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Taco bell nutrition information calculator

Select an item to add to foodBurritos 11 Tacos items 8 items Drinks 29 items Breakfast 8 Chalupas items 6 items Seasonings & Sauces 21 articles Fresh Menu 7 articles Nachos 3 articles Side 6 articles Specialties 14 articles Taco Bell, 1 tacoCalories: 170 •Carbohydrates: 12g •Fat: 10g •Protein: 8gTaco Bell, 1 tacoCalories: 15 •Carbohydrates: 3g •Fat: 0g •Protein: 1gTaco Bell, 1 TacoCalories: 170 •Carbohydrates: 13g •Fat: 10g •Protein: 8gTaco Bell, 1 tacoCalories: 170 •Carbohydrates: 12g •Fat: 10g •Protein: 8gTaco Bell, 3 tacoCalories shells: 150 •Carbohydrates: 22g •Fat: 6g •Protein: 2gTaco Taco Bells, 2 tacosCalories: 250 •Carbohydrates: 20g •Fat: 5g •Protein: 2gTaco Bell, 78 gCalories: 170 •Carbohydrates: 12g •Fat: 10g •Protein: 8g Considerable and widely diverse menus, convenient hours and affordable prices attract customers to Taco Bell restaurants for millions on an annual basis. Guests flock to the more than 6,500 storefronts offering dinner, pickup and drive-thru options. Both corporate and franchised locations offer similar menus with Tex-Mex staples such as tacos, burritos, quesadillas and nachos, as well as several specialty items unique to the fast food chain. In 2013, the large franchised operation began offering breakfast options. Other selections include side items, drinks and desserts. Jump in:Health Tips: Tacos - Nutrition charts for studs vary slightly depending on ingredients, but usually contain between 170 and 190 calories, with 10 or less grams of fat and less than 20 grams of carbohydrates. Burritos - Traditional offerings include chicken burrito, which features 440 calories per serving, 18 grams of fat, 46 grams of carbohydrates, 960 mg sodium, and 30 mg cholesterol. Customers ordering grilled stuffed burritos should expect to consume at least 830 calories for chicken versions of the menu item and upwards of 40 grams of fat, 96 grams of carbohydrates, 2,200 mg of sodium, and 85 mg of cholesterol. People with specific dietary needs must indicate this at the beginning of orders to avoid contamination of unwanted ingredients. Fresh Menu - Items feature fewer ingredients than other daily offerings and usually drop about 140 calories per tacos and no more than 350 calories per serving burritos. Each option contains less than 10 grams of fat, which serves as a basic premise for the particular part of the menu. Breakfast - Guests can order crunchy breakfast meals with egg, bacon, sausage and cheese (700 calories/41 grams of fat), or A.M. grilles containing breakfast meats, eggs and cheese (230 calories/14 grams of fat). Gluten-free – Health conscious menu items represent ideal options for people with restrictive gluten diets. On average, taco salads contain 750 and 800 calories and about 35 grams of fat per serving. Nachos – A standard order of nachos contains 290 calories and 16 grams of fat. Customers should wait to wait 100s of milligrams of sodium per serving of nachos due to salted corn chips used as bases for menu items. Cheese and sauces – Reduce fat by leaving out cheese and abandon the use of dipping sauces as a ranch garnish. Preguntes freqüentsCaloriesProteïna (g)Carbohidrats totals (g)Sodi (mg)Sucres (g)Weight WatchersBeveragesback to topCherry Limeade Sparkler180044105435Cherry Limeade Sparkler270066160657Classic Limeade Sparkler230060125597Classic Limeade Sparkler 16 oz150039 80384Mtn Rosada® Baja Blast Freeze25006375587Mtn Rosada® Baja Blast Freeze 16 oz20005160476Orange Juice14023320284Pink Lemonade Freeze2700675657Pink Lemonade Freeze 16 oz2200545536Piña Colada Congelació24006020537Piña Colada Congelació 16oz19004815435Diet Pepsi 16 oz0005000Diet Pepsi 20 oz0 oz0006500Diet Pepsi 30 oz0009500Diet Pepsi 40 oz00012500Dr Pepper 16 oz2000547054 6Dr Pepper 20 oz25006890687Dr Pebre 30 oz380010213010211Dr Pebre 40 oz500013518013515Lipton Raspberry Iced Tea 16 oz16004250425Lipton Raspberry Iced Tea 20 oz20005365536Lipton Raspberry Tea Ice cream 30 oz300079995799Lipton 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 oz50001307513014Mountain Dew 4 oz50001307513014Mountain Dew 40 oz50001307513014Mountain Dew 40 oz50001307513014Mountain Dew 40 oz50001307513014Mountain Dew 40 oz50001307513014Mountain Dew 40 oz50001307513014Mountain Dew 40 oz50001307513014Mountain Dew 40 oz50001307513014Mount 20 oz22005870586Mountain Dew 20 oz28007390738Mountain Dew 30 oz410010913010912Mountain Dew 40 oz550014518014516Mountain Dew Baja Blast 16 oz2200586 0586Mountain Rosada Baja Explosió 20 oz28007375738Mountain Rosada Baja Explosió 30 oz410010911510912Mountain Rosada Baja Blast 40 oz550014515014516Pepsi 16 oz2000564056Pepsi 16 oz2000564056Pepsi 16 oz2000564056Pepsi 16 oz2000564056Pepsi 16 oz2000564056Pepsi 16 oz2000564056Pepsi 16 oz2000564056Pepsi 16 oz2000564056Pepsi 16 oz2000564056Pepsi 16 oz2000564056Pepsi 16 oz2000564056Pepsi 16 oz2000564056Pepsi 16 oz2000564056 20 oz25007050708Pepsi 30 oz38001057510511Pepsi 40 oz50001400140140 15Sierra Boira 16 oz20005440546Sierra Boira 20 oz25006850687Sierra Mistra 30 oz380010175101 11Sierra Boira 40 oz500013510013515Tropicana Fruit Punch 16 oz22006050607Tropicana Fruit Ponx 20 oz28007565758 Cop de puny de fruitatropicana 30 oz410011139511312Tropicana Fruita Punch 40 oz550015012515016Trop pink lemonade 16 oz200054210546Tropicana Pink Lemonade 20 oz250068270687Tropicana Pink Lemonade 30 oz38001014001011 1Tropicana Pink Lemonade 40 oz500013553013515Breakfastback to topCaloriesProtein (g)Total Carbs (g)Sodium (mg)Sugars (g)Weight WatchersA.M. 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