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Del taco nutrition 2020

Items in the content order in advance or from the delivery menu may vary by region. Click on the following links to view regional menus: [AL/GA/OH/TN/SC](#), [FL](#)Warner Robins, GA, Not all menu items are available in all restaurants. We have calculated our nutritional information using standard product formulations and service sizes and information provided by our suppliers. Actual nutritional values may vary due to seasonal varigences; differences in suppliers, ingredients, recipes and preparation techniques; rounding of fractional values. You should expect some variation in the nutritional content of products purchased in our restaurants. We haven't included information about limited-time promotional offers or trial products. Nutritional information is applied to taco restaurants, owned by our company. Some of our del Taco franchised restaurants can use different ingredients when making some of their menu items. These differences can affect nutritional values. Nutritional data for del Taco's full menu. Select any item to view full nutritional information, including calories, carbohydrates, sodium points and weight watchers. You can also use our calorie filter to find the Del Taco menu item that best suits your diet. = Vote for a healthy and tasty option. Learn how healthy and tasty options are determined. Updated: 22/09/2020 Final of results Did not find what you are looking for? Try checking out our list of discontinued Del Taco articles. Are you looking for a Del Taco calorie counter online? Well, the graph below will help you find nutritional information about taco menu items. Jump to:FAQsCaloriesProtein (g)Total Carbs (g)Sodium (mg)Sugars (g)Weight WatchersTacosback to topFlatbread Taco (Chicken)340163468029Flatbread Taco (Steak)340153473029Beer Battered Fish Taco28072756028Macho Taco®300201663028Taco Al Carbon (Chicken)150101930004Taco Al Carbon (Steak)15091934004Asada Taco (Chicken)170102138015Asada Taco (Steak)17092242015Bacon Ranch Grilled Chicken Taco240141763017Double Beef Classic Taco®200131032015Grilled Chicken Taco20121649016Chipotle Beef Taco19071027015Regular Taco1307918013Burritosback to topCaloriesProtein (g)Total Carbs (g)Sodium (mg)Sugars (g)Weight WatchersSpicy Grilled Chicken Burrito530277115600148 Layer Veggie Burrito54018721310214Classic Grilled Chicken Burrito53020401100215Del Combo Burrito™53029641390014Del Beef Burrito™49031401290012Macho Combo Burrito™940501002320425Macho Beef Burrito®96060712390324Macho Chicken Burrito™870461002320323Chili Cheese Fry Burrito4201345840011Fiery 6 Layer Burrito520227015304141/2lb Bean &protein; Cheese Burrito Bean &protein; Cheese Burrito (Red)47021691220012Jacked Up Value Bean, Rice &protein; Cheese Burrito (Green)310144581008Value Bean &protein; Cheese Burrito (Red)320144479008American Grillback to topCaloriesProtein (g)Total Carbs (g)Sodium (mg)Sugars (mg)Sugars WatchersDouble Del Cheeseburger®72031401270720Bacon Double Del Cheeseburger®77034401440721Del Cheeseburger™5001839810713Cheeseburger4301840990712Deluxe Chili Cheddar Fries6001744930116Chili Cheddar Fries5701641920015Crinkle-Cut Fries (Kids)16021719005Crinkle-Cut Fries (Regular)21022225006Crinkle-Cut Fries (Medium)32043437009Crinkle-Cut Fries (Macho)470549540013Quesadillas and Nachosback to topCaloriesProtein (g)Total Carbs (g)Sodium (mg)Sugars (g)Weight WatchersQUESADILLAS &protein; NACHOS Chicken Cheddar Quesadilla55034331190015Chicken Spicy Jack Quesadilla55034361170015Cheddar Quesadilla4602333830013Mini Bacon Quesdilla17081439005Mini Cheddar Quesdilla14061427004Macho Nachos® (Beef)960339820201127Macho Nachos® (Chicken)10404310023201129Macho Nachos® (Steak)10404210123801129Nachos30053054049Desserts and Shakesback to topCaloriesProtein (g)Total Carbs (g)Sodium (mg)Sugars (g)Weight WatchersCinnamon Churros220223160107Caramel Cheesecake Bites4606433101212Chocolate Chip Cookies20022785186Premium Shake (Chocolate)560151053508516Premium Shake (Strawberry)52015953008014Premium Shake (Vanilla)52016943207814Sides and Saladsback to topCaloriesProtein (g)Total Carbs (g)Sodium (mg)Sugars (g)Weight WatchersBean &protein; Cheese Cup320205283019Tostada240112633017Deluxe Taco Salad (Beef)82034661670623Deluxe Taco Salad (Chicken)77031641620621Breakfastback to topCaloriesProtein (g)Total Carbs (g)Sodium (mg)Sugars (g)Weight WatchersGrande Scrambler (Bacon)108042802520328Grande Scrambler (Sausage)105037802240328Egg &protein; Cheese Muffin (Bacon)320172688029Egg &protein; Cheese Muffin (Sausage)3701726930210Bacon &protein; Egg Quesadilla4102032860111Egg &protein; Cheese Burrito40019389701101/2 lb Steak &protein; Egg Burrito460254012401121/2 lb. Bacon and Egg Burrito550273814501141/2 lbs. Burrito50022381190113Breakfast Burrito46025401240112Bacon Breakfast Burrito40019281030110Hashbrown Sticks (5ct)5ct)3 23001818006Hashbrown Sticks (8ct)360028280010Go at Top Del Taco first opened in California in the 1960s and soon became a popular choice for fast food tacos, burritos, and other items inspired by Tex-Mex flavors and recipes. The chain expanded to include fast food such as burgers, chips and ice cream smoothies. As with Taco Bell and Taco Bueno, Del Taco's menu uses central ingredients from traditional Mexican cuisine, such as seasoned ground meat and chicken, corn and flour tortillas, cheese mixtures, as well as sauces such as queso, guacamole and sauce. These ingredients and the dishes that appear can be high in calories, sodium and carbohydrates. As long as you understand how these ingredients are used and what your options are, you can create a meal at Del Taco that aligns with your individual dietary needs and preferences. The Options at Del Taco provide a satisfying mix of high-fiber carbohydrates, protein and fat, including a vegan/vegetarian section of de Menu. In addition to salads, there aren't many options to add vegetables to a meal. So if you eat here regularly, try eating vegetable-rich sodium meals and less the rest of the day to help balance your overall intake. Willow Jarosh, MS, RD Here's a closer look at how Del Taco's menu accumulates nutritionally. You can also use the information provided by the company's website to learn more about the ingredients used, how food is prepared, as well as important information about food allergies. It's important to note that menu items may vary by region, so be sure to check the website for your location. More nutritious Options Egg and Cheese Breakfast Roller (Breakfast) Veggie Bowl avocado (Salads and Fresh Bowls) Crispy value taco (Tacos &protein; &protein; Tostadas) Original chicken reel (Burritos) Mini Cheddar Quesadilla (Quesadillas) 3 layer queso nachos (Nachos) Children's menu burger (Burgers) Kid's menu chips (Sides) Cinnamon churros (Dessert) Pico d'Or ice cream (Drinks) Less nutritious options Huevos rancheros burrito epic (Breakfast) Chicken bacon avocado salad (Salads and fresh bowls) Coca bread taco with carne asada (Tacos &protein; &protein; Tostadas) Epic steak and potato burrito (Burritos) Quesadilla chicken cheddar (Quesadillas) Queso loaded nachos with taco meat (Nachos) Bacon Double Del Cheese burger (Burgers) Carne asada fries (Chips) Chopped caramel cheesecake (Dessert) Prima Java ice cream coffe (Drinks) When you're grabbing breakfast on a fast food drive-thru, the best option is usually to skip the fillings of salted and processed meat as sausage, bacon and chorizo. At Del Taco, you can opt for a simple breakfast of egg and cheese burritos and rollers, which are thin tortillas and tightly wrapped in egg, cheese and red sauce. In general, it is also better to order à la carte breakfast items instead of the meal options, which come with a side of the brown hash sticks and a drink. Most nutritious option The egg and cheese breakfast reel offers 290 calories, 13g total fat, 6g saturated fat, 0g trans fat, 28g carbohydrates, 1g sugar, 15g protein, 620mg sodium. Less nutritious option The epic huevos burrito rancheros comes in 1120 calories, 62g fat, 24g saturated fat, 0g trans fat, 91g carbohydrates, 7g sugar, 48g protein, and 2100mg of sodium. Del Taco's Epic Burrito and Epic Scramblers live up to their names, ranging from 960-1120 calories and 54-62g of fat per serving. They also pack the sodium value in almost one day (1,890-2,300 mg). If you're ordering breakfast, resist the temptation to add a side order of doughnut bites that has 240 calories (mainly fat and sugar), and that's not always the case with fast food restaurants, Del Taco's fresh bowls are packed with vegetables and a selection of protein, but they're quite high in sodium. Salads, however, are usually high-calorie options, high in fat. Most nutritious option The avocado veggie (one of Del Taco's vegan options) includes avocado slices, black beans, and other ingredients on a bed of coriander lime rice and provides 490 calories, 16g total fat, 2g saturated fat, 72g carbohydrates, 8g sugar, 14g protein and 1430mg of sodium. Less nutritious option Chicken bacon avocado salad comes in at 550 calories, 40g fat, 6g saturated fat, 27g carbohydrates, 6g sugar, 23g protein, and 1130mg sodium. The Taco's menu offers more than 10 different types of tacos and tostadas. Depending on the shell you choose and what you fill them with, tacos can be one of the more or less caloric items on Del Taco's menu. Usually choose crispy taco shells instead of the soft coca bread, which adds 100-200 calories processed and high additional carbohydrates. Most nutritious option The crispy value taco offers 130 calories, 8g of fat, 3.5g of saturated fat, 9g carbohydrates, 1g sugar, 6g protein and 130mg of sodium per taco. Less nutritious option The Coca bread taco with carne asada provides 350 calories, 15g of fat, 4.5g saturated fat, 34g carbohydrates, 2g sugar, 17g protein and 800mg of sodium per taco. Del Taco burritos go from relatively low-lime cheese, low fat, chicken rollers to heavy epic burritos filled with rice, creamy sauces and tons of meat. While choosing fillers carefully, burritos can be a reasonable meal option, especially if you share an order or save half for later. One of the easiest ways to reduce a burrito's fat, calorie and carbohydrate content is to pack in extra vegetables while skipping meat, cheese and heavy sauces. You can customize a burrito at Del Taco with ingredients such as lettuce, onion, tomatoes, avocado, black beans and sauce. The most nutritious option of Taco's original chicken reel provides 250 calories, 9g fat, 3g saturated fat, 30g carbohydrates, 0g sugar, 14g protein, and 750mg of sodium. Less nutritious option The epic steak and potato burrito comes in 1040 calories, 61g fat, 23g saturated fat, 77g carbohydrates, 4g sugar, 40g protein, and 2280mg of sodium. Quesadillas can be made fairly basic, with only cheese and omelette, or may include popular taco or burrito fillings. It's easy to make a relatively healthy quesadilla, but if you're not aware of the ingredients you choose and portion size, this menu item can also be one of the least healthy options. If you're crating a cheese quesadilla, look for lighter and smaller sizes to get started. You can then customize to include healthy additions like vegetables and sauce that will add flavor without adding as many carbs, fats and calories as some of the standard menu items. More nutritious The mini cheddar quesadilla offers a smaller size quesadilla that provides 130 calories, 6g of fat, 6g saturated fat, 14g carbohydrates, 0g sugar, 5g protein and 300mg of sodium. Another solid option is the quesadilla chicken snacker, which comes in at 190 calories, 9g fat, 6g 6g fat, 15g carbohydrates, 0g sugar, 13g protein, and 520mg of sodium. While higher in sodium and a little higher in fat, chicken also offers much more protein. Combine the mini quesadilla or quesadilla snacker with one of the healthiest sides of Del Taco and you have a solid meal. Less nutritious option The full-sized chicken cheddar quesadilla, on the other hand, is the least nutritious option with 550 calories, 31g of fat, 16g saturated fat, 33g carbohydrates, 0g sugar, 34g protein and 1190mg of sodium. While nachos are a standard menu at Tex-Mex-style restaurants, the crisp, salty, favorite may be one of the least nutritious (and least satisfying) meals. With cheese, meat and sauces, nachos can be high in sodium, calories, fats and carbohydrates. However, given the highly customizable nature of Del Taco's menu offerings, you can make a healthier, snack-sized version of the chip dish. While nachos are often lied to as a side or appetizer, based on calories, they can constitute an entire meal on their own – sometimes more so. More nutritious option 3-layer queso nachos offer a smaller portion of the Tex-Mex favorite with 270 calories, 11g of fat, 3g saturated fat, 36g carbohydrates, 1g sugar, 9g protein and 680mg of sodium. Less nutritious option A regular sized queso nacho loaded with taco meat will run you 580 calories, 32g fat, 13g saturated fat, 52g carbohydrates, 5g sugar, 23g protein, and 1280mg of sodium. Size up to a large quesadilla and you will get 1060 calories, 52g of fat, 20g saturated fat, 100g carbohydrates, 8g sugar, 43g protein, and 2060mg of sodium. Unless you are throwing a party (and can watch your portions carefully), avoid combos, party packages, and dishes. The Taco's menu offers tacos and burritos with sauce with side orders of rice and beans, plus an order of chips and sauce. Each plato à la carte meal has 1,000 calories or more and each has more than 3,000 mg of sodium. As with most fast food burgers, the select few on Del Taco's main menu are high in calories and fats. If you want a classic meal of fast food burger and chips that is lower in calories, you'll need to look at the child's menu. Most nutritious option The children's menu burger offers 330 calories, 15g of fat, 5g saturated fat, carbohydrates 34g, 7g sugar, 13g protein and 520mg of sodium. Less nutritious option The cheese double bacon burger comes in 740 calories, 51g fat, 20g saturated fat, 2g trans fat, 35g carbohydrates, 7g sugar, 33g protein and 1400mg sodium. Instead of making a full meal from the main menu, you can also get an adult-sized burger with a side of child-sized fries that only have 160 calories. The sizes of chips cut from the regular menu range from 210 to 470 calories. Avoid chips with cheese and toppings: these options are not only high in calories, they also have a lot of saturated fat. In addition to the classic classic Friezes, Del Taco also offers some Mexican-inspired sides, including potato jalapeno poppers and bean and cheese bath. The sides of Del Taco do not offer the opportunity to add much nutritional value to your food. If you're really looking forward to one side, look at the child's menu for smaller portions. Most nutritious option The children's menu chips (85g) provide 160 calories, 10g of fat, 1.5g saturated fat, 17g carbohydrates, 0g sugar, 2g protein and 190mg of sodium. Less nutritious option Carne Asada chips come in at 810 calories, 59g of fat, 15g saturated fat, 46g carbohydrates, 2g sugar, 24g protein and 1360mg of sodium. Similarly, with 360 calories, 21g of fat, and 640mg of sodium, an order of 6 pieces of cheddar potato poppers accumulates more like a meal than an aperitif or a calorie-wise side. And while it has less fat than other side options and offers some protein, a side of beans and cheese adds 300 calories and 830mg of sodium to your meal. If you have your heart set on something sweet, stick to one of the less likely options on Del Taco's dessert menu, such as a single cinnamon churro, chocolate chip cookie or a mini smoothie. Most nutritious option A mini 2-piece churro comes with 200 calories, 10g of fat, 3.5g saturated fat, 25g carbohydrates, 8g sugar, 1g protein and 125mg of sodium. Less nutritious option Caramel cheesecake bites are small, but offer a fairly caloric and dined dessert. An order of 2 pieces comes in at 460 calories, 28g of fat, 10g of saturated fat, 43g of carbohydrates, 12g of sugar, 6g of protein and 310mg of sodium. Up to a piece of 4 and double accounts. Del Taco's great premium smoothies are made with rich ice cream and topped with whipped cream. A great chocolate milkshake has 870 calories and is heavy on sugar, but you may be surprised to discover that you also have 570mg of sodium. The mini shakes of the chain are a better option if you are in the mood for ice cream; they come in chocolate, vanilla and strawberry flavor and have only 220-250 calories per serving. As with most fast food restaurants, you'll find bottled water at Del Taco, which is always the healthiest drinking option. Also, a cup of black coffee doesn't add calories or fat to your food and is a favorite for breakfast. Most nutritious option If you're looking for something other than good old water or black coffee, try the peak gold ice cream tea that offers 0 calories, 0g fat, 0g carbohydrates, 0g sugar, 0g protein, and 0mg of sodium, but lots of flavour. Less nutritious option A thin regular Java iced coffee comes in 140 calories, 1.5g fat, 1.5g saturated fat, 29g carbohydrates, 25g sugar, 3g protein, and 70mg of sodium. Make a big and totals increase to 240 3g fat, 2g saturated fat, 49g carbohydrates, 42g sugar, 6g protein, and 115mg of sodium. Del Taco also offers popular Coca-Cola and Pepsi fountain soft drinks, many of which have dietary versions. Although they will not be added Diet sodium can contain additives and may contain more sodium than other options, such as iced tea, not del Taco's menu offers enough variety that you can select items for your meal that align with your individual dietary needs and preferences. In many cases, you can also order certain customizations to help you make a meal that best suits your needs. The menu offers options for gluten-free, vegetarian and vegan diets, but doesn't have many low-carb, low-FODMAP, low-fat or diabetes-friendly menu foods. Beyond tacoBeyond tacoAvocado veggie bowlCrinkle-cut fries In 2019, Del Taco teamed up with Beyond Meat to offer a plant-based meatless substitute for any item traditionally filled with meat on its menu. Currently, the chain designates a whole part of its menu to vegetarian and vegan diets, including the following options. Vegan Beyond TacoAvocado veggie bowlCrinkle cut chipsAixes brown Vegetarian Epic Beyond Cali burritoBeyond 8 layers burritoBeyond tacoBean and burritoCrunchtada cheese tostadaSpicy jack or cheddar quesadilla Del Taco provides a useful graphic to help customers navigate common allergenic foods present in their menu Including: MeatMilkEggsFishShellfishSoyGlutenTree NutsPeanutsMonosodium glutamate (MSG) Please note that there is a possibility of cross-contact with allergenes and animal products within taco kitchens and preparation areas. If you have food allergies, it is important to remember that even if a dish does not contain the allergen, it may have been prepared near a food, with a tool, or on a surface that may have come into contact with the allergen. For example, if you have a celiac disease and cannot eat gluten, it is important to know that many items on del Taco's menu contain wheat. You can order a meal with corn-based ingredients instead of wheat, but these items may have been produced, transported, stored or prepared along with gluten-containing items. Like other fast food Mexican restaurants, Del Taco offers classic dishes such as tacos, burritos, nachos and quesadillas that you can easily customize. It also offers some fast food American staples such as burgers, chips and smoothies, as well as salads and bowls. However, these options tend to be high in fat, calories, sodium and sugar. What sets Del Taco's menu apart from the contest is the restaurant's alliance with Beyond Meat, which allows for a wide variety of vegetarian and vegan options. While tracking portions and understanding nutritional information, Del Taco offers many satisfying ingredients you can use to build one more fast food or an appetizer. Appetizer. Appetizer.

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