

9to5strength - Taco Bell (UK) Nutrition Tables

Taco Bell (UK) - Soft Tacos

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Supreme - Pulled Pork	280	12	17	3	18	8	1.2
Supreme - Seasoned Beef	260	12	18	3	15	8	1.1
Supreme - Mexican Chicken	240	12	18	3	13	7	1.1
Supreme - Refried Beans	240	8	25	2	12	6	1.0
Supreme - Grilled Chicken	230	15	17	2	11	6	1.0
Pulled Pork	220	12	16	1	12	5	1.2
Seasoned Beef	210	12	17	1	10	5	1.1
Mexican Chicken	190	12	17	1	8	4	1.1
Grilled Chicken	180	14	16	1	6	3	0.9
Refried Beans	180	8	24	1	6	3	1.0

Taco Bell (UK) - Crunchy Tacos

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Supreme - Pulled Pork	240	11	10	2	17	7	0.8
Supreme - Seasoned Beef	220	11	11	2	15	7	0.8
Supreme - Mexican Chicken	210	10	11	2	13	6	0.8
Supreme - Refried Beans	200	7	18	1	11	5	0.6
Pulled Pork	190	10	9	0	12	4	0.8
Supreme - Grilled Chicken	190	13	10	2	11	5	0.6
Seasoned Beef	170	10	10	0	10	4	0.8
Mexican Chicken	150	10	10	0	8	3	0.7
Grilled Chicken	140	12	8	0	6	2	0.6
Refried Beans	140	6	16	0	6	2	0.6

Taco Bell (UK) - Double Decker Taco

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Cheesy - Pulled Pork	390	18	25	1	24	11	1.7
Cheesy - Seasoned Beef	380	18	26	1	22	10	1.6
Cheesy - Mexican Chicken	360	18	26	1	20	9	1.6
Cheesy - Grilled Chicken	350	21	25	1	18	9	1.4
Cheesy - Refried Beans	350	14	33	1	18	9	1.5
Pulled Pork	340	16	32	1	17	5	1.7
Seasoned Beef	320	16	33	1	14	5	1.6
Mexican Chicken	310	16	33	1	12	4	1.6
Refried Beans	300	12	40	1	11	4	1.5
Grilled Chicken	290	19	32	1	10	4	1.5

Taco Bell (UK) - Burritos

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
7 Layer	550	19	66	4	24	10	2.9
Fresco - Grilled Chicken	347	27	38	4	9	4	2.2
Volcano - Pulled Pork	660	25	59	6	35	13	3.9
Volcano - Seasoned Beef	620	25	61	5	30	12	3.8
Volcano - Mexican Chicken	590	25	61	6	27	10	3.7
Volcano - Grilled Chicken	570	30	59	6	22	9	3.5
Volcano - Refried Beans	570	17	75	6	23	9	3.5
Fajita - Pulled Pork	510	18	50	6	26	10	2.6
Fajita - Seasoned Beef	490	18	51	6	23	10	2.5
Fajita - Mexican Chicken	470	17	51	6	22	9	2.5
Fajita - Refried Beans	460	14	58	6	20	9	2.4
Fajita - Grilled Chicken	450	20	50	6	20	9	2.4
Grilled Stuft - Pulled Pork	720	31	67	6	36	12	4.1
Grilled Stuft - Seasoned Beef	680	31	69	6	30	11	4.0
Grilled Stuft - Mexican Chicken	650	31	69	6	27	9	3.9
Grilled Stuft - Grilled Chicken	630	36	66	6	23	8	3.6
Grilled Stuft - Refried Beans	630	23	82	6	24	8	3.7
Cheesy Dbl Melt - Pork Carnitas	650	31	47	4	37	14	3.6
Cheesy Dbl Melt - Beef	610	31	50	4	31	14	3.5
Cheesy Dbl Melt - Mexican Chicken	580	31	49	4	28	12	3.5
Cheesy Dbl Melt - Refried Beans	570	23	63	4	25	10	3.2
Cheesy Dbl Melt - Grilled Chicken	560	36	47	4	24	11	3.2

Taco Bell (UK) - Quesadilla

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Slow Cooked Pulled Pork	680	35	37	5	42	18	3.3
Seasoned Beef	640	35	40	5	37	17	3.2
Mexican Chicken	610	35	29	5	34	15	3.1
Grilled Chicken	590	40	37	5	30	14	2.9
Refried Beans	590	27	53	4	30	14	2.9
Fajita - Pulled Pork	560	28	38	5	32	15	2.8
Fajita - Seasoned Beef	540	28	39	5	30	15	2.7
Fajita - Mexican Chicken	520	28	39	5	28	14	2.7
Fajita - Refried Beans	520	24	46	5	26	13	2.6
Fajita - Grilled Chicken	510	31	38	5	26	13	2.6
Fajita Plain	490	22	42	7	27	14	2.4
Cheese	480	20	37	4	28	13	1.9

Taco Bell (UK) - Crunchwrap Supremes

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Pulled Pork	660	27	55	6	36	13	2.7
Seasoned Beef	620	27	58	6	31	13	2.6
Mexican Chicken	590	26	57	6	28	10	2.5
Refried Beans	580	19	71	6	24	9	2.3
Grilled Chicken	570	32	55	6	24	9	2.2

Taco Bell (UK) - Shareables

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Fully Loaded Fries - Seasoned Beef	950	29	80	9	57	19	4.8
Nachos Supreme	750	13	64	8	51	13	4.8

Taco Bell (UK) - Sides

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Nachos Large	430	6	49	2	24	2	3.0
Mexican Fries Large	350	5	44	2	17	3	1.7
Mexican Fries Regular	280	4	35	2	14	3	1.3
Nachos Regular	220	3	25	1	12	1	1.5
Side of Beans (refried), topped	170	11	18	0	7	3	1.6
Side of Mexican Rice	140	2	22	1	5	1	1.3
Side of Beans (refried), plain	110	7	16	0	3	1	1.0

Taco Bell (UK) - Cravers

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Cheesy Topped Fries	530	10	49	6	33	10	2.2
Beefy Melt Griller	480	20	48	4	23	10	2.6
Spicy Chicken Griller	420	17	48	4	17	6	2.7
Bean Burrito	380	15	53	3	12	5	2.2

Taco Bell (UK) - Desserts

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Churros	420	6	72	17	13	2	1.7
Chocodilla	220	4	26	11	11	6	0.4
Chocomarsh Melt	190	4	28	13	7	4	0.4

Taco Bell (UK) - Extras

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Extra Sour Cream LRG	210	2	4	3	20	13	0.1
Extra Nacho Cheese Sauce LRG	190	7	5	4	16	5	0.8
Extra Guacamole LRG	140	2	9	2	12	2	0.7
Extra Sour Cream REG	100	1	2	2	10	6	0.0
Extra Nacho Cheese Sauce REG	90	3	2	2	8	3	0.4
Extra Guacamole REG	70	1	5	1	6	1	0.4
Extra Tomato Salsa LRG	25	1	6	1	0	0	0.9
Extra Tomato Salsa REG	10	0	3	1	0	0	0.4
Extra Pico de Gallo LRG	10	0	2	0	1	0	0.6
Extra Pico de Gallo REG	5	0	1	0	0	0	0.3
Extra Jalapenos REG	0	0	0	0	0	0	0.4
Extra Jalapenos LRG	0	0	0	0	0	0	0.9
Border Sauce Packet - Fire	5	0	1	0	0	0	0.2
Border Sauce Packet - Mild	0	0	0	0	0	0	0.1
Border Sauce Packet - Hot	0	0	0	0	0	0	0.1

Taco Bell (UK) - Drinks

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	SALT
Large Pepsi	263	0	69	69	0	0	0.0
Strawberry Daiquiri Twisted Freeze	194	0	36	33	0	0	0.0
Regular Pepsi	191	0	50	50	0	0	0.0
Margarita Twisted Freeze	181	0	32	29	0	0	0.0
Strawberry Smash Freeze	161	0	40	37	0	0	0.0
Large Tango Orange	156	0	38	38	0	0	0.6
Large Tango Apple	150	0	36	36	0	0	0.3
Lemon Quencher Freeze	146	0	36	33	0	0	0.1
Sol Beer	132	0	12	0	0	0	0.0
Tropicana Orange	120	2	25	25	0	0	0.0
Large Lipton Ice Tea Peach	119	3	29	28	3	1	0.2
Regular Tango Orange	114	0	27	27	0	0	0.4
Regular Tango Apple	109	0	26	26	0	0	0.2
Regular Lipton Ice Tea Peach	86	2	21	20	2	0	0.1
Large 7 Up	13	0	0	0	0	0	0.6
Fruitshoot Apple & Blackcurrent	10	0	2	2	0	0	0.0
Regular 7 Up	9	0	0	0	0	0	0.4
Diet Mountain Dew	5	0	0	0	0	0	0.0
Diet Pepsi/Max	4	0	0	0	0	0	0.4
Water	0	0	0	0	0	0	0.0