

BARBERITOS™

Nutrition Facts <small>Serving sizes are based on burrito portions. For tacos, use half of the serving size.</small>	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Protein (g)	Dietary Fiber (g)
Spinach Tortilla	1 tortilla	300	80	8	2	0	0	770	47	10	3
Flour Tortilla	1 tortilla	300	80	8	2	0	0	770	47	10	3
Chipotle Tortilla	1 tortilla	300	80	8	2	0	0	770	47	10	3
Wheat Tortilla	1 tortilla	300	80	8	2.5	0	0	770	47	10	5
Corn Tortilla-6in.	1 tortilla	35	0	0.5	0	0	0	10	7	1	<1
Flour Tortilla-6in.	1 tortilla	80	20	2.5	0.5	0	0	220	13	3	1
Flour Tortilla-10in.	1 tortilla	200	50	6	1	0	0	510	31	6	2
Wheat Tortilla-10in.	1 tortilla	170	50	6	1	0	0	470	24	5	3
Hard Shell Taco	1 Taco	60	25	3	1	0	0	10	7	1	1
Salad Shell	1 Shell	280	130	15	4	0	0	510	31	6	2
Steak	3oz	180	90	10	3.5	0	90	320	1	21	0
Chicken	3oz	140	30	3.5	1	0	70	85	0	25	0
Tofu	3oz	90	50	6	1	0	0	780	3	8	1
Ground Beef	3oz	250	160	18	7	0	60	230	2	20	0
Fish	3oz	110	30	3.5	0.5	0	50	400	<1	20	0
Rice	3oz	120	0	0	0	0	0	330	28	3	0
Black Beans	3oz	60	0	0	0	0	0	160	11	3	2
Pinto Beans	3oz	50	0	0	0	0	0	105	10	3	6
Cheese	1.5oz	160	120	13	8	0	40	230	0	10	0
Salsa	2.5oz	20	0	0	0	0	0	360	4	<1	<1
Guacamole	1.5oz	45	35	4	0	0	0	160	3	<1	2
Avocado Slices	3 oz	120	90	11	1.5	0	0	5	7	2	5
Sour Cream	2 Tbsp.	60	45	5	3.5	0	20	15	1	1	0
Iceberg Lettuce	1.2oz	5	0	0	0	0	0	0	1	0	1
Romaine Lettuce	4oz	20	5	0	0	0	0	10	4	0	4
Spinach, raw	4oz	25	5	0	0	0	0	90	4	4	4
Olives	1oz	25	20	2.5	0	0	0	130	<1	0	0
Jalapeno, pickled	2oz	10	0	0	0	0	0	270	1	0	1
Cucumbers	1.5oz	5	0	0	0	0	0	0	2	0	0
Mushrooms, raw	1.5oz	10	0	0	0	0	0	0	2	2	0
Onions	1oz	10	0	0	0	0	0	0	2	0	0
Green Pepper	1oz	5	0	0	0	0	0	0	1	0	0
Jalapeno, raw	1oz	10	0	0	0	0	0	0	2	0	1
Heavy D Salsa	2oz	15	0	0	0	0	0	420	3	1	1
Tomatillo	2oz	10	0	0	0	0	0	340	2	0	1
Chipotle Hot Sauce	2oz	15	5	0	0	0	0	410	2	0	0
SW Vinaigrette	2oz	220	210	24	1.5	0	0	480	2	0	1
Chipotle Ranch	2oz	200	200	22	3	0	20	560	3	0	0
Chips	26 Chips	190	50	6	1	0	0	40	39	6	3
Cheese Dip	2oz	100	70	8	5	0	25	360	2	6	0
Cheese Quesadilla	1	490	260	30	16	0	70	930	32	25	2