

## 9to5strength - Taco Bell Nutrition Tables

### Taco Bell - Breakfast

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Cinnabon® Delights™ (12 Pack - Serves 4)	930	9	104	59	53	13	3	1.2
Breakfast Crunchwrap - Sausage	700	21	51	3	46	14	4	3.0
Breakfast Crunchwrap - Bacon	670	21	51	3	42	12	4	3.2
Breakfast Crunchwrap - Steak	650	24	51	3	39	11	4	3.2
Grande Scrambler Burrito - Bacon	650	21	64	5	34	9	5	3.7
Grande Scrambler Burrito - Sausage	640	19	64	4	34	9	5	3.3
Grande Scrambler Burrito - Steak	630	24	65	4	31	8	5	3.7
Breakfast Quesadilla - Bacon	510	26	37	3	29	13	4	3.2
Breakfast Quesadilla - Sausage	500	24	37	2	29	13	3	2.8
Breakfast Quesadilla - Steak	500	29	38	2	26	12	3	3.2
Grilled Breakfast Burrito - Bacon	350	13	37	3	17	5	2	2.2
Grilled Breakfast Burrito - Fiesta Potato	340	10	43	3	14	4	2	1.9
Grilled Breakfast Burrito - Sausage	340	11	36	3	17	5	3	2.0
Sausage Flatbread Quesadilla	330	14	27	3	18	6	2	1.3
Cinnabon® Delights™ (4 Pack)	310	3	35	20	18	5	0	0.4
Breakfast Soft Taco - Bacon	240	11	15	1	14	5	1	1.4
Breakfast Soft Taco - Sausage	230	9	15	0	14	5	0	1.0
Mini Skillet Bowl	180	5	16	1	11	2	2	1.1
Breakfast Soft Taco - Egg & Cheese	170	7	15	0	9	3	0	0.8
Hashbrown	160	1	13	0	12	1	2	0.7
Tropicana® Orange Juice	140	2	32	28	0	0	0	0.1

### Taco Bell - Morning Dollar Menu

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Grilled Breakfast Burrito - Bacon	350	13	37	3	17	5	2	2.2
Grilled Breakfast Burrito - Fiesta Potato	340	10	43	3	14	4	2	1.8
Grilled Breakfast Burrito - Sausage	340	11	36	3	17	5	3	2.0
Sausage Flatbread Quesadilla	330	14	27	3	18	6	2	1.3
Breakfast Soft Taco - Bacon	240	11	15	1	14	5	1	1.4
Breakfast Soft Taco - Sausage	230	9	15	0	14	5	0	1.0
Mini Skillet Bowl	180	5	16	1	11	2	2	1.1
Breakfast Soft Taco - Egg & Cheese	170	7	15	0	9	3	0	0.8
Cinnabon® Delights™ (2 Pack)	160	2	17	10	9	2	0	0.7
Hashbrown	160	1	13	0	12	1	2	0.2
Mtn Dew® Kickstart™ Orange Citrus	70	0	18	18	0	0	0	0.2
Rainforest Coffee with Original Creamer	30	2	3	3	2	1	0	0.0
Iced Regular Coffee	10	2	0	0	0	0	0	0.0
Rainforest Coffee	10	2	0	0	0	0	0	0.0

### Taco Bell - Burritos

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
XXL Grilled Stuft Burrito - Beef	870	32	96	6	40	14	13	5.4
XXL Grilled Stuft Burrito - Steak	840	37	93	6	35	12	10	5.2
XXL Grilled Stuft Burrito - Chicken	830	38	92	6	34	11	10	5.2

Quesarito - Beef	650	21	67	4	33	12	5	3.5
Quesarito - Chicken	640	22	66	4	32	11	4	3.4
Quesarito - Steak	630	24	66	4	30	11	4	3.4
Beefy 5-Layer Burrito	500	19	64	5	19	7	8	3.2
Cheesy Potato Burrito	490	18	54	4	22	7	7	3.3
Combo Burrito	450	21	51	3	18	7	9	3.5
7-Layer Burrito	440	14	59	4	16	6	5	2.5
Beefy Fritos® Burrito	440	13	57	3	18	5	7	2.5
Cheesy Bean & Rice Burrito	430	11	57	4	17	4	6	2.3
Shredded Chicken Burrito	420	14	47	2	20	5	3	2.2
Burrito Supreme® - Beef	410	17	51	4	15	6	8	2.4
Black Bean Burrito	390	14	60	3	11	4	8	2.6
Burrito Supreme® - Steak	390	19	50	4	12	5	6	2.8
Bean Burrito	380	14	55	3	11	4	9	2.7
Burrito Supreme® - Chicken	380	20	49	4	12	5	6	2.8
Beefy Nacho Loaded Griller	370	12	47	3	15	4	5	2.1
Cheesy Potato Griller	340	8	50	3	13	3	3	1.9
Chipotle Chicken Loaded Griller	340	14	36	3	16	5	2	1.9

#### Taco Bell - Dollar Cravings Menu

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Beefy Fritos® Burrito	440	13	57	3	18	5	5	2.5
Cheesy Bean & Rice Burrito	430	11	57	4	17	4	6	2.3
Triple Layer Nachos	320	7	41	2	15	2	6	1.5
Caramel Apple Empanada	280	3	38	15	13	4	1	0.8
Spicy Potato Soft Taco	230	5	27	1	12	3	2	1.2
Beefy Mini Quesadilla	210	9	17	1	12	4	3	1.4
Spicy Tostada	210	6	22	1	10	3	5	1.1
Shredded Chicken Mini Quesadilla	200	10	15	0	10	4	1	1.2
Cheese Roll-Up	180	9	15	0	9	5	2	1.1
Cinnamon Twists	170	1	27	13	6	0	0	0.5
Cinnabon® Delights™ (2 Pack)	160	2	17	10	9	2	0	0.2

#### Taco Bell - Freezes

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT
Mtn Dew® Baja Blast Freeze (20 oz)	230	0	64	64	0	0
Skittles Freeze (20 oz)	210	0	54	50	0	0
Mtn Dew® Baja Blast Freeze (16 oz)	180	0	51	50	0	0
Orange Cream Pop Freeze (20 oz)	160	0	4	40	0	0
Skittles Freeze (16 oz)	160	0	43	40	0	0
Orange Cream Pop Freeze (16 oz)	130	0	34	30	0	0

#### Taco Bell - Power Menu

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Power Menu Bowl - Steak	510	27	55	3	21	7	8	3.1
Power Menu Bowl - Chicken	500	28	53	3	20	6	8	3.1
Power Menu Bowl - Veggie	480	16	64	3	18	5	13	2.9
Power Menu Burrito - Steak	460	25	42	4	21	8	4	3.1
Power Menu Burrito - Chicken	450	26	40	4	20	7	4	3.0

**Power Menu Burrito - Veggie**

430	14	52	5	18	6	9	2.9
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### Taco Bell - Sides

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Cheesy Fiesta Potatoes	230	3	28	2	12	2	2	1.3
Chips and Guacamole	230	3	23	0	14	2	4	0.8
Chips and Nacho Cheese Sauce	220	3	24	2	12	1	2	0.8
Black Beans & Rice	190	6	35	0	4	0	6	1.0
Pintos 'n Cheese	190	10	22	0	7	3	7	1.7
Chips and Salsa	180	3	24	3	8	1	3	0.8
Chips and Pico de Gallo	170	2	22	1	8	1	3	0.4
Nacho Cheese Doritos Chips	140	2	16	0	8	1	1	0.5
Seasoned Rice	120	2	23	0	2	0	0	0.5
Black Beans	80	4	12	0	2	0	5	0.5

### Taco Bell - Fresco Menu

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Fresco Bean Burrito	350	13	56	4	9	3	9	2.6
Fresco Burrito Supreme - Chicken	340	18	48	4	8	3	6	2.7
Fresco Burrito Supreme - Steak	340	17	48	4	9	3	6	2.6
Fresco Soft Taco - Beef	160	8	18	2	7	3	3	1.2
Fresco Soft Taco - Shredded Chicken	150	9	16	2	6	2	2	1.1
Fresco Crunchy Taco - Beef	140	6	13	1	7	3	2	1.2
Fresco Soft Taco - Steak	140	10	17	2	4	2	3	0.8

### Taco Bell - Specialties

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Fiesta Taco Salad - Beef	760	27	77	7	39	10	11	3.3
Nachos BellGrande	760	19	84	5	38	6	13	3.3
Fiesta Taco Salad - Steak	730	31	75	6	34	8	8	3.2
Fiesta Taco Salad - Chicken	720	32	73	6	33	7	8	3.2
Mexican Pizza	550	21	49	3	30	8	7	2.5
Crunchwrap Supreme	530	16	71	6	21	6	6	3.0
Cheesy Gordita Crunch Supreme	520	21	43	5	30	11	5	2.2
Quesadilla - Chicken	510	27	38	3	28	12	4	3.0
Quesadilla - Steak	510	27	38	3	28	12	4	3.0
Cheesy Gordita Crunch	500	20	41	4	28	10	5	2.1
Quesadilla - Cheese	460	19	37	3	26	11	4	2.5
Nachos Supreme	440	13	46	3	23	5	8	2.1
Chalupa Supreme - Beef	350	13	33	3	19	5	4	1.4
Chalupa Supreme - Chicken	330	16	31	3	16	4	2	1.3
Chalupa Supreme - Steak	330	15	32	3	16	4	2	1.3
Triple Layer Nachos	320	7	41	2	15	2	6	1.5
Gordita Supreme - Beef	280	13	31	5	12	5	4	1.4
Gordita Supreme - Steak	270	16	30	5	9	4	2	1.4
Gordita Supreme - Chicken	260	16	29	5	9	3	2	1.4
Meximelt	250	14	19	2	13	7	4	1.8
Beefy Mini Quesadilla	210	9	17	1	12	4	3	1.3
Spicy Tostada	210	6	22	1	10	3	5	1.1
Shredded Chicken Mini Quesadilla	200	10	15	0	10	4	1	1.2
Cheese Roll-Up	180	9	15	0	9	5	2	1.1



### Taco Bell - Drinks & Sweets

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Caramel Apple Empanada	280	3	38	15	13	4	1	0.6
Cinnamon Twists	170	1	27	13	6	0	0	0.5
Water	0	0	0	0	0	0	0	0.0

### Taco Bell - Tacos

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Double Decker Taco Supreme	340	14	38	3	15	6	7	1.9
Cool Ranch Doritos Double Decker Taco	320	14	36	2	13	5	7	1.8
Double Decker Taco	320	14	36	2	13	5	7	1.9
Fiery Doritos Double Decker Taco	320	14	36	2	13	5	7	1.9
Nacho Cheese Doritos Double Decker Taco	320	14	36	2	13	5	7	1.2
Spicy Potato Soft Taco	230	5	27	1	12	3	2	1.3
Soft Taco Supreme - Beef	210	10	20	2	10	5	3	1.3
Grilled Steak Soft Taco	200	12	17	2	10	4	1	1.3
Cool Ranch Doritos Locos Taco Supreme	190	8	15	2	11	5	3	1.0
Crunchy Taco Supreme	190	8	15	2	11	5	3	0.9
Fiery Doritos Locos Taco Supreme	190	9	15	2	11	5	3	1.0
Nacho Cheese Doritos Locos Taco Supreme	190	9	15	2	11	5	3	1.0
Soft Taco - Beef	180	9	17	1	9	4	3	1.3
Cool Ranch Doritos Locos Taco	170	8	13	0	10	3	1	1.1
Crunchy Taco	170	8	13	0	9	4	3	1.0
Fiery Doritos Locos Taco	170	8	12	0	9	4	3	0.8
Nacho Cheese Doritos Locos Taco	170	8	13	1	9	4	3	0.9
Soft Taco - Chicken	170	10	16	1	8	3	3	0.9

### Taco Bell - Vegetarian Menu

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Power Menu Bowl - Veggie	480	16	64	3	18	5	13	2.4
Quesadilla - Cheese	460	19	37	3	26	11	4	2.5
7-Layer Burrito	440	14	59	4	16	6	7	2.5
Power Menu Burrito - Veggie	430	14	52	5	18	6	9	2.4
Black Bean Burrito	390	14	60	3	11	4	8	2.6
Bean Burrito	380	14	55	3	11	4	9	2.7
Double Tostada (regional)	270	12	32	2	11	4	8	0.2
Spicy Tostada	210	6	22	1	10	3	5	1.1
Black Beans & Rice	190	6	35	0	3.5	0	6	1.0
Pintos 'n Cheese	190	10	22	0	7	3	7	1.7
Cheese Roll-Up	180	9	15	0	9	5	2	1.1
Breakfast Soft Taco - Egg & Cheese	170	7	15	0	9	3	0	0.8

### Taco Bell - Fountain Beverages (16 oz)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Mtn Dew® Code Red	230	0	62	62	0	0	0	0.2
Tropicana® Fruit Punch	230	0	60	60	0	0	0	0.2
Mtn Dew®	220	0	59	58	0	0	0	0.1
Mtn Dew® Baja Blast™	220	0	59	59	0	0	0	0.2
Manzanita Sol	210	0	58	57	0	0	0	0.1
Pepsi® Wild Cherry	210	0	56	56	0	0	0	0.1
Tropicana® Lemonade	210	0	54	53	0	0	0	0.5
Tropicana® Pink Lemonade	210	0	53	53	0	0	0	0.5
Mist Twst®	200	0	54	54	0	0	0	0.1
Pepsi®	200	0	55	55	0	0	0	0.1
Dr Pepper®	190	0	52	51	0	0	0	0.1
Mug® Root Beer	190	0	52	52	0	0	0	0.1
Lipton® Brewed Iced Tea Sweetened	140	0	36	36	0	0	0	0.3
Mtn Dew® Spiked Lemonade	130	0	35	34	0	0	0	0.2
Brisk® Sweet Iced Tea	110	0	29	29	0	0	0	0.2
Brisk® Mango Iced Tea	100	0	26	26	0	0	0	0.1
Brisk® Raspberry Iced Tea	100	0	26	26	0	0	0	0.1
Brisk® Iced Tea and Lemonade	80	0	22	22	0	0	0	0.1
Mtn Dew® Kickstart™ Orange Citrus	70	0	18	18	0	0	0	0.2
G2 - Fruit Punch	30	0	7	6	0	0	0	0.3
Diet Drink	0	0	0	0	0	0	0	0.2
Lipton® Brewed Iced Tea Unsweetened	0	0	0	0	0	0	0	0.4
Sobe Lifewater® Yumberry Pomegranate	0	0	0	0	0	0	0	0.1

### Taco Bell - Fountain Beverages (20 oz)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Mtn Dew® Code Red	290	0	77	77	0	0	0	0.2
Mtn Dew® Baja Blast™	280	0	74	73	0	0	0	0.2
Tropicana® Fruit Punch	280	0	75	75	0	0	0	0.1
Mtn Dew®	270	0	73	73	0	0	0	0.2
Manzanita Sol	260	0	73	71	0	0	0	0.1
Mist Twst®	260	0	68	68	0	0	0	0.1
Pepsi® Wild Cherry	260	0	70	70	0	0	0	0.6
Tropicana® Lemonade	260	0	67	67	0	0	0	0.6
Tropicana® Pink Lemonade	260	0	67	67	0	0	0	0.1
Pepsi®	250	0	69	69	0	0	0	0.1
Dr Pepper®	240	0	65	64	0	0	0	0.2
Mug® Root Beer	240	0	65	65	0	0	0	0.2
Lipton® Brewed Iced Tea Sweetened	170	0	45	45	0	0	0	0.4
Mtn Dew® Spiked Lemonade	170	0	43	43	0	0	0	0.3
Brisk® Raspberry Iced Tea	130	0	33	33	0	0	0	0.2
Brisk® Sweet Iced Tea	130	0	36	36	0	0	0	0.2
Brisk® Mango Iced Tea	120	0	32	32	0	0	0	0.1
Brisk® Iced Tea and Lemonade	110	0	28	27	0	0	0	0.1
Mtn Dew® Kickstart™ Orange Citrus	90	0	23	22	0	0	0	0.2
G2 - Fruit Punch	35	0	9	8	0	0	0	0.4

**Taco Bell - Fountain Beverages (30 oz)**

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Mtn Dew® Code Red	430	0	116	115	0	0	0	0.3
Mtn Dew® Baja Blast™	420	0	110	110	0	0	0	0.3
Tropicana® Fruit Punch	420	0	113	112	0	0	0	0.2
Mtn Dew®	410	0	110	109	0	0	0	0.3
Manzanita Sol	400	0	109	106	0	0	0	0.2
Pepsi® Wild Cherry	390	0	105	105	0	0	0	0.2
Tropicana® Lemonade	390	0	100	100	0	0	0	1.0
Tropicana® Pink Lemonade	390	0	100	100	0	0	0	1.0
Mist Twst®	380	0	101	101	0	0	0	0.2
Pepsi®	380	0	104	103	0	0	0	0.2
Dr Pepper®	360	0	98	96	0	0	0	0.3
Mug® Root Beer	360	0	98	98	0	0	0	0.3
Lipton® Brewed Iced Tea Sweetened	260	0	68	68	0	0	0	0.6
Mtn Dew® Spiked Lemonade	250	0	65	64	0	0	0	0.5
Brisk® Sweet Iced Tea	200	0	54	54	0	0	0	0.3
Brisk® Raspberry Iced Tea	190	0	49	49	0	0	0	0.3
Brisk® Mango Iced Tea	180	0	48	48	0	0	0	0.2
Brisk® Iced Tea and Lemonade	160	0	42	41	0	0	0	0.2
Mtn Dew® Kickstart™ Orange Citrus	130	0	34	33	0	0	0	0.4
G2 - Fruit Punch	50	0	13	12	0	0	0	0.7
Diet Mtn Dew®	10	0	1	1	0	0	0	0.4
Sobe Lifewater® Yumberry Pomegranate	5	0	1	0	0	0	0	0.3
Diet Drink	0	0	1	0	0	0	0	0.5
Lipton® Brewed Iced Tea Unsweetened	0	0	0	0	0	0	0	0.8