



Nutritional Information

| RecipeName | Cals | CalsfromFat | Fat | SatFat | TransFat | Cholesterol | Sodium | Carbohydrates | DietaryFiber | Sugars | Protein | Vit A | Vit C | Calcium | Iron |
|---|------|-------------|---------|--------|----------|-------------|--------|---------------|--------------|--------|---------|-------|-------|---------|------|
| Add Chimichanga | 630 | | 630 71g | 5g | 0g | 0mg | 0mg | 0g | 0g | 0g | 0g | 0% | 0% | 0% | 0% |
| *** Add Guac | 110 | | 80 9g | 1.5g | 0g | 0mg | 370mg | 7g | 4g | < 1g | 1g | 6% | 15% | 2% | 2% |
| Breakfast Burrito - Chorizo | 940 | | 560 60g | 18g | 0g | 490mg | 1440mg | 63g | 3g | 5g | 33g | 15% | 8% | 40% | 35% |
| Breakfast Burrito - Gringos | 1100 | | 660 73g | 20g | 0g | 505mg | 2450mg | 62g | 3g | 5g | 47g | 15% | 10% | 40% | 35% |
| Breakfast Burrito - Muchaca | 690 | | 410 45g | 12g | 0g | 235mg | 910mg | 50g | 3g | 5g | 22g | 6% | 15% | 35% | 30% |
| Breakfast Burrito - Veggie | 870 | | 510 57g | 19g | 0g | 470mg | 1060mg | 58g | 3g | 5g | 31g | 20% | 8% | 70% | 30% |
| Burrito - al pastor | 940 | | 420 46g | 24g | 0g | 130mg | 2220mg | 89g | 10g | 12g | 44g | 150% | 45% | 80% | 50% |
| Burrito - Bean & Cheese | 500 | | 230 25g | 15g | 0g | 55mg | 1190mg | 48g | 3g | 2g | 21g | 10% | 0% | 70% | 25% |
| Burrito - Carne Asada, lowest calories | 800 | | 340 38g | 19g | 0g | 105mg | 2730mg | 77g | 6g | 8g | 39g | 90% | 40% | 60% | 45% |
| Burrito - carnitas, lowest calories | 910 | | 420 46g | 22g | 0g | 150mg | 2020mg | 77g | 6g | 9g | 46g | 90% | 30% | 60% | 40% |
| Burrito - fajita beef, lowest calories | 780 | | 390 43g | 17g | 0g | 55mg | 1830mg | 77g | 7g | 8g | 23g | 100% | 80% | 60% | 40% |
| Burrito - fajita chicken, lowest calories | 790 | | 380 42g | 16g | 0g | 75mg | 1650mg | 76g | 6g | 8g | 28g | 100% | 70% | 60% | 35% |
| Burrito - fried fish, lowest calories | 830 | | 360 40g | 15g | 0g | 105mg | 1650mg | 82g | 6g | 6g | 35g | 100% | 30% | 60% | 40% |
| Burrito - fried shrimp, lowest calories | 910 | | 420 46g | 16g | 0g | 280mg | 1820mg | 81g | 6g | 6g | 44g | 100% | 35% | 70% | 60% |
| Burrito - grilled fish, lowest calories | 770 | | 310 34g | 19g | 0g | 100mg | 2420mg | 83g | 9g | 8g | 29g | 180% | 45% | 60% | 50% |
| Burrito - grilled shrimp, lowest calories | 960 | | 410 45g | 25g | 0g | 195mg | 3610mg | 94g | 12g | 9g | 36g | 270% | 60% | 70% | 70% |
| Burrito - pollo asada, lowest calories | 760 | | 280 31g | 15g | 0g | 115mg | 2640mg | 77g | 6g | 8g | 43g | 90% | 35% | 60% | 40% |
| Burrito - veggie, lowest calories | 880 | | 440 49g | 21g | 0g | 70mg | 1630mg | 85g | 7g | 8g | 26g | 100% | 40% | 80% | 35% |
| *** Enchilada, Beef (1) | 320 | | 160 18g | 9g | 0g | 70g | 990mg | 17g | < 1g | 3g | 22g | 25% | 30% | 25% | 15% |
| *** Enchilada, Chicken (1) | 280 | | 110 12g | 6g | 0g | 70mg | 1210mg | 17g | < 1g | 3g | 29g | 25% | 30% | 25% | 10% |
| Enchilada, Pork (1) | 420 | | 230 26g | 13g | 0g | 95mg | 1160mg | 18g | < 1g | 4g | 27g | 25% | 30% | 35% | 10% |
| *** Extras - Three Tortillas - Corn | 170 | | 20 2g | 0g | 0g | 0mg | 15mg | 33g | 1g | 0g | 5g | 0% | 0% | 15% | 10% |
| Extras - Three Tortillas - Flour | 490 | | 130 13g | 9g | 0g | 0mg | 700mg | 81g | 0g | 0g | 9g | 0% | 0% | 8% | 20% |
| Fajitas, Beef | 600 | | 510 58g | 9g | 0g | 55mg | 970mg | 6g | 2g | 3g | 15g | | | | |
| Fajitas, Chicken | 270 | | 200 23g | 2.5g | 0g | 45mg | 240mg | 2g | < 1g | 1g | 13g | | | | |
| Fried Fish | 410 | | 240 27g | 2.5g | 0g | 110mg | 500mg | 12g | 0g | 0g | 29g | 4% | 0% | 6% | 15% |
| Fried Shrimp | 240 | | 140 16g | 1.5g | 0g | 175mg | 340mg | 5g | 0g | 0g | 19g | 4% | 4% | 4% | 15% |
| Grilled Fish - Burrito Portion | 520 | | 240 27g | 15g | 0g | 170mg | 3010mg | 25g | 9g | 4g | 31g | | | | |
| Grilled Fish - Taco Portion | 390 | | 220 25g | 15g | 0g | 130mg | 1870mg | 15g | 5g | 3g | 20g | | | | |
| Grilled Shrimp - Burrito Portion | 500 | | 240 28g | 15g | 0g | 205mg | 3020mg | 25g | 9g | 4g | 24g | | | | |
| Gringo Potatoes | 240 | | 190 21g | 1.5g | 0g | 0mg | 0mg | 11g | 1g | 0g | < 1g | 0% | 6% | 0% | 0% |
| Kid's Quesadilla | 600 | | 360 40g | 26g | 0g | 110mg | 890mg | 28g | 0g | 0g | 31g | 20% | 0% | 90% | 10% |
| Kids Bean & Cheese Burrito | 280 | | 120 14g | 9g | 0g | 25mg | 660mg | 29g | < 1g | 0g | 11g | 6% | 0% | 25% | 8% |
| *** Kids Taquitos, Beef | 280 | | 190 22g | 9g | 0g | 50mg | 250mg | 8g | 0g | 0g | 13g | 6% | 2% | 15% | 8% |
| *** Kids Taquitos, Chicken | 600 | | 330 37g | 12g | 0g | 120mg | 1040mg | 25g | 1g | 0g | 40g | 10% | 2% | 25% | 15% |
| *** Make it wet | 160 | | 150 18g | 2g | 0g | 15mg | 190mg | 0g | 0g | 0g | 0g | 0% | 6% | 0% | 0% |
| *** Nachos | 680 | | 280 31g | 17g | 0g | 80mg | 1450mg | 69g | 5g | 1g | 32g | 15% | 2% | 90% | 25% |
| *** Nachos - Super - Al Pastor, lowest calories | 1070 | | 460 51g | 26g | 0g | 160mg | 1570mg | 98g | 8g | 9g | 54g | 60% | 60% | 100% | 40% |
| *** Nachos - Super - Carne Asada, lowest calories | 1080 | | 470 53g | 26g | 0g | 160mg | 2610mg | 96g | 7g | 7g | 55g | 40% | 60% | 100% | 45% |
| *** Nachos - Super - Carnitas, lowest calories | 1190 | | 550 61g | 29g | 0g | 205mg | 2010mg | 97g | 7g | 9g | 62g | 40% | 55% | 100% | 40% |
| *** Nachos - Super - Pollo Asada, lowest calories | 1030 | | 410 46g | 23g | 0g | 170mg | 2630mg | 96g | 7g | 8g | 59g | 40% | 60% | 100% | 35% |
| *** Nachos - Super - Veggie, lowest calories | 950 | | 450 51g | 29g | 0g | 130mg | 1700mg | 85g | 7g | 7g | 41g | 50% | 60% | 110% | 30% |
| *** Potato Tacos | 340 | | 200 24g | 6g | 0g | 30mg | 530mg | 21g | 1g | < 1g | 10g | 6% | 6% | 25% | 4% |
| Quesadilla - Al Pastor | 1070 | | 560 62g | 35g | 0g | 190mg | 1690mg | 72g | 5g | 7g | 57g | 45% | 20% | 130% | 40% |
| Quesadilla - Carne Asada | 1080 | | 570 63g | 35g | 0g | 190mg | 2730mg | 69g | 4g | 6g | 58g | 30% | 15% | 130% | 45% |
| Quesadilla - Carnitas | 1200 | | 650 72g | 39g | 0g | 230mg | 2130mg | 71g | 4g | 7g | 66g | 30% | 15% | 130% | 40% |
| Quesadilla - Cheese | 790 | | 400 44g | 27g | 0g | 100mg | 1390mg | 68g | 4g | 4g | 31g | 25% | 15% | 110% | 30% |
| Quesadilla - Fried Shrimp | 1080 | | 580 64g | 32g | 0g | 280g | 1770mg | 71g | 4g | 4g | 55g | 30% | 15% | 130% | 40% |
| Quesadilla - Grilled Shrimp | 970 | | 490 54g | 32g | 0g | 180mg | 2520mg | 77g | 7g | 6g | 40g | 110% | 30% | 110% | 50% |
| Quesadilla - Pollo Asada | 1030 | | 510 56g | 32g | 0g | 200mg | 2750mg | 69g | 4g | 6g | 62g | 30% | 15% | 130% | 40% |
| *** Side Black Beans, Large | 90 | | 0 0g | 0g | 0g | 0mg | 3950mg | 6g | 4g | < 1g | 5g | 2% | 2% | 6% | 8% |
| *** Side Black Beans, Small | 45 | | 0 0g | 0g | 0g | 0mg | 1980mg | 8g | 2g | 0g | 3g | 0% | 0% | 2% | 4% |
| *** Side Green Sauce, Large | 25 | | 5 0.5g | 0g | 0g | 0mg | 340mg | 4g | 1g | 3g | < 1g | 2% | 15% | 0% | 2% |
| *** Side Green Sauce, Small | 10 | | 0 0g | 0g | 0g | 0mg | 115mg | 1g | 0g | < 1g | 0g | 0% | 4% | 0% | 0% |

| RecipeName | Cals | CalsfromFat | Fat | SatFat | TransFat | Cholesterol | Sodium | Carbohydrates | DietaryFiber | Sugars | Protein | Vit A | Vit C | Calcium | Iron |
|--|------|-------------|---------|--------|----------|-------------|--------|---------------|--------------|--------|---------|-------|-------|---------|------|
| *** Side Guacamole, Large | 110 | | 80 9g | 1.5g | 0g | 0mg | 370mg | 7g | 4g | < 1g | 1g | 6% | 15% | 2% | 2% |
| *** Side Guacamole, Small | 35 | | 25 3g | 0g | 0g | 0mg | 125mg | 2g | 1g | 0g | 0g | 2% | 4% | 0% | 0% |
| *** Side Mexican Rice, Large | 660 | | 120 14g | 2g | 0g | 0mg | 1960mg | 117g | 4g | 3g | 11g | 6% | 15% | 2% | 30% |
| *** Side Mexican Rice, Small | 330 | | 60 7g | 1g | 0g | 0mg | 980mg | 59g | 2g | 2g | 6g | 2% | 8% | 0% | 15% |
| *** Side Pinto Beans, Large | 170 | | 5 0.5g | 0g | 0g | 0mg | 3730mg | 32g | 8g | 1g | 11g | 2% | 6% | 8% | 15% |
| *** Side Pinto Beans, Small | 90 | | 0 0g | 0g | 0g | 0mg | 1870mg | 16g | 4g | < 1g | 5g | 0% | 4% | 4% | 8% |
| *** Side Red Sauce, Large | 40 | | 10 1g | 0g | 0g | 0mg | 280mg | 8g | 3g | 5g | 1g | 40% | 15% | 0% | 4% |
| *** Side Red Sauce, Small | 15 | | 0 0g | 0g | 0g | 0mg | 95mg | 3g | 1g | 2g | 0g | 10% | 4% | 0% | 2% |
| *** Side Refried Beans, Large | 50 | | 0 0g | 0g | 0g | 0mg | 1050mg | 9g | 2g | 0g | 3g | 0% | 2% | 4% | 4% |
| *** Side Refried Beans, Small | 25 | | 0 0g | 0g | 0g | 0mg | 530mg | 4g | 1g | 0g | 1g | 0% | 0% | 2% | 2% |
| *** Side Salsa Fresca, Large | 15 | | 0 0g | 0g | 0g | 0mg | 470mg | 4g | 1g | 2g | < 1g | 6% | 15% | 2% | 4% |
| *** Side Salsa Fresca, Small | 5 | | 0 0g | 0g | 0g | 0mg | 160mg | 1g | 0g | < 1g | 0g | 2% | 6% | 0% | 2% |
| *** Side Sour Cream, Large | 180 | | 160 18g | 11g | 0g | 35mg | 45mg | 4g | 0g | 0g | 3g | 10% | 2% | 10% | 0% |
| *** Side Sour Cream, Small | 60 | | 50 6g | 3.5g | 0g | 10mg | 15mg | 1g | 0g | < 1g | < 1g | 4% | 0% | 4% | 0% |
| *** Side White Rice, Large | 680 | | 220 25g | 6g | 0g | 10mg | 400mg | 102g | 3g | < 1g | 9g | 2% | 6% | 2% | 25% |
| *** Side White Rice, Small | 340 | | 110 12g | 3g | 0g | 5mg | 200mg | 51g | 2g | 0g | 5g | 2% | 4% | 0% | 10% |
| Taco - breaded fish, lowest calories | 340 | | 150 17g | 5g | 0g | 50mg | 310mg | 31g | 3g | 2g | 16g | 50% | 25% | 25% | 15% |
| Taco - breaded shrimp, lowest calories | 380 | | 180 20g | 6g | 0g | 140mg | 390mg | 31g | 3g | 2g | 21g | 50% | 30% | 25% | 20% |
| *** Taco - Carne Asada, (Corn Tortilla) lowest calories | 330 | | 140 16g | 7g | 0g | 55mg | 800mg | 29g | 3g | 5g | 18g | 45% | 30% | 25% | 15% |
| Taco - Carne Asada, (Flour tortilla)lowest calories | 330 | | 120 16g | 12g | 0g | 55mg | 800mg | 29g | 3g | 3g | 18g | 45% | 30% | 25% | 15% |
| *** Taco - Carnitas, (Corn Tortilla) lowest calories | 390 | | 180 20g | 9g | 0g | 75mg | 500mg | 30g | 3g | 3g | 22g | 60% | 30% | 25% | 15% |
| Taco - Carnitas, (Flour Tortilla) lowest calories | 390 | | 180 20g | 9g | 0g | 75mg | 500mg | 30g | 3g | 3g | 22g | 60% | 30% | 25% | 15% |
| *** Taco - grilled fish, (Corn Tortilla) lowest calories | 330 | | 140 16g | 9g | 0g | 55mg | 680mg | 32g | 4g | 3g | 13g | 90% | 35% | 25% | 20% |
| Taco - grilled fish, (Flour Tortilla) lowest calories | 330 | | 140 16g | 9g | 0g | 55mg | 680mg | 32g | 4g | 3g | 13g | 90% | 35% | 25% | 20% |
| *** Taco - grilled shrimp, (Corn Tortilla) lowest calories | 450 | | 220 25g | 14g | 0g | 105mg | 1330mg | 38g | 6g | 4g | 16g | 140% | 45% | 30% | 30% |
| Taco - grilled shrimp (Flour Tortilla), lowest calories | 450 | | 220 25g | 14g | 0g | 105mg | 1330mg | 38g | 6g | 5g | 16g | 140% | 45% | 30% | 30% |
| *** Taco - Pollo Asada, (Corn Tortilla) lowest calories | 300 | | 110 12g | 6g | 0g | 60mg | 800mg | 29g | 3g | 3g | 20g | 50% | 30% | 25% | 15% |
| Taco - Pollo Asada, (Flour Tortilla) lowest calories | 300 | | 110 12g | 6g | 0g | 90mg | 1170mg | 29g | 3g | 3g | 20g | 50% | 30% | 25% | 15% |
| *** Taco - veggie (Corn tortilla), lowest calories | 220 | | 80 9g | 4.5g | 0g | 20mg | 160mg | 28g | 3g | 2g | 8g | 45% | 25% | 25% | 10% |
| Taco - veggie, (Flour Tortilla) lowest calories | 220 | | 80 9g | 4.5g | 0g | 20mg | 160mg | 28g | 3g | 2g | 8g | 45% | 25% | 25% | 10% |
| *** Tamale - Beef, 1 | 420 | | 200 23g | 4.5g | 0g | 50mg | 840mg | 27g | 4g | 3g | 27g | 25% | 10% | 6% | 20% |
| Tamale - Chicken, 1 | 270 | | 160 17g | 3.5g | 0g | 20mg | 840mg | 21g | 2g | < 1g | 9g | 0% | 15% | 4% | 6% |
| *** Taquito, Beef (1) | 200 | | 130 14g | 3g | 0g | 20mg | 130mg | 11g | 0g | 0g | 8g | 0% | 0% | 4% | 6% |
| *** Taquito, Chicken (1) | 180 | | 100 11g | 1.5g | 0g | 20mg | 240mg | 11g | < 1g | 0g | 9g | 0% | 0% | 4% | 4% |
| *** Taquitos, Beef, Order | 940 | | 600 67g | 21g | 0g | 155mg | 860mg | 36g | 1g | 2g | 46g | 8% | 6% | 30% | 35% |
| *** Taquitos, Chicken, Order | 820 | | 440 49g | 14g | 0g | 165mg | 1510mg | 36g | 2g | < 1g | 57g | 10% | 4% | 30% | 20% |
| Torta - Al Pastor | 540 | | 230 26g | 13g | 0g | 90mg | 1070mg | 50g | 5g | 9g | 29g | 45% | 70% | 35% | 25% |
| Torta - Caritas | 630 | | 300 34g | 16g | 0g | 120mg | 1400mg | 49g | 5g | 5g | 35g | 35% | 70% | 30% | 25% |
| Torta - Carne Asada | 550 | | 240 27g | 14g | 0g | 90mg | 1930mg | 48g | 5g | 9g | 30g | 35% | 70% | 30% | 30% |
| Torta - Pollo Asada | 510 | | 190 22g | 11g | 0g | 95mg | 1940mg | 48g | 5g | 9g | 33g | 35% | 70% | 30% | 25% |
| Tostada Bowl - al pastor, lowest calories | 540 | | 260 29g | 14g | 0g | 105mg | 1220mg | 38g | 6g | 8g | 32g | 100% | 60% | 35% | 25% |
| Tostada Bowl - carne asada, lowest calories | 550 | | 270 31g | 15g | 0g | 105mg | 2260mg | 35g | 5g | 7g | 33g | 80% | 60% | 30% | 25% |
| Tostada Bowl - carnitas, lowest calories | 660 | | 350 40g | 18g | 0g | 150mg | 1660mg | 36g | 5g | 8g | 40g | 80% | 50% | 30% | 25% |
| Tostada Bowl - fried fish, lowest calories | 570 | | 300 34g | 11g | 0g | 105mg | 1280mg | 40g | 5g | 5g | 29g | 80% | 50% | 35% | 20% |
| Tostada Bowl - fried shrimp, lowest calories | 550 | | 280 32g | 11g | 0g | 200mg | 1300mg | 37g | 5g | 5g | 30g | 80% | 50% | 35% | 30% |
| Tostada Bowl - grilled fish, lowest calories | 520 | | 250 28g | 16g | 0g | 115mg | 2120mg | 42g | 8g | 7g | 21g | 170% | 70% | 35% | 30% |
| Tostada Bowl - grilled shrimp, lowest calories | 520 | | 250 28g | 16g | 0g | 135mg | 2010mg | 42g | 8g | 7g | 21g | 170% | 70% | 35% | 30% |
| Tostada Bowl - pollo asada, lowest calories | 510 | | 210 24g | 12g | 0g | 115mg | 2330mg | 36g | 5g | 7g | 37g | 80% | 60% | 30% | 20% |
| Tostada Bowl - veggie, lowest calories | 340 | | 160 18g | 10g | 0g | 40mg | 1050mg | 35g | 6g | 6g | 13g | 130% | 70% | 30% | 15% |

*** Gluten Free Items

Please Note: All Chronic Tacos Facilities process some gluten containing ingredients on shared equipment.

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