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Beef taco salad taco bell calories

There are 780 calories in a Fiesta Taco Salad-Beef from Taco Bell. Most of those calories come from fat (49%) and carbohydrates (38%). We are working to get information about allergens for this product. We are working on getting ingredients for this items. Please note that some foods may not be suitable for some people and you are encouraged to seek doctor's advice before starting any weight loss or diet efforts. Although the information provided on this website is presented in good faith and is believed to be accurate, FatSecret makes no statement or warranty as to its completeness or accuracy and all information, including nutritional value, used by you at your own risk. All trademarks, copyrights and other forms of intellectual property are the property of their respective owners. Salads are not always the lowest calorie option on the menu. Photo Credit: bhofack2/Stock/GettyImages Taco Bell Fiesta Taco Salad is one of the most popular items on the menu as it is the perfect combination of a crispy shell with meat and vegetables. Get scoops about calorie intake and nutritional information, as well as tips to make it healthier by replacing ingredients. When possible, order fresco styles from the Taco Bell menu to cut calories and fat. This will replace dairy items, mayo-based sauces and guacamole with pico de gallo. Calories in Fiesta Taco Salad This popular salad from Taco Bell consists of a fried taco shell filled with lettuce, tomato, ground beef, fried beans, thick rice, crispy red tortilla fries, minced cheese and reduced fat sour cream. According to Taco Bell Nutrition guidelines, Fiesta Taco Salad provides 740 calories, with 38 grams of fat and 1,100 milligrams of sodium. As you can see, this Taco Bell salad is high in calories and fat. On the positive side, it packs a powerful protein punch - there are 25 grams of protein in one serving. According to Harvard Health, women need 46 grams of protein per day, while men should aim for 56 grams per day. This salad is also a good source of vitamin A, calcium and iron. The Taco Bell Nutrition guide allows you to customize your order, so you can see how adding or removing certain items, such as meat or cheese, can make a difference in the number of calories. For example, you can swap chicken for beef to save some calories. If you are viewing your sodium intake, you can remove the cold beans. This also saves some calories. Taco Bell Salad Healthy Options One easy thing you can do immediately to save 320 calories is to skip the fried taco shell. Without a shell, the number of calories on the Fiesta Taco Salad becomes 420 calories. Much better! You can also save 70 calories by making it fresco. Simply replace milk and mayo-based sauces with pico Gallo. Another option is to make it meatless, remove ground beef and add more cold beans, so 90 calories. In fact, making it meatless not only helps with calorie intake, but it can also improve your health. A May 2015 study published in the American Medical the_ Journal Association_ reported that a vegetarian diet can reduce the risk of developing colorectal cancer. The pescovegetarian diet, which also includes fish and seafood, seems to have the same effect. The disease is the second leading cause of cancer death in the United States. In addition, a small study introduced in the Food & Nutrition Study in October 2016 showed that beans are fuller than meat, which can help prevent overeating. However, meat is a good source of protein. If you just look at the number of calories, exchanging ground beef for chicken will save you 45 calories and swap ground beef for steak will save you 35 calories. Taco Bell Nutrition Tips As you can see, there are several easy alternatives you can make for a Healthy Taco Bell Fiesta Salad. The Taco Bell menu has a lot of low-calorie meals and snacks, so salads are not your only option. Chicken Soft Taco Fresco Style, for example, packs a huge nutritional punch and has only 160 calories, with 9 grams of protein. Spicy tostada has 190 calories and 6 grams of protein, so it will fill you and keep you satisfied throughout the day. Taco Bell bean burrito boasts 350 calories, but you can make it fresco by removing milk, thus saving 20 calories. Their 7-layer burrito will fill you with 13 grams of protein, and it only has 320 calories if you make it fresco. Taco Bell also has a vegetarian menu for those who prefer to limit or avoid meat. Overall, although Taco Bell is considered fast food, there are plenty of healthy options to choose from. {} At Taco Bell, we've had innovation in our minds since Glen Bell began serving tacos in its first location in 1962 in Downey, California. Since then, we have evolved into a culture-centered lifestyle brand, offering Mexican-inspired dishes with a rich flavor. Not only do we offer groundbreaking value, we offer quality ingredients and are the first QSR restaurant to offer American Vegetarian Association (AVA) certified menus. Taco Bell and more than 350 of our franchise organizations operate more than 7,000 restaurants serving more than 40 million customers every week in the United States globally, a growing brand with nearly 500 restaurants in nearly 30 countries globally. We provide educational and community service opportunities through our nonprofit, the Taco Bell Foundation, and support fans and team members with their passion through programs like the Live Más Scholarship. We provide access to new sports, gaming and music through Feed The Beat We. Outside of our restaurants, fans can access Taco Bell through our mobile app, desktop and Ta.co and through our partnership with Grubhub. Taco Bell became the first QSR to launch a mobile app in U.S. restaurants for both driving and dining orders. In 2016, we were named one of fast company's 10 most innovative companies in the world. To learn more about Taco Bell, please visit www.tacobell.com. The number of stores is updated after quarterly earnings and excludes units located at international U.S. military bases. The information on this page may contain date information and should not be relied upon to provide accurate or current information. Refer to Yum's SEC filings and reports in the Investor section of our website for the latest information. The national population is obtained from the World Bank. Yum! Brand RSC, 1900 Colonel Sanders Lane, Louisville, KY 40213, 502.874.8300 Additional Content Since it opened in the 1960s, Taco Bell has become one of the most popular fast food chains in the United States. While most fast food restaurants offer variations on mostly burgers and chips, Taco Bell's menu is largely inspired by traditional Mexican cuisine. The menu includes a variety of tacos, nachos and burritos. The taste and poignanness of each dish can be customized to suit individual tastes and dietary needs. Fast food is best enjoyed in moderation, as it can contain more salt, fat, sugar and calories. Unlike taste, the main attraction of fast food is convenience and price. If you're counting calories or trying to limit your saturated fat intake, you can assume a trip to drive-thru is off limits- but that's not the case. Many well-known Mexican-themed restaurant chains, including Taco Bell, Del Taco and Taco Bueno, post their menus online. Taco Bell also provides interactive tools to help people understand nutritional information. Looking closely at the nutritional content of the menu before you order can help you avoid one of the most common pitfalls of eating: portion sizes. Whether you're at a sit-down diner or a fast-food thru drive, your order will usually include more than one serving. When you are calculating nutritional information for meals or individual menu items, you will want to take this into account - especially when it comes to calories. You don't necessarily ignore a higher calorie option altogether, you can just choose to share meals or reduce its total calorie intake by replacing a lower calorie menu item or drinking. Equipped with this knowledge, you will be able to choose the options that best suit your individual dietary needs and preferences. Taco Bell offers a wide range of cuisines, including vegetarian and food allergy options. You can customize most meals to include beans and for a satisfying combination of high fiber carbs, protein, fat, and flavor. Sodium levels are high, so if you eat here regularly, make other meals throughout lower sodium to balance your daily intake. —Willow Jarosh, MS, RD You can use the Taco Bell Nutrition Computer to do more than see the calories, fat, and other nutritional information of classic menu options—it also lets you customize. For example, the original Fiery Doritos Locos Taco Supreme has 190 calories and 11 grams of fat. If you order grilled chicken instead of beef and require no cheese or sour cream, it has only 140 calories and 6 grams of fat. If you study the menu ahead of time, you won't likely be overwhelmed by your choices or choose items that seem healthy but actually higher in calories, fat, salt and sugar than you'd expect. Most nutritional options Soft Breakfast Taco (Breakfast) Crunchy Taco (Tacos) Bean Burrito (Burritos) Shredded Chicken Quesadilla (Quesadillas) Triple Layer Nachos (Nachos) Cinnamon Twists (Sweets) Black Beans (Sides) Cheesy Roll Up (Value Menu) Veggie Power Menu Bowl (Power Menu) Lipton Unsweetened Tea (Drinks) Least Nutritious Choice Breakfast Crunchwrap (Breakfast) Fiesta Taco Salad (Tacos) Crunchwrap Supreme (Burritos) Quesarito (Quesadillas) Nachos BellGrande (Nachos) Cinnabon Delights (Candy) Cheesy Fiesta Potatoes (Sides) Beefy Fritos Burrito (Value Menu) Power Menu Bowl (Power Menu) Mountain Dew Baja Blast (Drinks) One of Taco Bell's best attributes is customization. Even the highest calorie menu items can be changed to reduce carbohydrate, fat and sodium content, as well as adapt to individual dietary needs and taste preferences. Taco Bell's breakfast menu offers eggs filled with eggs with some of the most popular as tacos, tacos and quesadillas. Taco Bell's Soft Breakfast Taco (Eggs and Cheese) offers 170 calories, 9g of total fat (of which 5g is saturated fat), 15g carbohydrates, 7g protein and 330mg sodium. Skip the cheese to save 25 calories. Instead, try adding a side of Pico de Gallo (5 calories) that brings the total calories for your custom breakfast taco to 150. Taco Bell's Breakfast Crunchwrap offers 650 calories, 41g of total fat (63% DV), 12g saturated fat, 51g carbohydrates (17% DV), 21g protein and 1,290 mg of sodium (54% DV). Most of Taco Bell's menu items, including Crunchwraps, can be ordered frescos. This shaves off about 180 calories by replacing Pico De Gallo (5 calories) for extras such as cheese, sauce, mayo, and guacamole. You can also save fat and calories but customize a Crunchwrap to only have some ingredients, but not all. Try having it with meat or cheese instead of both, or asking for no sauce. Taco Bell's taco menu offers a range of favorite Tex-Mex dishes with hard and soft shell options. Most tacos are supplied with ground beef as the main cause, but the menu also offers chicken, grilled steak and even spicy potatoes for a vegetarian option. Best Taco Bell's Crunchy Taco offers 170 calories, 9g of total fat, 3.5g of saturated fat, 13g of carbohydrates, 8g of protein and 310mg of sodium. Get your taco with roast chicken instead of beef to pack more protein without adding calories. You can also save 25 calories by skipping cheese. Less nutritious Taco Bell's Fiesta Taco Salad option is the least nutritious option on the taco menu (closely followed by Double Cheesy Gordita Crunch). Although it has salad in the name, as is, Fiesta Taco Salad is closer to a very large beef taco, providing 740 calories, 38g of total fat (58% DV), 9g of saturated fat, 75g of carbohydrates (25% DV), 25g of protein, and 1,110mg of sodium (46% DV). To make a healthy taco salad, opt for only beans, rice, and vegetables. Remove meat, cheese, sour cream and crispy red strips that save 270 calories. To start flavoring, try adding jalapeño or pico de gallo peppers for every 5 calories. The burrito menu at Taco Bell offers a range of options from basic beans and cheeses to their famous Crunchwrap Supreme. Most taco bell's Bean Burrito nutritional options are among their vegetarian burrito options and offer 350 calories, 9g of fat, 3.5g of saturated fat, 54g of carbohydrates, 13g of protein, and 1,000mg of sodium. Put it fresco to save an extra 20 calories. Least nutritious option The least nutritious option on Taco Bell's burrito menu is the famous Crunchwrap Supreme which offers 530 calories, 21g of total fat (32% DV), 6g of saturated fat, 71g of carbohydrates (24% DV), 16g of protein and 1,200mg of sodium (50% DV). Taco Bell's quesadilla menu offers options with roast chicken, shredded chicken and steak along with a non-traditional dish called Quesarito, which is a cross between quesadilla and burrito. The most nutritious choice Quesadilla shredded chicken has 310 calories, 13g of total fat, 4.5g of saturated fat, 35g of carbohydrates, 13g of protein and 705mg of sodium. Put it with light chipotle sauce (easy sauce) to save 15 calories or no sauce at all to save 30 calories. Instead, try spicing up your quesadilla with hot sauces (which won't add calories or fat) or lower calorie options like pico de gallo or salsa. If you are choosing and choosing gadgets for a more basic quesadilla, avoid items such as potatoes, chips and cream sauces, which are high in calories, fat and starch. Quesarito's less nutritious option is basically beef and rice burrito wrapped in cheese quesadilla, and it has 650 calories, 33g of total fat (51%), 12g of saturated fat, 68g of carbohydrates (23% DV), 21g of protein and 1,390 mg of sodium (58% DV). Taco Bell's nacho menu contains some of their highest calorie meal options, although it's important to note that nacho options with the highest calorie content (like boxes and combos) are shared. While the number of calories, fats and carbohydrates can be high for the entire order, if you share with friends and pay attention to the size of the serving, you do not need to ignore them completely. If you only buy nachos for one, consider choosing from the Taco Bell side. An order of chips and salsa is only 180 calories. You can also further customize an order of nachos (and reduce calories, fat, and carbohydrates) by replacing salsa for cheese sauce or beans for beef or even going meatless. The most nutritious option Nachos three layers, is the only vegetarian option, accompanied by fried beans, nacho cheese sauce and red sauce. Without upgrading, these nachos provide 320 calories, 15g of total fat (23% DV), 2g of saturated fat, 40g of carbohydrates (13% DV), 7g of protein, and 480mg of sodium (20% DV). To add flavor with minimal additional calories, consider adding diced onions (0 calories) or even ordering it supremely, adding fat-reducing sour cream and diced tomatoes (25 calories). You can also order your nachos with nacho cheese sauce easily to save 15 calories. On the other side, Taco Bell's Nachos BellGrande has 740 calories, total fat 38g (58% DV), 7g saturated fat, 82g carbohydrates (27% DV), 16g protein and 1,050mg sodium (44% DV). Taco Bell offers only two dessert-like options: Cinnamon Twists and Cinnabon Delights. The high-calorie, high-carb Cinnabon Delights are not entirely off-limits—just enjoy them in moderation. For example, if you receive a large order to share with colleagues, remember that one or two of the dishes form a serving. It is also possible to order only two Cinnabon Delights at drive-thru for 160 calories. However, if you are viewing your fat levels, Cinnamon Twists is the less fat option. The most nutritional choice Cinnamon twist has 170 calories, 6g total fat (9% DV), 0g saturated fat, 27g carbohydrates (9% DV), 1g protein, 15g sugar and 210mg sodium (9% DV). Low-nutrition option A two-pack of Cinnabon Delights offers 160 calories, 9g of total fat (14% DV), 2g saturated fat, 17g carbohydrates (6% DV), 2g protein, 10g sugar and 80mg sodium (3% DV). Cinnabon Delights also has 12 packs, has a

calorie intake of 930 calories and is intended to be shared. The sides of Taco Bell are limited, with only a few options from beans and rice to Cheesy Fiesta Potatoes. The most nutritious option Black beans offer a vegetarian option with 50 calories, 1g of total fat, 0g of saturated fat, 8g of carbohydrates, 2g of protein and 135mg of sodium. Low-nutrition choice Cheesy Fiesta potatoes, on the other, have 230 calories, 12g of total fat (18% DV), 2g saturated fat, 28g carbohydrates (9% DV), 3g protein and 520mg of sodium (22% DV). While cheesy potatoes have the same amount of calories and are less fat than an order of chips and guacamole, they are higher in saturated fats, carbohydrates, and sodium. Cravings value menu at Taco Bell offers selection \$1 item of nutritional value. The most nutritious option Tostada spicy \$1 offers 190 calories, 10g total fat, 2.5 saturated fat, 22g carbohydrates, 6g protein, advertised 410mg sodium. While Cheesy's synthetics contain fewer calories (180 calories), it is higher in saturated fat and sodium. Spicy tostada also provides more nutrients with additional tomatoes and lettuce and more fiber, making it a more suitable option. The least nutritious option 1 Beefy Fritos Burrito offers 440 calories, 18g of total fat (28% DV), 4.5g of saturated fat, 57g of carbohydrates (19% DV), 13g of protein and 1,000mg of sodium (42% DV). To reduce the calories in a Fritos burrito, opt for chips instead of rice rather than having both. Ordering a burrito without seasoning saves 60 calories. Ignoring the chips completely saves 80 calories and also reduces sodium content. Taco Bell's Power Menu Bowls are high-calorie, protein-rich meals that can be customized to your preferences, making them one of the easiest menu items to change calorie content. Go for bowls with just vegetables, rice, and beans to save calories and fat. You can also ask for any sauce and guac on the side. Veggie Power Menu Bowl has 430 calories, a total of 18g of fat, 5g of saturated fat, 57g of carbohydrates, 12g of protein and 850mg of sodium. Thick grain rice alone provides 180 calories out of a total of 430 calories. Consider ordering with easy rice, which is a smaller part to save 90 calories. The least nutritious Power Menu Bowl option originally comes with chicken, but it can be ordered with an extra 10 calories steak. In addition to the menu, Power Menu Bowl offers 480 calories, 20g of total fat (31% DV), 6g of saturated fat, 50g of carbohydrates (17% DV), 26g of protein and 1,170mg of sodium (49% DV). In addition to the typical beverage options available at most fast food chains, Taco Bell also offers a slushy drink called Freezes. Water is always the most nutritious drink choice whether you are eating or at home. When considering other drink options at Taco Bell, avoid fountain drinks and freezes made with sugary syrup. The most nutritious option The best option as far as the drink goes is the old water bronze. But if you're in the mood for something with more flavor, consider a small Lipton Unsymed Iced Tea (16oz) that provides 0 calories, 0g of total fat, 0g of saturated fat, 0g of carbohydrates, 0g of protein, 0g of sugar, and 160mg of sodium. The least nutritious option Among the least nutritious drink options is Mountain Dew Baja Blast. A small cup (16oz) has 220 calories, 0g of total fat, 0g of saturated fat, 59g of carbohydrates (20% DV), 0g of protein, 59g of sugar and 65mg of sodium (3% DV). A large size (30oz) up sugar content to a whopping 110g and calories to 420. At participating locations, alcoholic beverages are found on Bell's Cantina menu. Depending on your individual dietary needs and preferences, you can also customize multiple dishes to avoid certain ingredients or change the nutritional content of the meal. Taco Bell offers options for a vegetarian diet but sets out the menu as it is now, it has no strict gluten, low FODMAP, low sodium, low carb or diabetes-friendly options. The restaurant recommends caution when ordering if you are gluten sensitive. For example, although tortillas and chips are usually corn-based and gluten-free, they can be prepared along with gluten-containing products. For this reason, Taco Bell does not recommend any items on its menu for people with Celiac disease. With a highly customizable menu, most of Taco Bell's standards can be made to order without animal products. For example, you can build a taco or burrito without meat or cheese but have added vegetables or beans instead. However, it should be noted that any food prepared on site may have been in contact with meat or dairy products and may have been stored or prepared on the surface or by the staff who processed these ingredients. In addition, many non-animal ingredients may have been purchased from suppliers who also produce animal products. Spicy TostadaVeggie Power Menu BowlBean BurritoBlack Beans and RiceCheese Quesadilla Some Bell taco locations have specific menu items and prepare for vegetarian and vegan customers, but it varies by region. If you follow a vegan or vegan diet, it certainly doesn't hurt to ask what your options are. In addition to providing nutritional information for its menu items, Taco Bell's website also provides a tool to help people avoid allergens, including fish, milk, nuts, soybeans, eggs and gluten. However, if you have a food allergy, it is important to note that even if a dish does not contain an allergen, it may already be prepared near the allergen. Many items on Taco Bell's menu use meat and milk. While you can order multiple meals without meat or dairy-based ingredients such as sour cream or cheese, be aware that these items may have been stored or prepared along with ingredients you are trying to avoid. For example, if you are vegetarian, you will need to ask if the Taco Bell location you are visiting uses the same fryer for meat and non-meat products. Although Taco Bell's menu does not have peanuts, tree seeds, fish or shellfish, other ingredients used may have been produced in facilities that also produce such allergens. Occasional stops at Taco Bell don't have to interfere with your overall dietary goals. With a highly customizable menu of homes (with a variety of tasty protein options), it is possible to assemble healthier options for a regular treatment or convenient stop. Stop.

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