

Taco Bell Menu Nutrition Guide



Our Most Popular "Fresco Style" Items Under 10 Grams of Fat	Serving Size (gms)	Calories	Calories from Fat	Total Fat (gms)	% Daily Value **	Saturated Fat (gms)	% Daily Value **	Trans Fat (gms)	Cholesterol (mgs)	% Daily Value **	Sodium (mgs)	% Daily Value **	Carbohydrates (gms)	% Daily Value **	Dietary Fiber (gms)	% Daily Value **	Sugars (gms)	Protein (gms)	% DAILY VALUE				Fresco Style meets 25% reduction in fat†
																			Vitamin A	Vitamin C	Calcium	Iron	
Crunchy Taco	92	150	70	8	12	2.5	13	0	20	7	370	15	13	4	3	12	1	7	6	4	4	6	-
Soft Taco - Beef	113	180	70	7	11	3	15	0	20	7	650	27	21	4	3	12	2	8	6	4	4	8	10
Burrito Supreme - Chicken	241	330	70	8	12	2.5	13	0	25	8	1360	57	49	16	7	28	5	18	15	15	15	20	-
Burrito Supreme - Steak	241	330	80	8	12	3	15	0.5	20	7	1250	52	48	16	7	28	5	18	10	15	15	25	-
Fiesta Burrito - Chicken	198	330	70	8	12	2.5	13	0	25	8	1240	52	48	16	3	12	4	16	8	8	15	20	-
Fiesta Burrito - Steak	198	320	80	9	14	2.5	13	0	20	7	1120	47	48	16	4	16	4	14	8	6	15	20	-
Zesty Chicken BORDER BOWL® without Dressing	397	350	70	8	12	1.5	8	0.5	25	8	1600	67	51	17	10	40	4	19	20	20	10	20	-
Ranchero Chicken Soft Taco	135	170	35	4	6	1.5	8	0	25	8	730	30	21	7	3	12	3	12	8	8	8	10	✓
Grilled Steak Soft Taco	128	160	40	4.5	7	1.5	8	0	20	7	550	23	20	7	2	8	3	10	4	10	8	10	✓
Bean Burrito	213	330	60	7	11	2.5	11	0.5	0	0	1200	50	54	18	9	36	4	12	10	10	15	25	-

Nutrition Guide

Original Items

(Note: Any item with cheese and/or sauce can be made "Fresco Style")

TACOS

Crunchy TACO SUPREME®	113	210	120	13	20	6	30	0.5	40	13	870	15	15	5	3	12	2	9	10	6	10	6	✓
DOUBLE DECKER® Taco	156	320	120	13	20	5	25	0.5	25	8	810	34	38	13	6	24	2	14	6	2	15	15	-
DOUBLE DECKER® Taco Supreme®	191	370	150	17	26	7	35	1	40	13	820	34	40	13	7	28	4	14	10	6	15	20	✓
Soft TACO SUPREME® - Beef	135	250	120	13	20	6	30	0.5	40	13	650	27	23	8	3	12	3	11	10	6	15	15	✓
Ranchero Chicken Soft Taco	135	270	130	14	22	4	20	0	35	12	820	34	21	7	2	8	3	14	6	6	15	10	✓
Grilled Steak Soft Taco	128	260	140	15	23	4.5	23	0	30	10	640	27	20	7	2	8	2	12	4	6	10	15	✓
Spicy Chicken Soft Taco	113	170	50	6	9	2	10	0	25	8	580	24	20	7	2	8	2	10	8	4	10	10	-

GORDITAS

Gordita Supreme® - Beef	153	310	140	16	25	6	30	0.5	40	13	620	26	29	10	3	12	6	14	8	6	15	15	✓
Gordita Supreme® - Chicken	153	290	110	12	18	5	25	0	45	15	650	27	28	9	2	8	6	17	8	8	15	10	✓
Gordita Supreme® - Steak	153	290	120	13	20	5	25	0	40	13	530	22	28	9	2	8	6	15	6	6	10	15	✓
Gordita Baja® - Beef	153	340	170	19	29	5	25	0	35	12	780	33	29	10	4	16	6	13	8	4	10	15	✓
Gordita Baja® - Chicken	153	320	140	16	25	3.5	18	0	40	13	800	33	28	9	3	12	6	17	8	6	10	10	✓
Gordita Baja® - Steak	153	320	150	17	26	4	20	0	35	12	690	29	27	9	3	12	5	15	6	4	10	15	✓
Gordita Nacho Cheese - Beef	153	300	130	14	22	3.5	18	0	20	7	770	32	31	10	3	12	6	12	4	6	10	15	✓
Gordita Nacho Cheese - Chicken	153	280	100	11	17	2	10	0	25	8	790	33	29	10	2	8	6	16	4	6	8	10	✓
Gordita Nacho Cheese - Steak	153	270	100	12	18	2	10	0	20	7	680	28	29	10	2	8	6	14	2	6	8	15	✓

CHALUPAS

Chalupa Supreme - Beef	153	380	210	23	35	7	35	0.5	40	13	620	26	30	10	3	12	4	14	8	6	15	15	-
Chalupa Supreme - Chicken	153	360	180	20	31	5	25	0	45	15	650	27	29	10	2	8	4	17	8	8	10	15	✓
Chalupa Supreme - Steak	153	360	180	21	32	6	30	0	40	13	530	22	28	9	2	8	4	15	6	6	10	15	✓
Chalupa Baja - Beef	153	410	240	27	42	6	30	0	35	12	780	33	30	10	4	16	4	13	8	4	10	15	✓
Chalupa Baja - Chicken	153	390	210	23	35	4	20	0	40	13	800	33	29	10	3	12	4	17	8	6	10	15	✓
Chalupa Baja - Steak	153	390	220	24	37	4.5	23	0	35	12	690	29	28	9	3	12	3	15	6	4	10	15	✓
Chalupa Nacho Cheese - Beef	153	370	190	22	34	4	20	0	20	7	770	32	32	11	3	12	4	12	4	6	8	15	-
Chalupa Nacho Cheese - Chicken	153	350	160	18	28	2	10	0	25	8	790	33	30	10	2	8	4	16	4	6	8	15	-
Chalupa Nacho Cheese - Steak	153	340	170	19	29	2.5	13	0	20	7	670	28	30	10	2	8	4	14	2	6	8	15	-

BURRITOS

7-Layer Burrito	283	490	170	18	28	7	35	1	25	8	1350	56	65	22	9	36	5	17	10	25	25	30	✓
Burrito Supreme® - Beef	248	420	150	17	26	8	40	1	40	13	1340	56	51	17	7	28	5	17	15	10	20	30	✓
Burrito Supreme® - Chicken	248	400	120	13	20	6	30	0.5	45	15	1360	57	49	16	6	24	5	20	15	15	20	25	✓
Burrito Supreme® - Steak	248	390	130	14	22	6	30	1	40	13	1250	52	49	16	6	24	5	18	15	15	20	25	✓
Fiesta Burrito - Beef	184	370	120	13	20	5	25	0	25	8	1200	50	49	16	4	16	4	14	8	4	20	25	-
Fiesta Burrito - Chicken	184	350	90	10	15	3.5	18	0	30	10	1220	51	47	16	3	12	4	18	8	4	20	20	-
Fiesta Burrito - Steak	184	340	100	11	17	4	20	0	25	8	1110	46	47	16	3	12	3	15	6	4	20	20	-
Grilled Stuft Burrito - Beef	325	680	270	30	46	10	50	1	55	18	2120	88	76	25	9	36	6	27	15	4	30	40	✓
Grilled Stuft Burrito - Chicken	325	640	210	23	35	7	35	0.5	65	22	2160	90	73	24	7	28	6	34	10	6	30	35	✓
Grilled Stuft Burrito - Steak	325	630	220	25	38	8	40	1	55	18	1930	80	72	24	7	28	5	30	10	6	30	40	✓
1/2 lb' Beef & Potato Burrito	252	530	210	23	35	7	35	1	30	10	1720	72	66	22	6	24	4	15	15	6	15	25	-
1/2 lb' Beef Combo Burrito	241	440	160	18	28	7	35	1	45	15	1630	68	51	17	8	32	4	21	15	6	20	30	-
Spicy Chicken Burrito	191	400	150	17	26	4	20	0	30	10	1190	50	48	16	3	12	4	14	10	4	15	20	✓

WHY PAY MORE! VALUE MENU

Cheese Roll-Up	64	200	90	10	15	5	25	0	20	7	490	20	19	6	1	4	1	9	4	0	20	10	N/A
Triple Layer Nachos	142	340	160	18	28	1.5	8	0	0	0	720	30	38	13	6	24	2	7	8	6	8	8	-
Cinnamon Twists	35	170	60	7	11	0	0	0	0	0	200	8	26	9	1	4	12	1	0	0	0	2	N/A
Crunchy Taco	78	170	90	10	15	3.5	18	0	25	8	350	15	13	4	3	12	1	8	4	2	8	6	-
Soft Taco - Beef	99	200	80	9	14	4	20	0	25	8	630	26	21	7	3	12	2	10	4	2	10	10	-
Cheesy Double Beef Burrito	227	460	180	20	31	7	35	0.5	40	13	1620	68	52	17	5	20	4	18	8	2	15	25	-
Big Taste Taco	156	420	200	22	34	6	30	0	35	12	1030	43	43	14	4	16	4	14	6	2	20	20	✓
Bean Burrito	198	350	80	9	14	3.5	18	0.5	5	2	1190	50	54	18	8	32	4	13	10	8	20	25	-
1/2 lb' Cheesy Bean & Rice Burrito	227	470	180	20	31	5	25	0	10	3	1390	58	58										