"Fresco Style"* Nutrition Guide

TACO BELL

15 "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 Vitamin A	Vitamin C	Calcium	Iron	Fresco Style meets 25% reduction in fat*
Crunchy Taco	92	150	70	7	11	2.5	13	0.5	20	7	360	15	14	5	2	8	1	7	4	4	2	6	✔
Soft Taco - Beef	113	190	70	8	12	2.5	13	1	20	7	630	26	22	7	2	8	2	9	4	4	8	8	-
Ranchero Chicken Soft Taco	135	170	35	4	6	1	5	0.5	25	8	710	30	22	7	2	8	3	12	8	8	8	6	✔
Grilled Steak Soft Taco	128	170	45	5	8	1.5	8	0.5	15	5	560	23	21	7	2	8	3	11	4	10	8	8	✔
Gordita Baja® - Beef	153	250	80	9	14	3	15	0	20	7	640	27	31	10	2	8	7	12	8	8	8	10	✔
Gordita Baja® - Chicken	153	230	50	6	9	1	5	0	25	8	570	24	29	10	2	8	7	15	6	10	6	10	✔
Gordita Baja® - Steak	153	230	60	7	11	1.5	8	0	15	5	570	24	29	10	3	12	7	13	6	8	6	10	✔
Bean Burrito	213	350	70	8	12	2	10	2	0	0	1220	51	56	19	9	36	4	13	10	10	15	15	-
Burrito Supreme® - Chicken	241	350	70	8	12	2	10	1.5	25	8	1270	53	50	17	6	24	5	19	10	15	15	15	✔
Burrito Supreme® - Steak	241	350	80	9	14	2.5	13	1.5	15	5	1260	53	50	17	6	24	5	17	10	15	15	15	✔
Fiesta Burrito - Chicken	198	340	80	8	12	2	10	1.5	25	8	1160	48	50	17	3	12	4	16	8	10	15	10	✔
Tostada	177	200	50	6	9	1	5	1	0	0	670	28	30	10	8	32	2	8	10	10	6	8	✔
Enchirito® - Beef	206	270	80	9	14	3	15	1	20	7	1300	54	35	12	5	20	3	12	20	15	10	10	✔
Enchirito® - Chicken	206	250	50	5	8	1.5	8	1	25	8	1230	51	34	11	5	20	3	16	20	15	10	10	✔
Enchirito® - Steak	206	250	60	7	11	2	10	1	15	5	1220	51	34	11	6	24	3	14	20	15	10	10	✔

Nutrition Guide Original Items

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

BIG BELL VALUE MENU®																							
Grande Soft Taco	206	450	190	21	32	8	40	2.5	45	15	1410	59	44	15	2	8	4	19	6	2	20	15	✔
DOUBLE DECKER® Taco	156	340	120	14	22	5	25	1.5	25	8	810	34	39	13	5	20	2	14	4	2	15	10	-
Spicy Chicken Soft Taco	114	180	60	7	11	2	10	0.5	20	7	580	24	21	7	2	8	2	10	4	6	8	8	-
Spicy Chicken Burrito	191	420	170	19	29	4	20	1.5	30	10	1220	51	51	17	4	16	4	14	6	6	15	15	✔
1/2 lb† Beef Combo Burrito	241	470	170	19	29	7	35	2	45	15	1620	68	52	17	5	20	4	22	15	8	20	20	-
1/2 lb† Beef & Potato Burrito	252	540	220	25	38	8	40	3.5	30	10	1660	69	66	22	4	16	4	15	15	8	20	20	-
1/2 lb† Cheesy Bean & Rice Burrito	227	490	190	21	32	6	30	3	15	5	1430	60	61	20	6	24	6	13	8	6	25	15	✔
Cheesy Fiesta Potatoes	138	290	160	18	28	6	30	3	15	5	790	33	28	9	2	8	2	4	6	2	6	6	✔
Caramel Apple Empanada	85	290	130	15	23	3.5	18	3	< 5	2	300	13	37	12	1	4	12	2	0	8	4	4	N/A
TACOS																							
Taco	78	170	90	10	15	4	20	0.5	25	8	350	15	13	4	<1	4	<1	8	4	0	6	6	✔
Taco Supreme®	113	220	120	14	22	7	35	1	35	12	360	15	14	5	1	4	2	9	8	6	8	6	✔
DOUBLE DECKER® Taco Supreme®	191	380	160	18	28	8	40	2	40	13	820	34	41	14	5	20	4	15	8	6	15	10	✔
Soft Taco - Beef	99	210	90	10	15	4	20	1	25	8	620	26	21	7	<1	4	2	10	4	0	10	8	-
Soft Taco Supreme® - Beef	135	260	130	14	22	7	35	1	35	12	640	27	23	8	1	4	3	11	8	6	15	8	✔
Ranchero Chicken Soft Taco	135	270	130	14	22	4	20	0.5	35	12	710	30	21	7	2	8	3	14	6	8	10	6	✔
Grilled Steak Soft Taco	128	280	150	17	26	4.5	23	1	30	10	650	27	21	7	1	4	3	12	4	6	10	8	✔
GORDITAS																							
Gordita Supreme® - Beef	153	310	140	16	25	7	35	0.5	35	12	600	25	30	10	2	8	7	14	8	6	15	15	✔
Gordita Supreme® - Chicken	153	290	110	12	18	5	25	0	45	15	530	22	28	9	2	8	7	17	6	8	10	10	✔
Gordita Supreme® - Steak	153	290	120	13	20	6	30	0.5	35	12	520	22	28	9	2	8	7	16	6	6	10	15	✔
Gordita Baja® - Beef	153	350	170	19	29	5	25	0.5	30	10	760	32	31	10	2	8	7	13	6	6	15	15	✔
Gordita Baja® - Chicken	153	320	140	15	23	3.5	18	0	40	13	690	29	29	10	2	8	7	17	6	6	10	10	✔
Gordita Baja® - Steak	153	320	150	16	25	4	20	0	30	10	680	28	29	10	2	8	7	15	6	6	10	10	✔
Gordita Nacho Cheese - Beef	153	300	120	13	20	4	20	1.5	20	7	740	31	32	11	2	8	7	12	4	8	10	15	✔
Gordita Nacho Cheese - Chicken	153	270	90	10	15	2.5	13	1	25	8	670	28	30	10	2	8	7	16	2	8	8	10	✔
Gordita Nacho Cheese - Steak	153	270	100	11	17	3	15	1.5	20	7	660	28	30	10	2	8	7	14	2	6	8	10	✔
CHALUPAS																							
Chalupa Supreme - Beef	153	400	220	24	37	8	40	2.5	35	12	620	26	31	10	2	8	4	13	8	6	15	15	✔
Chalupa Supreme - Chicken	153	370	190	21	32	7	35	2	45	15	550	23	29	10	2	8	4	17	6	8	15	10	✔
Chalupa Supreme - Steak	153	370	200	22	34	7	35	2	35	12	550	23	29	10	2	8	4	15	6	6	15	15	✔
Chalupa Baja - Beef	153	430	250	28	43	7	35	2	30	10	780	33	32	11	2	8	4	13	6	6	15	15	✔
Chalupa Baja - Chicken	153	400	220	24	37	5	25	2	40	13	710	30	30	10	2	8	4	17	6	6	15	10	✔
Chalupa Baja - Steak	153	410	230	25	38	6	30	2	30	10	700	29	30	10	2	8	4	15	6	6	15	15	✔
Chalupa Nacho Cheese - Beef	153	380	200	22	34	5	25	3	20	7	760	32	33	11	2	8	4	12	4	8	10	15	-
Chalupa Nacho Cheese - Chicken	153	350	170	18	28	4	20	3	25	8	700	29	31	10	2	8	4	16	2	8	10	10	-
Chalupa Nacho Cheese - Steak	153	360	180	20	31	4.5	23	3	20	7	690	29	31	10	2	8	4	14	2	6	10	15	-
BURRITOS																							
Bean Burrito	198	370	90	10	15	3.5	18	2	10	3	1200	50	55	18	8	32	4	14	10	8	20	15	-
7-Layer Burrito	283	530	180	21	32	8	40	2.5	25	8	1400	58	68	23	9	36	6	18	10	8	30	20	✔
Chili Cheese Burrito	156	390	160	18	28	9	45	1.5	40	13	1080	45	40	13	3	12	3	16	15	0	30	10	✔
Burrito Supreme® - Beef	248	440	160	18	28	8	40	2	40	13	1330	55	52	17	5	20	5	17	15	15	20	15	✔
Burrito Supreme® - Chicken	248	410	130	14	22	6	30	2	45	15	1270	53	50	17	5	20	5	21	15	15	20	15	✔
Burrito Supreme® - Steak	248	420	140	16	25	7	35	2	35	12	1260	53	50	17	6	24	5	19	15	15	20	15	✔
Fiesta Burrito - Beef	184	390	130	14	22	5	25	2	25	8	1210	50	51	17	3	12	4	14	8	6	20	15	-
Fiesta Burrito - Chicken	184	370	100	11	17	3.5	18	1.5	30	10	1140	48	49	16	3	12	4	18	6	6	20	10	✔
Fiesta Burrito - Steak	184	370	110	12	18	4	20	1.5	25	8	1140	48	49	16	3	12	4	16	8	4	20	15	-
Grilled Stuft Burrito - Beef	325	720	290	32	49	11	55	3	55	18	2140	89	80	27	7	28	6	27	10	6	35	25	✔
Grilled Stuft Burrito - Chicken	325	670	220	25	38	7	35	2.5	70	23	2010	84	77	26	7	28	6	35	10	10	30	20	✔
Grilled Stuft Burrito - Steak	325	680	250	27	42	8	40	3	55	18	1990	83	77	26	7	28	6	31	10	6	30	25	✔
SPECIALTIES																							
Tostada	170	250	90	10	15	4	20	1.5	15	5	710	30	29	10	7	28	2	11	10	8	15	8	✔
Crunchwrap Supreme™	254	560	210	24	37	9	45	3.5	35	12	1350	56	70	23	4	16	7	17	8	8	25	20	✔
Mexican Pizza	216	540	280	31	48	10	50	3.5	45	15	1040	43	47	16	5	20	3	20	15	8	35	15	✔
Enchirito® - Beef	213	380	160	18	28	9	45	1.5	45	15	1430	60	35	12	5	20	3	19	25	10	25	10	✔
Enchirito® - Chicken	213	350	130	14	22	7	35	1.5	55	18	1360	57	33	11	5	20	3	23	25	15	25	10	✔
Enchirito® - Steak	213	360	140	16	25	8	40	1.5	45	15	1350	56	33	11	5	20	3	21	25	10	25	10	✔
MexiMelt®	128	290	140	16	25	8	40	1	40	13	880	37	23	8	2	8	2	15	10	4	25	8	✔
Fiesta Taco Salad ™	548	860	410	46	71	14	70	5	65	22	1800	75	82	27	12	48	10	31	20	20	40	30	-
Fiesta Taco Salad ™ without Shell	479	490	230	25	38	11	55	2	65	22	1530	64	43	14	10	40	9	24	20	20	25	20	✔
Fiesta Taco Salad ™ without Shell or Red Strips	464	420	190	21	32	10	50	1.5	65	22	1480	62	34	11	9	36	8	24	20	20	25	20	✔
Express Taco Salad	479	630	300	34	52	12	60	3.5	65	22	1390	58	58	19	10	40	8	26	25	25	25	20	✔
Express Taco Salad without Chips	436	410	190	21	32	10	50	1.5	65	22	1300	54	32	11	8	32	8	23	25	25	25	20	✔
Cheese Quesadilla	142	490	260	28	43	13	65	2	55	18	1150	48	39	13	3	12	4	19	10	0	50	8	✔
Chicken Quesadilla	184	540	270	30	46	13	65	2	80	27	1380	58	40	13	3	12	4	28	15	4	50	10	✔
Steak Quesadilla	184	540	280	31	48	14	70	2	70	23	1370	57	40	13	3	12	4	26	15	0	50	15	✔
Zesty Chicken BORDER BOWL ®	418	730	360	40	62	8	40	2.5	45	15	1810	75	69	23	10	40	5	23	15	15	15	20	✔
Zesty Chicken BORDER BOWL ® without Dressing	376	490	140	16	25	4	20	2.5	30	10	1570	65	64	21	10	40	3	22	15	15	15	20	-
Southwest Steak BORDER BOWL®	443	690	250	28	43	8	40	2.5	55	18	2330	97	79	26	10	40	3	30	20	15	20	30	✔
NACHOS AND SIDES																							
Nachos	98	320	180	20	31	4.5	23	4	< 5	2	530	22	32	11	2	8	3	4	0	0	8	4	✔
Nachos Supreme	195	460	240	26	40	8	40	3.5	30	10	810	34	42	14	5	20	3	13	8	8	10	10	✔
Nachos BellGrande®	308	790	390	44	68	12	60	7	35	12	1300	54	79	26	10	40	5	19	8	10	15	15	✔
Pintos 'n Cheese	128	180	60	7	11	3.5	18	1	15	5	700	29	20	7	6	24	1	10	10	6	15	6	✔
Mexican Rice	131	200	80	9	14	3.5	18	0.5	15	5	850	35	26	9	2	8	0	6	15	8	10	8	✔
Cinnamon Twists	35	160	50	5	8	1	5	1	0	0	220	9	27	9	<1	4	10	1	0	0	0	0	N/A
***EXPRESS* MENU ITEMS**																							
Grilled Stuft Burrito - Beef	325	720	290	32	49	11	55	3	55	18	2120	88	81	27	7	28	6	27	10	6	35	25	✔
Grilled Stuft Burrito - Chicken	325	670	220	24	37	7	35	2.5	70	23	1990	83	78	26	7	28	6	35	8	10	30	20	✔
Grilled Stuft Burrito - Steak	325	670	240	27	42	8	40	3	55	18	1970	82	77	26	7	28	6	31	8	6	35	25	✔
Zesty Chicken BORDER BOWL ®	418	710	340	38	58	8	40	2.5	45	15	1760	73	70	23	10	40	5	23	15	15	15	20	✔
Zesty Chicken BORDER BOWL ® without Dressing	376	470	120	14	22	4.5	23	2.5	30	10	1510	63	65	22	10	40	3	22	15	15	15	20	✔
Southwest Steak BORDER BOWL®	443	660	220	25	38	9	45	2.5	55	18	2230	93	81	27	10	40	3	30	15	15	20	30	✔
Express Taco Salad	479	630	300	33	51	13	65	5	65	22	1390	58	58	19	10	40	8	26	25	25	25	20	✔
Nachos	99	310	140	16	25	3.5	18	3	< 5	2	580	24	36	12	2	8	2	5	0	0	10	4	✔
Nachos Supreme	195	440	200	22	34	8	40	3	30	10	860	36	45	15	5	20	3	13	8	8	10	10	✔
Nachos BellGrande®	308	750	320	36	55	10	50	5	35	12	1400	58	86	29	10	40	5	20	8	10	20	15	✔

Calories:		2,000	2,500
Total Fat	Less Than	65 g	80 g
Sat Fat	Less Than	20 g	25 g
Cholesterol	Less Than	300 mg	300 mg
Sodium	Less Than	2,400 mg	2,400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

**** Percent daily values are based on a 2,000 calorie diet.**
Your daily values may be higher or lower depending on your caloric needs.

gms = gram
mgs = milligram

Substitution of ingredients may alter nutritional values. Menu items and hours of availability may vary at participating locations. Although this data is based on standard portion product guidelines, variation can be expected due to seasonal influences, minor differences in product assembly per restaurant and other factors. Except for limited time offerings or test market items, menu products as of this printing are included in this brochure. Product data is based on current formulation as of date of publication. If you have any questions about TACO BELL® and nutrition or are particularly sensitive to specific ingredients or foods, please contact us at 1-800-TACO BELL or visit our website at www.tacobell.com.

* "Fresco Style" fat reduction varies per menu item and not all menu items will meet a 25% reduction in fat.
† 1/2 lb. claim based on average weight. Individual product weights necessarily va

Please contact us at 1-800-TACOBELL. For the most current nutritional information see www.TACOBELL.com

Feb-06

"EXPRESS MENU ITEMS" applies to those TACO BELL®*Express* unit products whose nutritional values necessarily differ from those menu products at traditional Taco Bell® restaura