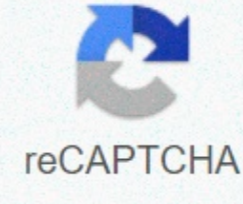




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Nutrition facts for the full Del Taco menu. Select an item to see the complete nutritional information, including calories, carbohydrates, sodium, and Weight Watchers points. You can also use our calorie filter to find the Del Taco menu item that best suits your diet. = Voted a healthy and tasty option. Learn how healthy and tasty options are determined. Updated: 13-13-2021 with results Didn't find what you're looking for? Try checking out our list of discontinued Del Taco items. Are you looking for a Del Taco calorie count online? Well, the chart below will help you find nutritional information about Del Taco menu items. Jump to: FREQUENTLY ASKED CALORIES Protein (g) Total Carbs (g) Sodium (mg) Sugar (g) Weight Watchers Tacos back to top Flatbread Taco (Chicken) 340 16 34 680 2 9 Flatbread Taco (Steak) 340 15 34 730 2 9 Beer Battered Fish Taco 28 0 7 27 560 2 8 Macho Taco® 300 20 16 630 2 8 8 Taco Al Carbon (Chicken) 150 10 19 300 0 4 Taco Al Carbon (Steak) 150 9 19 340 0 4 Asada Taco (Chicken) 0 0 4 Taco Al Carbon 170 10 21 380 1 5 Asada Taco (Steak) 170 9 22 420 1 5 Bacon Ranch Grilled Chicken Taco 240 14 17 630 1 7 Double Beef Classic Taco® 200 13 10 320 1 5 Grill Chicken Taco 1220 12 16 490 1 6 Chipotle Beef Taco 190 7 10 270 1 5 Regular Taco 130 7 9 180 1 3 Burritos back to top Calories Protein (g) Total Carbs (g) Sodium (mg) Sugar (g) Weight Watchers Spicy Chicken Burrito 530 27 71 1560 0 14 8 Layer Veggie Burrito 540 18 72 1310 2 14 Classic Grilled Chicken Burrito 530 20 40 1100 2 15 Combo Del Burrito™ 530 29 64 1390 0 14 Part Beef Burrito™ 490 31 40 1290 0 12 Macho Combo Burrito™ 940 50 100 2320 4 25 Macho Beef Burrito® 960 96060 71 2390 3 24 Macho Chicken Burrito™ 870 46 100 2320 3 23 Chili Cheese Fry Burrito 420 13 45 840 0 11 Fiery 6 Layer Burrito 520 22 70 1530 4 14 1/2lb Bean & Cheese Burrito (Green) 450 21 70 1250 0 12 1/2lb Bean & Cheese Burrito (Red) 470 21 69 1220 0 12 Jacked Up Value Bean , Rice & Cheese Burrito 280 12 40 670 0 8 Value Bean & Cheese Burrito (Green) 310 14 45 810 0 8 Value Bean & Cheese Burrito (Red) 320 14 44 790 0 8 American Grill back to top Calories Protein (g) Total Carbs (g) Sodium (mg) Sugars (g) Weight Watchers Double Part Cheeseburger® 720 31 40 1270 7 20 Bacon Double Del Cheeseburger® 20 20 00 000 770 34 40 1440 7 21 Del Cheeseburger™ 500 18 39 810 7 13 Cheeseburger 430 18 40 990 7 12 Deluxe Chili Cheddar Fries 600 17 44 930 1 16 Chili Cheddar Fries 570 16 41 920 0 15 Crinkle-Cut Fries (Kids) 160 2 17 190 0 5 Crinkle-Cut Fries (Regular) 210 22 250 0 6 Crinkle-Cut Fries (Medium) 320 4 34 370 0 9 Crinkle-Cut Fries (Macho) 470 5 49 540 0 13 Quesadillas and Nachos back to top Calories Protein (g) Total Carbs (g) Sodium (mg) Sugars (g) Weight Watchers QUESADILLAS & NACHOS Chicken Cheddar Quesadilla 550 34 33 1190 0 15 Chicken Spicy Jack 550 34 36 1170 0 15 Cheddar Quesadilla 460 22 31 850 0 12 Spicy Jack Quesadilla 460 23 33 830 0 13 13 Bacon Quesadilla 170 8 14 390 0 5 Mini Cheddar Quesadilla 140 6 14 270 0 4 Macho Nachos® (Beef) 960 33 98 2020 11 27 Macho Nachos® (Chicken) 1040 43 100 2320 11 29 Macho Nachos® (Steak) 1040 42 101 2380 11 29 Nachos 300 5 30 540 4 9 Desserts and shakes back to top Calories Protein (g) Total Carbs (g) Sodium (mg mg) Sugar (g) Weight Watchers Cinnamon Churros 220 2 23 160 10 7 Caramel Cheesecake Bites 460 6 43 310 12 12 Chocolate Chip Cookies 200 2 27 85 18 6 Premium Shake (Chocolate) 560 15 105 3 50 85 16 Premium Shake (Strawberries) 520 15 95 300 80 14 Premium Shake (Vanilla) 520 16 94 320 78 14 Sides and Salads Back to Top Calories Protein (g) Total Carbs (g) Sodium (mg) Sugar (g) Weight Watchers Bean & Cheese Cup 320 20 52 830 1 9 Tostada 240 11 26 330 1 7 Taco Deluxe Salad (Beef) 820 34 66 1670 6 23 Deluxe Taco Salad (Chicken) 770 31 64 1620 6 21 Breakfast back to top Calories Protein (g) Total Carbs (g) Sodium (mg) Sugars (g) Weight Watchers Grande Scrambler (Bacon) 1080 42 80 2520 3 28 Grande Scrambler (Sausage) 1050 37 80 2240 3 28 Egg & Cheese Muffin (Bacon) 320 17 26 880 2 9 Egg & Cheese Muffin (Sausage) 370 17 26 930 2 10 Bacon & Bacon Egg Quesadilla 410 20 32 860 1 11 Egg & Cheese Burrito 400 19 38 970 1 10 1/2 lb Steak & Egg Burrito 460 25 40 1240 1 12 1/2 lb. Bacon & Egg Burrito 550 27 38 1450 1 14 1/2 lb. Sausage & Egg Burrito 500 22 38 1190 13 Breakfast Burrito 460 25 40 1240 12 Bacon Breakfast Burrito 400 19 28 10 30 1 10 Hashbrown Sticks (5ct) 230 0 18 180 0 6 Hashbrown Sticks (8ct) 360 0 28 280 0 10 Go to the Top Note, these nutritional values are estimated based on our standard portions. Since food portions may have a little variance every time you visit, you should expect these values to be included in the 10%+/- of your actual meal. If you have any questions about our nutrition calculator, please contact Nutritionix. Nutrition Facts Serving Size 1 taco (64g) Amount per serving Calories 130% daily values* Total Fat 7.00g 9% Saturated Fat - Trans Fat - Cholesterol 20mg 7% Sodium 180mg 08% Total Carbohydrate 9.00g 3% Dietary fibre 1.0g 4% Sugar 1.00g Protein 7.00g vitamin D - Calcium - Iron - Potassium - Is this inaccurate information inaccurate or incomplete? Click here to edit. Last Updated: 19 Nov 09 01:51 6% of RDI* (130 calories) Calorie Breakdown: Carbohydrate (28%) Fat (50%) Protein (22%) Calories 130 Fat 7g Carbs 9g Protein 7g There are 130 calories in 1 taco (64g) of Del Taco Taco. Calorie breakdown: 50% fat, 28% carbohydrates, 22% protein. Meatless Taco or Tostada with beans, lettuce, tomato and Salsa Taco or Tostada with chicken, cheese, lettuce, tomato and Salsa Taco or Tostada with beef, cheese, tomato or Tostada with beef, cheese and salad Taco or Tostada with beans, cheese, meat, lettuce, tomato and salsa Meatless Taco or Tostada with beans and cheese, salad, and salsa see more tacos tacos info Please note that some foods may not be suitable for some people and you are encouraged to seek the advice of a doctor before beginning any weight loss efforts or diet regimen. Although the information on this site is presented in good faith and is believed to be accurate, FatSecret makes no representations or warranties with respect to its completeness or accuracy and any information, including nutritional values, is used by you at your own risk. All trademarks, copyrights and other intellectual property rights are the property of their respective owners. Calorie and nutrition information for popular products from Del Taco: view more part taco beverage products show more part taco cereal products show more part taco burgers products show more part taco burritos products show more part taco desserts products Nachos Per 4 ounce - Calories: 300kcal | Fat: 19.00g | Carbohydrates: 30.00g | Protein: 5.00g Macho Nachos Per 1 nachos - Calories: 1100kcal | Fat: 63.00g | Carbohydrates: 113.00g | Protein: 31.00g Part Nachos Per 1 serving - Calories: 480kcal | Fat: 21.00g | Carbohydrates: 56.00g | Protein: 11.00g 3 Layer Queso Nachos Per 1 serving - Calories: 270kcal | Fat: 11.00g | Carbohydrates: 36.00g | Protein: 9.00g show more part taco nachos products show more part taco quesadillas products Beefy BBQ Fries Per 1 serving - Calories: 590kcal | Fat: 36.00g | Carbohydrates: 49.00g | Protein: 17.00g Cheddar Cheese (Side) Per 1 serving - Calories: 50kcal | Grease: 4.00g | Carbohydrates: 0.00g | Protein: 3.00g Chili Cheese Fries Per 1 serving - Calories: 550kcal | Fat: 32.00g | Carbohydrates: 42.00g | Protein: 16.00g Chips and Salsa (Large) Per 1 serving - Calories: 465kcal | Fat: 21.00g | Carbohydrates: 65.00g | Protein: 8.00g Chips and Salsa (Medium) Per 1 serving - Calories: 310kcal | Fat: 14.00g | Carbohydrates: 43.00g | Protein: 5.00g show more part taco sides products Beer battered Fish Taco Per 1 taco - Calories: 230kcal | Fat: 12.00g | Carbohydrates: 26.00g | Protein: 7.00g Beyond Avocado Taco Per 1 taco - Calories: 260kcal | Fat: 14.00g | Carbohydrates: 22.00g | Protein: 12.00g Beyond Taco Per 1 taco - Calories: 300kcal | Fat: 19.00g | Carbohydrates: 15.00g | Protein: 19.00g Big Fat Breakfast Taco Per 1 taco - Calories: 460kcal | Fat: 17.00g | Carbohydrates: 36.00g | Protein: 19.00g Big Fat Chicken Taco Per 1 taco - Calories: 340kcal | Grease: 13.00g | Carbohydrates: 38.00g | Protein: 18.00g more part taco tacos products see all part taco products There are 270 calories in 3 Layer Queso Nachos from Del Taco. Most of these calories come from fat (33%) carbohydrates (53%). Is 3 Layer Queso Nachos good for you? Poll: Healthy unhealthy containsS not * UnknownAllergy Information: Del Taco 3 Layer Queso Nachos contains gluten, milk, soy and wheat. Del Taco 3 Layer Queso Nachos does not contain eggs, fish, MSG, peanuts, shellfish or tree nuts.** Remember that most fast food restaurants cannot guarantee, that any product is free of allergens, as they common equipment for prepping food. Freshly fried Tortilla Chips: Corn Masa Flour (Ground Corn Treated with Lime, Cellulose Gum, Propionic Acid (To Preserve Freshness), Benzoic Acid, Phosphoric Acid, Guar Gum, Amylase), Water, Preservative Blend (Propionic acid (To preserve freshness)), Water, Benzoic acid, Phosphorus AcidQueso Sauce: Water, White American Processed Cheese [American Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes), Water, Sodium Phosphate, Milk Fat, Salt], Milk (Milk, Vitamin D3), Jalapeno, Chopped Jalapeno Peppers (jalapeno peppers , water, vinegar, salt, natural taste), modified food starch, heavy cream (cream, carrageenan, mono and diglycerides, cellulose rubber, polysorbate 80, dextrose), cheddar cheese flavor base {cheddar cheese and blue cheese [(pasteurized milk, cheese cultures, salt, enzymes), whey, water, salt], salt, corn oil, yeast extract, sweet cream powder (sweet cream and nonfat milk), , natural aroma), sugar, dry mustard and flavor}, white distilled vinegar, salt, sodium phosphates, xanthan and guar gum. Beans: Pinto Beans, Water, Spices (Salt, Corn Maltodextrin, Soybean Oil, Silicon Dioxide, Yeast Extract, Yeast, Dried Soy Sauce (Soybeans, Wheat, Salt), Natural Flavor, Caramel Color, - OR - Pinto Beans, Salt, Contains 2% or Less of Onions, Maltodextrin, Garlic, Natural Flavor (Contains Tortula Yeast), Yeast Extract, Spices, Lactic acid, Calcium Lactate, Palm Oil, * Will contain either one of the ingredients propositions, depending on regional suppliersGreen Sauce : Water, Chopped Greens , Citric Acid), Jalapeno Peppers (Jalapeno Peppers, Distilled Vinegar, Salt), Green Chili Puree (Green Chili, Citric Acid), Modified Food Starch, Salt, Citric Acid, Garlic Powder, Ground Cumin

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