

Nutrition Facts

	Serving Size	Calories	Calories from fat	Total fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)
Flour Tortilla (burrito)	1 oz.	290	80	9	0	0	670	44
Flour Tortilla (taco)	1 oz.	90	25	2.5	0	0	200	33
Cilantro Rice	3 oz.	130	30	3	0	0	150	9
Black Beans	4 oz.	110	0	0.5	0	0	300	19
Pinto Beans	4 oz.	100	5	0.5	0	0	350	19
Fajita Vegetables	2.5 oz.	20	5	0.5	0	0	170	4
Grilled Chicken	4 oz.	190	60	6.5	0	115	370	1
Grilled Steak	4 oz.	190	60	6.5	0	65	320	2
Grilled Shrimp	4 oz.	85	5	1	0	140	200	1
Breaded Chicken	6 oz.	450	160	4	0	45	520	16
Pico de Gallo	3.5 oz.	20	0	0	0	0	475	4
Chile Corn Salsa	3.5 oz.	80	15	1.5	0	0	400	15
Salsa Verde	2 oz.	15	5	0	0	0	225	3
Red Salsa	2 oz.	40	10	1	0	0	500	8
Cheese Blend	1 oz.	100	70	8	0	30	170	1
Sour Cream	2 oz.	120	90	10	0	40	30	2
Guacamole	3.5 oz.	150	120	13	0	0	190	8
Romaine Lettuce	1 oz.	5	0	0	0	0	0	1
Chips	4 oz.	550	240	27	0	0	420	73
Chocolate Chip Cookie	2 oz.	230	100	11	2	20	135	34
Alfredo Sauce	2 oz.	145	115	13	0.25	18	315	4.5
French Fries	4 oz.	215	110	12	0	0	650	24