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Taco bell cinnamon twists carb count

There are 170 calories of Cinnamon Twists from Taco Bell. Most of these calories come from carbohydrates (67%). Not containing * UnknownAllergy Info: Taco Bell Cinnamon Twists contain gluten and wheat. Taco Bell Cinnamon Twists do not contain egg, fish, milk, MSG, peanuts, clams, soy or nuts.** Please remember that most fast food restaurants cannot guarantee that any product is free of allergens because they use shared devices for prepping foods. Cinnamon twists: twist: wheat flour, yellow cornflour, rice flour, salt. Cinnamon sugar: sugar, cinnamon, soybean oil, maltodextrin or dextrin, natural flavors. Made from canola oil. Includes: Wheat [certified vegan] Please note that some foods may not be suitable for some people and you are urged to seek advice from your doctor before starting a weight loss effort or diet regimen. Although the information provided on this site is provided in good faith and is believed to be correct, FatSecret does not provide any assurances or warranties of its completeness or accuracy, and all information, including nutritional value, is used at your own risk. All trademarks, copyrights and other forms of intellectual property are the property of their respective owners. Taco Bell65%27gCarbs33%6gFat2%1gProteinHow does this food fit your daily goals? Action required to burn:170 calories26Minutes Cycling 17Minutes Running 1Hour cleaning eat better. Make yourself feel better. Large and wide-varied menus, comfortable classes and affordable prices draw patrons to taco bell restaurants every year. Customers flock to more than 6,500 storefronts offering a no-go, pick-up and drive-thru options. Both company-owned and franchise locations offer similar menus featuring Tex-Mex staples such as tacos, burritos, quesadillas and nachos as well as several specialty items from the unique fast-food chain. In 2013, a major franchise operation began offering breakfast. There are also a selection of side items, drinks and desserts. Jump to:Health Tips:Tacos – Diet charts tacos vary slightly with ingredients, but generally contain between 170 and 190 calories, 10 or so grams of fat and less than 20 grams of carbohydrates. Burritos – Traditional offerings include a chicken burrito that boasts 440 calories per serving, 18 grams of fat, 46 grams of carbohydrates, 960mg of sodium, and 30mg of cholesterol. Patrons ordering grilled stuffed burritos should expect to consume at least 830 calories from chicken versions of the menu item and up to 40 grams of fat, 96 grams of carbohydrates, 2,200mg of sodium and 85mg of cholesterol. Persons with specific nutritional needs must show this at the beginning of orders in order to avoid contamination of unwanted ingredients. Fresco Menu – Themes boast fewer ingredients than other daily offerings and generally drops about 140 calories from tacos and do not than 350 calories per serving of burritos. Each selection contains less than 10 grams of fat, which serves as the basic premise of a particular part of the menu. Breakfast – Customers can order breakfast crunchwrap meals featuring egg, bacon, sausage, and cheese (700 calories/41 grams of fat) or A.M. grills containing breakfast meat, eggs and cheese (230 calories/14 grams of fat). Gluten-free - health-conscious menu items represent the ideal options for individuals with a gluten-limiting diet. On average, taco salads contain between 750 and 800 calories and about 35 grams of fat per serving. Nachos – Standard order nachos contains 290 calories and 16 grams of fat. Customers should expect to consume 100s milligrams of sodium per serving of per serving of corn chips used as bases for menu items. Cheese and sauces - Reduce the amount of fat by leaving out the cheese and leaving the use of dipping sauces like ranch sauce. FAQsCaloriesProtein (g)Total Carbs (g)Sodium (mg)Sugars (g)Weight WatchersBeveragesback to topCherry Limeade Sparkler180044105435Cherry Limeade Sparkler270066160657Classic Limeade Sparkler230060125597Classic Limeade Sparkler 16 oz15003980384Mtn Dew® Baja Blast Freeze25006375587Mtn Dew® Baja Blast Freeze 16 oz20005160476Orange Juice14023320284Pink Lemonade Freeze2700675657Pink Lemonade Freeze 16 oz2200545536Piña Colada Freeze24006020537Piña Colada Freeze 16oz19004815435Diet Pepsi 16 oz0005000Diet Pepsi 20 oz0006500Diet Pepsi 30 oz0009500Diet Pepsi 40 oz00012500Dr Pepper 16 oz20005470546Dr Pepper 20 oz25006890687Dr Pepper 30 oz380010213010211Dr Pepper 40 oz500013518013515Lipton Raspberry Iced Tea 16 oz16004250425Lipton Raspberry Iced Tea 20 oz20005365536Lipton Raspberry Iced Tea 30 oz30007995799Lipton Raspberry Iced Tea 40 oz400010512510511MTN DEW A.M. 16 oz16014245405MTN DEW A.M. 20 oz18014750465MUG Root Beer 16 oz20005230526MUG Root Beer 20 oz25006540657MUG Root Beer 30 oz380098559811MUG Root Beer 40 oz500013075130 14Mountain Dew 16 oz22005870586Mountain Dew 20 oz28007390738Mountain Dew 30 oz410010913010912Mountain Dew 40 oz550014518014516Mountain Dew Baja Blast 16 oz22005860586Mountain Dew Baja Blast 20 oz28007375738Mountain Dew Baja Blast 30 oz410010911510912Mountain Dew Baja Blast 40 oz550014515014516Pepsi 16 oz20005640566Pepsi 20 oz25007050708Pepsi 30 oz380010575105 11Pepsi 40 oz500014010014015Sierra Mist 16 oz20005440546Sierra Mist 20 oz25006850687Sierra Mist 30 oz380010175101 11Sierra Mist 40 oz500013510013515Tropicana Tree Punch 16 oz2006050607 Troopana Tree Punch 20 oz28007565758Tropicana Tree Punch 30 oz410011395113 12Tropicana Tree Punch 40 oz5500150125 15016Tropicana Pink Lemonade 16 oz200054210546Tropicana Pink Lemonade 20 oz250068270687Tropicana Pink Lemonade 30 oz3800 8 10140010111Tropicana Pink Lemonade 40 oz500013553013515Breakfastback to topCaloriesProtein (g)Total Carbohydrates (g)Sodium (mg)Sugars WatchersA.M. 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