nachos</b>	354	980	540	9	60	0.5	45	1590	89	15	6	20	√
<b>Volcano Taco</b>	92	230	140	4.5	16	0	35	410	14	3	1	8	√
<b>Why Pay More!® Menu</b>													
<b>Bean Burrito</b>	198	370	90	3.5	10	0	5	980	56	10	3	13	-
<b>Beefy 5-Layer Burrito</b>	245	540	190	8	22	0	35	1280	68	9	6	19	√
<b>Caramel Apple Empanada</b>	85	310	140	2.5	15	0	0	310	39	2	13	3	N/A
<b>Cheese Roll-Up</b>	60	190	80	5	9	0	20	450	18	2	1	9	N/A
<b>Cheesy Nachos</b>	71	280	150	1.5	17	0	0	230	29	2	1	4	N/A
<b>Cinnamon Twists</b>	35	170	60	0	7	0	0	200	26	1	10	1	N/A
<b>Crispy Potato Soft Taco</b>	103	270	120	3	13	0	10	520	31	3	1	6	√
<b>Crunchy Taco</b>	78	170	90	3.5	10	0	25	290	12	3	1	8	-
<b>Soft Taco-Beef</b>	96	200	80	4	9	0	25	510	19	3	1	10	-

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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.

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.

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

\*\* "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