



Full Nutrition Information

Last Updated: 10/12/2015

Click on a nutrition heading to sort the menu in real-time.

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
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Breakfast

A.M. Crunchwrap - Bacon	670	380	42	12	0	130	1,300	51	4	3	21
A.M. Crunchwrap - California	630	340	38	11	0	125	1,400	52	5	3	21
A.M. Crunchwrap - Country	660	360	41	13	0	135	1,290	54	4	5	21
A.M. Crunchwrap - Sausage	710	430	47	14	0	135	1,180	51	4	3	20
A.M. Crunchwrap - Steak	660	350	39	11	0.5	140	1,260	51	4	3	25
A.M. Grilled Taco - Bacon	230	130	14	5	0	105	590	15	<1	1	12
A.M. Grilled Taco - Egg & Cheese	170	80	9	3	0	90	330	15	<1	<1	7
A.M. Grilled Taco - Sausage	280	170	19	7	0	110	460	16	1	1	11
Biscuit Taco - Bacon, Egg & Cheese	380	200	23	9	0	115	860	30	<1	7	15
Biscuit Taco - Egg & Cheese	310	160	17	7	0	100	610	29	<1	7	10
Biscuit Taco - Sausage & Cheese	370	210	23	10	0	35	650	29	<1	7	11
Biscuit Taco - Sausage, Egg & Cheese	430	250	28	11	0	120	740	30	<1	7	14
Cheesy Burrito - Bacon	490	250	28	11	0	210	1,090	37	2	3	23
Cheesy Burrito - Bacon - Fresco Style	380	170	19	6	0	185	930	36	2	3	16
Cheesy Burrito - Fiesta Potato	520	240	27	10	0	195	1,060	49	3	3	20
Cheesy Burrito - Fiesta Potato - Fresco Style	410	160	18	4.5	0	170	910	48	4	3	13
Cheesy Burrito - Sausage	530	300	33	13	0	215	960	37	2	3	22
Cheesy Burrito - Sausage - Fresco Style	430	220	25	8	0	190	810	36	2	3	16
Cheesy Burrito - Steak & Egg	480	220	25	10	0.5	220	1,050	37	2	2	27
Cheesy Burrito - Steak & Egg - Fresco Style	370	140	16	5	0	195	890	36	3	3	21
Cinnabon® Delights™ (12 Pack)	930	480	53	13	2	40	480	104	3	59	9
Cinnabon® Delights™ (2 Pack)	160	80	9	2	0	5	80	17	0	10	2
Cinnabon® Delights™ (4 Pack)	310	160	18	4.5	0.5	15	160	35	<1	20	3
Grande Scrambler Burrito - Bacon	640	300	33	9	0	195	1,500	65	5	5	21
Grande Scrambler Burrito - Sausage	690	350	39	11	0	200	1,380	65	5	5	20
Grande Scrambler Burrito - Steak	630	270	30	8	0	205	1,460	65	5	4	26
Grilled Breakfast Burrito - Bacon	350	150	17	5	0	100	910	37	2	3	13
Grilled Breakfast Burrito - Country	440	200	23	7	0	105	930	45	3	5	14
Grilled Breakfast Burrito - Fiesta Potato	330	120	14	3.5	0	85	790	43	3	3	10
Grilled Breakfast Burrito - Sausage	400	200	22	7	0	105	790	37	2	3	13
Hashbrown	160	100	12	1	0	0	270	13	2	0	1
Nestlé® Coffee-Mate™ Original Creamer	30	15	1.5	0	0	0	0	3	0	3	0
Rainforest Coffee	10	0	0	0	0	0	0	0	0	0	2
Rainforest Coffee with Nestlé® Coffee-Mate™ Original Creamer	35	15	1.5	0	0	0	0	3	0	3	2
Sausage Flatbread Melt	300	150	17	6	0	30	410	27	1	3	11
Tropicana® Orange Juice	140	0	0	0	0	0	20	32	0	28	2

Breakfast - Limited Time Offer

Cinnabon® Delights™ Coffee - Hot	160	10	1	1	0	<5	40	34	0	32	3
Cinnabon® Delights™ Coffee - Iced	160	10	1	1	0	<5	40	34	0	32	2

Burritos

7-Layer Burrito	430	140	16	6	0	15	1,020	57	7	4	14
Bean Burrito	370	100	11	4	0	5	1,050	55	8	3	15
Beefy 5-Layer Burrito	500	170	19	7	0	30	1,290	64	8	5	19
Beefy Fritos® Burrito	430	160	18	4.5	0	20	1,030	55	4	3	13
Beefy Nacho Loaded Griller	380	140	16	4	0	20	830	47	5	3	12
Black Bean Burrito	380	100	11	4	0	10	1,030	57	8	3	14

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Burrito Supreme® - Beef	410	140	15	6	0	30	1,140	51	7	4	17
Burrito Supreme® - Chicken	390	100	12	4.5	0	40	1,090	50	6	4	20
Burrito Supreme® - Steak	390	110	13	5	0	35	1,090	49	6	4	21
Cheesy Bean & Rice Burrito	420	160	17	3.5	0	<5	930	55	6	4	11
Cheesy Potato Burrito	490	200	22	7	0.5	40	1,310	54	7	4	17
Chili Cheese Burrito (regional)	370	150	17	8	0.5	40	960	40	4	2	16
Chipotle Chicken Loaded Griller	350	140	16	4	0	40	810	37	2	3	15
Combo Burrito	450	170	18	7	0.5	40	1,380	51	9	3	21
Loaded Potato Griller	410	160	18	5	0	20	1,030	50	3	4	12
Quesarito - Beef	650	300	33	12	0.5	60	1,460	65	5	4	21
Quesarito - Chicken	620	270	30	10	0	60	1,440	64	4	4	24
Quesarito - Steak	630	280	31	11	0.5	65	1,410	64	3	4	25
Shredded Chicken Burrito	400	160	18	4.5	0	30	960	45	3	3	16
Smothered Burrito - Beef	700	310	35	13	1	70	2,260	68	9	4	28
Smothered Burrito - Shredded Chicken	640	250	27	9	0	70	2,220	65	7	4	34
Smothered Burrito - Steak	660	260	29	10	0.5	85	2,160	65	6	3	36
XXL Grilled Stuft Burrito - Beef	860	370	41	14	1	65	2,200	91	12	6	32
XXL Grilled Stuft Burrito - Shredded Chicken	810	300	34	11	0	65	2,160	88	10	6	38
XXL Grilled Stuft Burrito - Steak	830	320	36	12	0.5	80	2,100	88	9	6	40

Cantina Power

High protein meets big flavor, featuring items only 500 calories or less.

Cantina Power Bowl - Chicken	490	180	19	6	0	75	1,280	49	8	3	29
Cantina Power Bowl - Steak	500	190	21	7	0	70	1,280	47	8	3	29
Cantina Power Bowl - Veggie	460	170	18	5	0	20	1,040	58	13	3	16
Cantina Power Burrito - Chicken	450	170	19	7	0	75	1,180	43	4	4	28
Cantina Power Burrito - Steak	470	190	21	8	0	70	1,180	41	4	4	28
Cantina Power Burrito - Veggie	430	160	18	6	0	20	950	52	9	5	14

Dollar Cravings

Beefy Fritos® Burrito	430	160	18	4.5	0	20	1,030	55	4	3	13
Beefy Mini Quesadilla	210	110	12	4	0	25	560	17	3	1	9
Caramel Apple Empanada	310	140	15	2.5	0	0	310	39	2	13	3
Cheese Roll-Up	180	80	9	5	0	20	430	15	2	<1	9
Cheesy Bean & Rice Burrito	420	160	17	3.5	0	<5	930	55	6	4	11
Cinnabon® Delights™ (2 Pack)	160	80	9	2	0	5	80	17	0	10	2
Cinnamon Twists	170	50	6	0	0	0	210	27	<1	12	1
Shredded Chicken Mini Quesadilla	180	70	8	2.5	0	25	540	15	2	1	12
Spicy Potato Soft Taco	240	110	12	3	0	10	480	27	2	1	5
Spicy Tostada	210	90	10	3	0	10	450	22	4	1	7
Triple Layer Nachos	320	140	15	1.5	0	0	600	41	6	2	7

Fresco Menu

Enjoy our 7 signature Fresco items, each with only 350 calories or less and all under 10 grams of fat.

Fresco Bean Burrito	350	80	9	2.5	0	0	1,040	55	9	4	13
Fresco Burrito Supreme® - Chicken	340	70	8	2.5	0	25	1,060	49	6	4	19
Fresco Burrito Supreme® - Steak	350	80	9	3	0	25	1,060	48	6	4	19
Fresco Crunchy Taco - Beef	150	70	8	2.5	0	20	310	13	3	1	6
Fresco Soft Taco - Beef	160	60	7	2.5	0	20	490	18	3	2	8
Fresco Soft Taco - Shredded Chicken	140	30	3.5	1	0	15	470	16	2	2	10
Fresco Soft Taco - Steak	150	40	4	1.5	0	25	440	16	2	2	12

Fresco Style

When made Fresco Style, these items will represent at least a 25% reduction in fat. Fresco-Style means our freshly prepared pico de gallo is substituted for any mayo based sauces, guacamole, reduced-fat sour cream and cheese. Customize your item on our Nutrition Calculator

7-Layer Burrito	430	140	16	6	0	15	1,020	57	7	4	14
Black Bean Burrito	380	100	11	4	0	10	1,030	57	8	3	14
Burrito Supreme® - Beef	410	140	15	6	0	30	1,140	51	7	4	17

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Burrito Supreme® - Chicken	390	100	12	4.5	0	40	1,090	50	6	4	20
Burrito Supreme® - Steak	390	110	13	5	0	35	1,090	49	6	4	21
Cantina Power Bowl - Chicken	490	180	19	6	0	75	1,280	49	8	3	29
Cantina Power Bowl - Steak	500	190	21	7	0	70	1,280	47	8	3	29
Cantina Power Bowl - Veggie	460	170	18	5	0	20	1,040	58	13	3	16
Cantina Power Burrito - Chicken	450	170	19	7	0	75	1,180	43	4	4	28
Cantina Power Burrito - Steak	470	190	21	8	0	70	1,180	41	4	4	28
Cantina Power Burrito - Veggie	430	160	18	6	0	20	950	52	9	5	14
Chalupa Supreme® - Beef	360	190	21	5	0	30	580	31	4	4	13
Chalupa Supreme® - Chicken	340	160	17	3.5	0	35	530	30	2	4	17
Cheesy Bean & Rice Burrito	420	160	17	3.5	0	<5	930	55	6	4	11
Cheesy Burrito - Bacon	490	250	28	11	0	210	1,090	37	2	3	23
Cheesy Burrito - Fiesta Potato	520	240	27	10	0	195	1,060	49	3	3	20
Cheesy Burrito - Sausage	530	300	33	13	0	215	960	37	2	3	22
Cheesy Burrito - Steak & Egg	480	220	25	10	0.5	220	1,050	37	2	2	27
Cheesy Fiesta Potatoes	230	110	12	2	0	5	520	28	2	2	3
Cheesy Potato Burrito	490	200	22	7	0.5	40	1,310	54	7	4	17
Chili Cheese Burrito (regional)	370	150	17	8	0.5	40	960	40	4	2	16
Combo Burrito	450	170	18	7	0.5	40	1,380	51	9	3	21
Cool Ranch® Doritos® Locos Taco Supreme®	190	100	11	4.5	0	30	400	15	3	2	8
Crunchwrap Supreme®	540	190	21	6	0	25	1,210	71	6	6	16
Double Decker® Taco Supreme®	340	140	15	6	0	30	730	38	7	3	14
Double Tostada	270	100	11	4	0	15	650	32	7	2	12
Fiery Doritos® Locos Taco Supreme®	190	100	11	4.5	0	30	400	15	3	2	8
Gordita Supreme® - Beef	290	110	12	4.5	0	30	580	31	3	5	13
Gordita Supreme® - Chicken	260	80	9	3	0	35	530	30	2	5	17
Gordita Supreme® - Steak	270	90	10	3.5	0	35	530	30	2	5	17
Grilled Steak Soft Taco	200	90	10	3.5	0	35	490	16	1	2	13
Loaded Potato Griller	410	160	18	5	0	20	1,030	50	3	4	12
Nacho Cheese Doritos® Locos Taco Supreme®	190	100	11	4.5	0	30	390	15	3	2	8
Pintos 'n Cheese	190	60	7	3	0	10	670	21	6	<1	11
Shredded Chicken Burrito	400	160	18	4.5	0	30	960	45	3	3	16
Smothered Burrito - Beef	700	310	35	13	1	70	2,260	68	9	4	28
Smothered Burrito - Shredded Chicken	640	250	27	9	0	70	2,220	65	7	4	34
Smothered Burrito - Steak	660	260	29	10	0.5	85	2,160	65	6	3	36
Soft Taco - Chicken	160	50	5	2.5	0	25	480	16	2	1	12
Soft Taco Supreme® - Beef	210	90	10	5	0	30	520	20	3	2	10
Spicy Potato Soft Taco	240	110	12	3	0	10	480	27	2	1	5
Spicy Tostada	210	90	10	3	0	10	450	22	4	1	7
XXL Grilled Stuft Burrito - Beef	860	370	41	14	1	65	2,200	91	12	6	32
XXL Grilled Stuft Burrito - Shredded Chicken	810	300	34	11	0	65	2,160	88	10	6	38
XXL Grilled Stuft Burrito - Steak	830	320	36	12	0.5	80	2,100	88	9	6	40

Limited Time Offer

Cap'n Crunch Berries® Delights™ (12 pack)	990	590	65	14	0	35	620	87	3	41	14
Cap'n Crunch Berries® Delights™ (2 pack)	170	100	11	2.5	0	5	105	15	0	7	2
Cap'n Crunch Berries® Delights™ (20 pack)	1,660	980	109	23	0	55	1,030	145	5	68	23
Cap'n Crunch Berries® Delights™ (4 pack)	330	200	22	4.5	0	10	210	29	<1	14	5
Volcano Quesarito - Beef	700	340	38	13	1	65	1,560	66	5	5	22
Volcano Quesarito - Chicken	670	310	34	11	0.5	65	1,540	65	4	5	25
Volcano Quesarito - Steak	680	320	35	12	0.5	70	1,510	65	4	5	26

Sides

Black Beans	80	10	1.5	0	0	0	200	12	5	<1	4
Black Beans & Rice	180	35	4	0	0	0	430	30	5	<1	6
Cheesy Fiesta Potatoes	230	110	12	2	0	5	520	28	2	2	3
Chips and Guacamole	320	180	20	2.5	0	0	450	32	6	1	4
Chips and Nacho Cheese Sauce	310	160	17	1.5	0	0	470	34	3	2	4
Chips and Salsa	240	100	11	1	0	0	590	32	4	3	3

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Nacho Cheese Doritos® Chips	140	70	8	1	0	0	210	16	1	0	2
Pintos 'n Cheese	190	60	7	3	0	10	670	21	6	<1	11
Premium Latin Rice	100	25	2.5	0	0	0	230	18	0	0	2

Specialties

Beefy Mini Quesadilla	210	110	12	4	0	25	560	17	3	1	9
Chalupa Supreme® - Beef	360	190	21	5	0	30	580	31	4	4	13
Chalupa Supreme® - Chicken	340	160	17	3.5	0	35	530	30	2	4	17
Chalupa Supreme® - Steak	350	160	18	4	0	35	530	30	2	4	17
Cheese Roll-Up	180	80	9	5	0	20	430	15	2	<1	9
Cheesy Gordita Crunch	500	260	29	10	1	55	880	41	5	5	20
Cool Ranch® Doritos® Cheesy Gordita Crunch	500	260	29	10	1	55	940	41	5	5	20
Crunchwrap Supreme®	540	190	21	6	0	25	1,210	71	6	6	16
Double Tostada	270	100	11	4	0	15	650	32	7	2	12
Express Fiesta Taco Salad	570	240	26	9	1	55	1,380	62	11	6	22
Fiery Doritos® Cheesy Gordita Crunch	500	260	29	10	1	55	940	40	5	5	20
Fiesta Taco Salad - Beef	770	360	40	10	1	55	1,590	76	11	7	26
Fiesta Taco Salad - Chicken	730	300	33	7	0	70	1,490	74	8	7	33
Fiesta Taco Salad - Steak	740	320	35	8	0.5	70	1,490	72	8	7	33
Gordita Supreme® - Beef	290	110	12	4.5	0	30	580	31	3	5	13
Gordita Supreme® - Chicken	260	80	9	3	0	35	530	30	2	5	17
Gordita Supreme® - Steak	270	90	10	3.5	0	35	530	30	2	5	17
Mexican Pizza	550	270	30	8	0.5	40	990	49	7	3	20
Meximelt®	250	120	14	7	0.5	40	730	19	3	2	14
Nacho Cheese Doritos® Cheesy Gordita Crunch	500	260	29	10	1	55	930	41	5	5	20
Nachos BellGrande®	760	340	38	6	0	25	1,310	85	13	5	19
Nachos Supreme®	440	210	23	4.5	0	25	860	46	8	3	12
Quesadilla - Cheese	460	230	26	11	0.5	50	980	37	4	3	19
Quesadilla - Chicken	510	240	27	12	0.5	75	1,200	39	4	3	28
Quesadilla - Steak	520	250	28	12	0.5	75	1,200	38	4	3	28
Shredded Chicken Mini Quesadilla	180	70	8	2.5	0	25	540	15	2	1	12
Spicy Tostada	210	90	10	3	0	10	450	22	4	1	7
Triple Layer Nachos	320	140	15	1.5	0	0	600	41	6	2	7

Sweets

Caramel Apple Empanada	310	140	15	2.5	0	0	310	39	2	13	3
Cinnabon® Delights™ (12 Pack)	930	480	53	13	2	40	480	104	3	59	9
Cinnabon® Delights™ (2 Pack)	160	80	9	2	0	5	80	17	0	10	2
Cinnabon® Delights™ (4 Pack)	310	160	18	4.5	0.5	15	160	35	<1	20	3
Cinnamon Twists	170	50	6	0	0	0	210	27	<1	12	1

Tacos

Cool Ranch® Doritos® Locos Taco	170	90	10	3.5	0	25	380	13	3	<1	8
Cool Ranch® Doritos® Locos Taco Supreme®	190	100	11	4.5	0	30	400	15	3	2	8
Crunchy Taco	170	90	10	3.5	0	25	320	13	3	<1	8
Crunchy Taco Supreme®	190	100	11	4.5	0	30	340	15	3	2	8
Double Decker® Taco	320	120	14	5	0	25	710	36	7	2	13
Double Decker® Taco Supreme®	340	140	15	6	0	30	730	38	7	3	14
Fiery Doritos® Locos Taco	170	90	10	3.5	0	25	380	13	3	<1	8
Fiery Doritos® Locos Taco Supreme®	190	100	11	4.5	0	30	400	15	3	2	8
Grilled Steak Soft Taco	200	90	10	3.5	0	35	490	16	1	2	13
Nacho Cheese Doritos® Locos Taco	170	90	10	3.5	0	25	370	13	3	1	8
Nacho Cheese Doritos® Locos Taco Supreme®	190	100	11	4.5	0	30	390	15	3	2	8
Soft Taco - Beef	190	80	9	4	0	25	500	17	3	1	9
Soft Taco - Chicken	160	50	5	2.5	0	25	480	16	2	1	12
Soft Taco Supreme® - Beef	210	90	10	5	0	30	520	20	3	2	10
Spicy Potato Soft Taco	240	110	12	3	0	10	480	27	2	1	5

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Vegetarian

Taco Bell is the first QSR restaurant to offer an American Vegetarian Association (AVA) certified vegetarian* menu.

7-Layer Burrito	430	140	16	6	0	15	1,020	57	7	4	14
A.M. Grilled Taco - Egg & Cheese	170	80	9	3	0	90	330	15	<1	<1	7
Bean Burrito	370	100	11	4	0	5	1,050	55	8	3	15
Biscuit Taco - Egg & Cheese	310	160	17	7	0	100	610	29	<1	7	10
Black Bean Burrito	380	100	11	4	0	10	1,030	57	8	3	14
Black Beans & Rice	180	35	4	0	0	0	430	30	5	<1	6
Cantina Power Bowl - Veggie	460	170	18	5	0	20	1,040	58	13	3	16
Cantina Power Burrito - Veggie	430	160	18	6	0	20	950	52	9	5	14
Cheese Roll-Up	180	80	9	5	0	20	430	15	2	<1	9
Cheesy Bean & Rice Burrito	420	160	17	3.5	0	<5	930	55	6	4	11
Double Tostada	270	100	11	4	0	15	650	32	7	2	12
Pintos 'n Cheese	190	60	7	3	0	10	670	21	6	<1	11
Quesadilla - Cheese	460	230	26	11	0.5	50	980	37	4	3	19

Fountain Beverages (16 oz)

Brisk® Iced Tea and Lemonade	80	0	0	0	0	0	50	22	0	22	0
Brisk® Mango Iced Tea	100	0	0	0	0	0	50	26	0	26	0
Diet Mountain Dew®	0	0	0	0	0	0	80	0	0	0	0
Diet Mountain Dew® Baja Blast™	0	0	0	0	0	0	70	0	0	0	0
Diet Pepsi®	0	0	0	0	0	0	50	0	0	0	0
Dr. Pepper®	200	0	0	0	0	0	80	53	0	51	0
Lipton® Brewed Sweetened Iced Tea	140	0	0	0	0	0	60	40	0	38	0
Lipton® Brewed Unsweetened Iced Tea	0	0	0	0	0	0	60	0	0	0	0
Manzanita Sol	220	0	0	0	0	0	50	58	0	56	0
Mountain Dew®	220	0	0	0	0	0	70	58	0	58	0
Mountain Dew® Baja Blast™	220	0	0	0	0	0	60	58	0	58	0
Mountain Dew® Kickstart™ Orange Citrus	80	0	0	0	0	0	70	22	0	20	0
Mountain Dew® Sangrita Blast™	220	0	0	0	0	0	110	60	0	60	0
Mug® Root Beer	200	0	0	0	0	0	30	52	0	52	0
Pepsi®	200	0	0	0	0	0	40	56	0	56	0
Sierra Mist®	200	0	0	0	0	0	40	54	0	54	0
Tropicana® Pink Lemonade	200	0	0	0	0	0	210	54	0	54	0

Fountain Beverages (20 oz)

Brisk® Iced Tea and Lemonade	100	0	0	0	0	0	65	28	0	28	0
Brisk® Mango Iced Tea	130	0	0	0	0	0	65	33	0	33	0
Diet Mountain Dew®	0	0	0	0	0	0	100	0	0	0	0
Diet Mountain Dew® Baja Blast™	0	0	0	0	0	0	90	0	0	0	0
Diet Pepsi®	0	0	0	0	0	0	65	0	0	0	0
Dr. Pepper®	250	0	0	0	0	0	100	66	0	64	0
Lipton® Brewed Sweetened Iced Tea	180	0	0	0	0	0	75	50	0	48	0
Lipton® Brewed Unsweetened Iced Tea	0	0	0	0	0	0	75	0	0	0	0
Manzanita Sol	280	0	0	0	0	0	65	73	0	70	0
Mountain Dew®	280	0	0	0	0	0	90	73	0	73	0
Mountain Dew® Baja Blast™	280	0	0	0	0	0	75	73	0	73	0
Mountain Dew® Kickstart™ Orange Citrus	100	0	0	0	0	0	90	28	0	25	0
Mountain Dew® Sangrita Blast™	280	0	0	0	0	0	140	75	0	75	0
Mug® Root Beer	250	0	0	0	0	0	40	65	0	65	0
Pepsi®	250	0	0	0	0	0	50	70	0	70	0
Sierra Mist®	250	0	0	0	0	0	50	68	0	68	0
Tropicana® Pink Lemonade	250	0	0	0	0	0	260	68	0	68	0

Fountain Beverages (30 oz)

Brisk® Iced Tea and Lemonade	150	0	0	0	0	0	95	41	0	41	0
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	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Brisk® Mango Iced Tea	190	0	0	0	0	0	95	49	0	49	0
Diet Mountain Dew®	0	0	0	0	0	0	150	0	0	0	0
Diet Mountain Dew® Baja Blast™	0	0	0	0	0	0	130	0	0	0	0
Diet Pepsi®	0	0	0	0	0	0	95	0	0	0	0
Dr. Pepper®	380	0	0	0	0	0	150	99	0	96	0
Lipton® Brewed Sweetened Iced Tea	260	0	0	0	0	0	115	75	0	71	0
Lipton® Brewed Unsweetened Iced Tea	0	0	0	0	0	0	115	0	0	0	0
Manzanita Sol	410	0	0	0	0	0	95	109	0	105	0
Mountain Dew®	410	0	0	0	0	0	130	109	0	109	0
Mountain Dew® Baja Blast™	410	0	0	0	0	0	115	109	0	109	0
Mountain Dew® Kickstart™ Orange Citrus	150	0	0	0	0	0	130	41	0	38	0
Mountain Dew® Sangrita Blast™	410	0	0	0	0	0	210	113	0	113	0
Mug® Root Beer	380	0	0	0	0	0	55	98	0	98	0
Pepsi®	380	0	0	0	0	0	75	105	0	105	0
Sierra Mist®	380	0	0	0	0	0	75	101	0	101	0
Tropicana® Pink Lemonade	380	0	0	0	0	0	390	101	0	101	0

Fountain Beverages (40 oz)

Brisk® Iced Tea and Lemonade	200	0	0	0	0	0	125	55	0	55	0
Brisk® Mango Iced Tea	250	0	0	0	0	0	125	65	0	65	0
Diet Mountain Dew®	0	0	0	0	0	0	200	0	0	0	0
Diet Mountain Dew® Baja Blast™	0	0	0	0	0	0	180	0	0	0	0
Diet Pepsi®	0	0	0	0	0	0	125	0	0	0	0
Dr. Pepper®	500	0	0	0	0	0	200	132	0	128	0
Lipton® Brewed Sweetened Iced Tea	350	0	0	0	0	0	150	100	0	95	0
Lipton® Brewed Unsweetened Iced Tea	0	0	0	0	0	0	150	0	0	0	0
Manzanita Sol	550	0	0	0	0	0	125	145	0	140	0
Mountain Dew®	550	0	0	0	0	0	180	145	0	145	0
Mountain Dew® Baja Blast™	550	0	0	0	0	0	150	145	0	145	0
Mountain Dew® Kickstart™ Orange Citrus	200	0	0	0	0	0	180	55	0	50	0
Mountain Dew® Sangrita Blast™	550	0	0	0	0	0	280	150	0	150	0
Mug® Root Beer	500	0	0	0	0	0	75	130	0	130	0
Pepsi®	500	0	0	0	0	0	100	140	0	140	0
Sierra Mist®	500	0	0	0	0	0	100	135	0	135	0
Tropicana® Pink Lemonade	500	0	0	0	0	0	530	135	0	135	0

Freezes (16 oz)

Mountain Dew® Baja Blast Freeze™	200	0	0	0	0	0	60	51	0	47	0
Starburst® Cherry Freeze™	190	0	0	0	0	0	15	49	0	45	0
Starburst® Strawberry Freeze™	190	0	0	0	0	0	15	49	0	47	0

Freezes (20 oz)

Mountain Dew® Baja Blast Freeze™	250	0	0	0	0	0	75	63	0	58	0
Starburst® Cherry Freeze™	240	0	0	0	0	0	20	60	0	56	0
Starburst® Strawberry Freeze™	240	0	0	0	0	0	20	60	0	58	0

Hot Sauce Packets

Border Sauce - Fire	0	0	0	0	0	0	60	0	0	0	0
Border Sauce - Hot	0	0	0	0	0	0	45	0	0	0	0
Border Sauce - Mild	0	0	0	0	0	0	35	0	0	0	0
Border Sauce - Salsa Verde	0	0	0	0	0	0	70	<1	0	0	0
Diablo Sauce	0	0	0	0	0	0	30	0	0	0	0
Salsa Del Sol	5	0	0	0	0	0	150	2	0	<1	0

Last Updated: 10/12/2015

Ingredient Statement Key:
C = Color added

VC = Vegetable color added

PF = Protects flavor

P = Preservative

Prepared in house in canola oil (with tBHQ antioxidant and citric acid to protect flavor)

Menu data is based on current U.S. formulations (based on zero grams trans fat canola frying oil) as of the date posted. Product formulations and nutritional values may differ for Taco Bell® Express and "multi-brand" (Kentucky Fried Chicken®/Taco Bell®, Taco Bell®/Pizza Hut®, and Taco Bell®/Long John Silver's®) menu items that may be based on a different type of oil, and for products outside the continental U.S. Although this data is based on standard portion guidelines, variation can be expected due to seasonal influences, minor differences in product assembly per restaurant and other factors. Product formulations and/or ingredient changes may occur before www.tacobell.com is updated. Substitution of ingredients may alter nutritional values. Menu items and hours of availability may vary by location. Regional menu items are available only at participating locations. Except for Taco Bell® Express, multi-brand menu items, limited time offerings, and test market menu items, single-brand menu products as of the date posted are included in this Nutrition Guide. [Full Disclaimer]