

# Nutritional GUIDE



<b>TORTILLAS</b>	Serving Size (g)	Calories	Total Fat (g)	Trans-Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Fibre (g)	Sugar (g)	Protein (g)	Carbohydrates (g)	Vitamin A in %D/V	Vitamin C in %D/V	Iron in %D/V
Mucho XL 14" (White)	140	419	10	0	4	0	723	4	3	13	69	0	0	27
Medio 12" (Whole Wheat)	106	316	7	0	3	0	564	6	2	9	54	0	0	18
Medio 12" (White)	106	316	8	0	3	0	548	3	2	10	52	0	0	20
Pequeño 10" (Whole Wheat) Breakfast Burrito 10" (Whole Wheat)	74	218	5	0	2	0	388	4	1	6	37	0	0	13
Pequeño 10" (White) Breakfast Burrito 10" (White)	73	218	5	0	2	0	377	2	2	7	36	0	0	14
Burrito & Salad Bowl 8" Kids 8" (Whole Wheat & White)	43	127	3	0	1	0	219	1	1	4	21	0	0	8
Soft Taco & Breakfast Taco 6.5" Kids Soft Taco 6.5"	28	83	2	0	1	0	145	1	1	2	14	0	0	6

  

<b>TACO</b>	Serving Size (g)	Calories	Total Fat (g)	Trans-Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Fibre (g)	Sugar (g)	Protein (g)	Carbohydrates (g)	Vitamin A in %D/V	Vitamin C in %D/V	Iron in %D/V
Hard Taco Kids Hard Taco	12	0	3	0	3	0	115	1	0	1	7	0	0	0

  

<b>BREAKFAST</b>	Serving Size (g)	Calories	Total Fat (g)	Trans-Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Fibre (g)	Sugar (g)	Protein (g)	Carbohydrates (g)	Vitamin A in %D/V	Vitamin C in %D/V	Iron in %D/V
Scrambled Egg Breakfast Burrito 10"	114	160	12	0	3	361	310	0	1	11	2	20	4	11
Mexican Potatoes Breakfast Burrito 10"	40	45	1	0	0	0	166	0	0	1	7	2	2	1

  

<b>CILANTRO LIME RICE</b>	Serving Size (g)	Calories	Total Fat (g)	Trans-Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Fibre (g)	Sugar (g)	Protein (g)	Carbohydrates (g)	Vitamin A in %D/V	Vitamin C in %D/V	Iron in %D/V
Mucho XL 14"	220	244	0	0	0	1	184	1	0	5	55	2	2	3
Medio 12"   Burrito Bowl 8" Regular Rice	110	122	0	0	0	0	92	1	0	3	27	1	1	1
Pequeño 10"   Soup	75	83	0	0	0	0	63	0	0	2	19	1	1	1
Kids Burrito	50	55	0	0	0	0	42	0	0	1	12	1	0	1

<b>CHEESE</b>	Serving Size (g)	Calories	Total Fat (g)	Trans-Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Fibre (g)	Sugar (g)	Protein (g)	Carbohydrates (g)	Vitamin A in %D/V	Vitamin C in %D/V	Iron in %D/V
Breakfast Burrito 10"	15	51	4	0	2	13	111	0	0	4	1	0	0	0
Breakfast Taco	10	34	3	0	2	9	74	0	0	3	0	0	0	0
Mucho XL 14"   Kids Quesadilla	24	82	6	0	4	21	177	0	0	6	1	0	0	0
Burrito Medio 12" Burrito & Salad Bowl 8"   Extra Cheese	18	61	5	0	3	16	133	0	0	5	1	0	0	0
Burrito Pequeño 10"   Soup	13	44	3	0	2	11	96	0	0	3	0	0	0	0
Quesadilla Medio 12"	65	222	17	0	11	56	480	1	1	17	2	0	0	0
Quesadilla Pequeño 10"	50	171	13	0	8	43	370	1	1	13	2	0	0	0
Kids Burrito   Kids Soft Taco Taco 6.5"	9	31	2	0	1	8	67	0	0	2	0	0	0	0

<b>PINTO BEANS</b>	Serving Size (g)	Calories	Total Fat (g)	Trans-Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Fibre (g)	Sugar (g)	Protein (g)	Carbohydrates (g)	Vitamin A in %D/V	Vitamin C in %D/V	Iron in %D/V
Mucho XL Burrito 14" Burrito Medio 12"   Quesadilla Medio 12" Burrito & Salad Bowl 8" Salad   Extra Beans	60	32	0	0	0	0	183	2	0	2	6	1	1	1
Burrito Pequeño 10" Quesadilla Medio 10z"   Soup	50	27	0	0	0	0	152	2	0	2	5	1	1	1
Kids Burrito   Kids Quesadilla Kids Taco   Taco	30	16	0	0	0	0	91	1	0	1	3	0	0	0
Nacho	40	21	0	0	0	0	122	1	0	1	4	1	0	1

<b>BLACK BEANS</b>	Serving Size (g)	Calories	Total Fat (g)	Trans-Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Fibre (g)	Sugar (g)	Protein (g)	Carbohydrates (g)	Vitamin A in %D/V	Vitamin C in %D/V	Iron in %D/V
Mucho XL Burrito 14" Burrito Medio 12"   Quesadilla Medio 12" Burrito & Salad Bowl 8" Salad   Extra Beans	60	44	0	0	0	0	199	44	0	3	8	0	0	0
Burrito Pequeño 10" Quesadilla Medio 10"   Soup	50	36	0	0	0	0	166	36	0	2	6	0	0	0
Kids Burrito   Kids Quesadilla Kids Taco   Taco	30	22	0	0	0	0	100	22	0	1	4	0	0	0
Nacho	40	29	0	0	0	0	133	29	0	2	5	0	0	0

<b>SAUTÉED PEPPERS &amp; ONIONS</b>	Serving Size (g)	Calories	Total Fat (g)	Trans-Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Fibre (g)	Sugar (g)	Protein (g)	Carbohydrates (g)	Vitamin A in %D/V	Vitamin C in %D/V	Iron in %D/V
Breakfast Burrito 10"	15	4	0	0	0	0	7	0	1	0	0	6	20	0
Breakfast Taco	10	3	0	0	0	0	5	0	0	0	1	4	13	0
Mucho XL 14"   Burrito Medio 12" Burrito & Salad Bowl 8" Salad	60	18	0	0	0	0	28	1	2	1	4	22	79	1
Burrito Pequeño 10" Quesadilla Pequeño 10"   Soup	40	12	0	0	0	0	19	1	1	0	2	15	53	1
Quesadilla Medio 12"	80	24	0	0	0	0	38	1	3	1	5	30	106	2
Taco   Kids Taco Kids Burrito   Kids Quesdilla	30	9	0	0	0	0	14	1	1	0	2	11	40	1

<b>PICO DE GALLO</b>	Serving Size (g)	Calories	Total Fat (g)	Trans-Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Fibre (g)	Sugar (g)	Protein (g)	Carbohydrates (g)	Vitamin A in %D/V	Vitamin C in %D/V	Iron in %D/V
Breakfast Burrito 10"	15	3	0	0	0	0	14	0	0	0	1	4	3	0

<b>PICO DE GALLO</b>	Serving Size (g)	Calories	Total Fat (g)	Trans-Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Fibre (g)	Sugar (g)	Protein (g)	Carbohydrates (g)	Vitamin A in %D/V	Vitamin C in %D/V	Iron in %D/V
Breakfast Taco	10	2	0	0	0	0	9	0	2	0	0	3	2	0
Mucho XL 14"   Quesadilla Medio 12"   Nacho	70	14	0	0	0	0	63	1	2	1	3	18	14	1
Burrito Medio 12" Salad and Burrito Bowl 8" Salad and Extra Salsa	60	12	0	0	0	0	54	1	2	1	3	16	12	1
Regular Salsa	120	24	0	0	0	0	109	1	3	1	5	31	24	2
Burrito Pequeño 10" Quesadilla Pequeño 10"   Soup	40	8	0	0	0	0	36	0	1	0	2	10	8	1
Taco   Kids Burrito   Kids Taco	20	4	0	0	0	0	18	0	1	0	1	5	4	0

<b>MEDIUM FRESH GREEN SALSA</b>	Serving Size (g)	Calories	Total Fat (g)	Trans-Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Fibre (g)	Sugar (g)	Protein (g)	Carbohydrates (g)	Vitamin A in %D/V	Vitamin C in %D/V	Iron in %D/V
Breakfast Burrito 10"	15	7	0	0	0	0	22	0	1	0	1	1	3	1
Breakfast Taco	10	5	0	0	0	0	15	0	0	0	1	1	2	1
Mucho XL 14"   Quesadilla Medio 12"   Nacho	70	35	2	0	0	0	103	1	3	1	5	7	13	4
Burrito Medio 12" Salad and Burrito Bowl 8" Salad and Extra Salsas	60	30	1	0	0	0	88	1	3	1	4	6	11	4
Regular Salsa	120	60	3	0	0	0	176	2	5	1	9	11	22	7
Burrito Pequeño 10" Quesadilla Pequeño 10"   Soup	40	20	1	0	0	0	59	1	2	0	3	4	7	2
Taco   Kids Burrito   Kids Taco	20	10	0	0	0	0	29	0	1	0	1	2	4	1

<b>MEDIUM GREEN SALSA</b>	Serving Size (g)	Calories	Total Fat (g)	Trans-Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Fibre (g)	Sugar (g)	Protein (g)	Carbohydrates (g)	Vitamin A in %D/V	Vitamin C in %D/V	Iron in %D/V
Breakfast Burrito 10"	15	7	0	0	0	0	79	0	1	0	1	1	0	0
Breakfast Taco	10	4	0	0	0	0	53	0	0	0	1	0	0	0
Mucho XL 14"   Quesadilla Medio 12"   Nacho	70	31	1	0	0	0	370	1	3	1	5	2	1	1
Burrito Medio 12" Salad and Burrito Bowl 8" Salad and Extra Salsas	60	26	1	0	0	0	317	1	2	1	5	2	1	1
Regular Salsa	120	53	1	0	0	0	635	2	5	2	9	4	2	2
Burrito Pequeño 10" Quesadilla Pequeño 10"   Soup	40	18	0	0	0	0	212	1	2	1	3	1	1	1
Taco   Kids Burrito   Kids Taco	20	9	0	0	0	0	106	0	1	0	2	1	0	0

<b>MEDIUM SALSA</b>	Serving Size (g)	Calories	Total Fat (g)	Trans-Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Fibre (g)	Sugar (g)	Protein (g)	Carbohydrates (g)	Vitamin A in %D/V	Vitamin C in %D/V	Iron in %D/V
Breakfast Burrito 10"	15	6	0	0	0	0	56	0	1	0	1	3	2	1
Breakfast Taco	10	4	0	0	0	0	37	0	0	0	1	2	1	0
Mucho XL 14"   Quesadilla Medio 12"   Nacho	70	27	1	0	0	1	262	1	3	1	4	15	9	3
Burrito Medio 12" Salad and Burrito Bowl 8" Salad and Extra Salsas	60	23	1	0	0	1	224	1	2	1	4	13	8	2
Regular Salsa	120	46	1	0	0	1	449	1	5	2	7	26	15	4
Burrito Pequeño 10" Quesadilla Pequeño 10"   Soup	40	15	0	0	0	0	150	0	2	1	2	9	5	1
Taco   Kids Burrito   Kids Taco	20	8	0	0	0	0	75	0	1	0	1	4	3	1

<b>HOT SALSA</b>	Serving Size (g)	Calories	Total Fat (g)	Trans-Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Fibre (g)	Sugar (g)	Protein (g)	Carbohydrates (g)	Vitamin A in %D/V	Vitamin C in %D/V	Iron in %D/V
Breakfast Burrito 10"	15	6	0	0	0	0	47	0	1	0	1	4	4	0
Breakfast Taco	10	4	0	0	0	0	31	0	0	0	1	3	3	0
Mucho XL 14"   Quesadilla Medio 12"   Nacho	70	27	1	0	0	1	220	1	3	1	4	19	20	2
Burrito Medio 12" Salad and Burrito Bowl 8" Salad and Extra Salsas	60	24	1	0	0	1	188	1	2	1	4	16	17	2
Regular Salsa	120	47	1	0	0	1	376	1	5	2	8	33	34	4
Burrito Pequeño 10" Quesadilla Pequeño 10"   Soup	40	16	0	0	0	0	125	0	2	1	3	11	11	1
Taco   Kids Burrito   Kids Taco	20	8	0	0	0	0	63	0	1	0	1	5	6	1

<b>CORN AND BLACK BEAN SALSA</b>	Serving Size (g)	Calories	Total Fat (g)	Trans-Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Fibre (g)	Sugar (g)	Protein (g)	Carbohydrates (g)	Vitamin A in %D/V	Vitamin C in %D/V	Iron in %D/V
Breakfast Taco	10	6	0	0	0	0	13	3	0	0	1	1	1	0
Mucho XL 14" Quesadilla Medio 12"   Nacho	50	29	0	0	0	0	65	13	0	1	6	4	4	1
Burrito Pequeño 10" Quesadilla Pequeño 10"   Soup	25	14	0	0	0	0	33	6	0	1	3	2	2	0
Burrito Medio 12"   Extra Salsa Burrito & Salad Bowl 8"	40	23	0	0	0	0	52	10	0	1	5	3	3	1
Regular Salsa	80	46	0	0	0	0	104	21	1	2	10	6	7	1
Taco	20	11	0	0	0	0	26	5	0	0	2	2	2	0
Breakfast Burrito 10" Kids Burrito   Kids Taco	15	9	0	0	0	0	20	4	0	0	2	1	1	0

<b>GUACAMOLE</b>	Serving Size (g)	Calories	Total Fat (g)	Trans-Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Fibre (g)	Sugar (g)	Protein (g)	Carbohydrates (g)	Vitamin A in %D/V	Vitamin C in %D/V	Iron in %D/V
Mucho XL 14"   Burrito Medio 12" Quesadilla Medio 12" Burrito & Salad Bowl 8"   Salad	60	65	5	0	1	0	234	3	1	1	5	5	10	1
Burrito Pequeño 10" Quesadilla Pequeño 10"   Soup   Nacho	40	43	3	0	0	0	156	2	1	1	3	3	7	1
Taco   Kids Taco   Kids Quesadilla	20	22	2	0	0	0	78	1	0	0	2	2	3	0
Kids Burrito   ½ Guacamole	30	33	3	0	0	0	117	1	1	1	3	3	5	1

<b>SOUR CREAM</b>	Serving Size (g)	Calories	Total Fat (g)	Trans-Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Fibre (g)	Sugar (g)	Protein (g)	Carbohydrates (g)	Vitamin A in %D/V	Vitamin C in %D/V	Iron in %D/V
Mucho XL 14"   Burrito Medio 12" Quesadilla Medio 12" Quesadilla Pequeño 10" Nach   Soup   Extra Sour Cream	40	63	5	0	3	17	40	0	2	1	3	8	0	0
Burrito Pequeño 10"	35	55	4	0	3	15	35	0	2	1	2	7	0	0
Burrito and Salad Bowl 8"   Salad	25	40	3	0	2	10	25	0	1	1	2	5	0	0
Taco   Kids Taco Kids Burrito   Kids Quesadilla	15	24	2	0	1	6	15	0	1	1	1	3	0	0

<b>BURRITO SAUCE</b>	Serving Size (g)	Calories	Total Fat (g)	Trans-Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Fibre (g)	Sugar (g)	Protein (g)	Carbohydrates (g)	Vitamin A in %D/V	Vitamin C in %D/V	Iron in %D/V
Mucho XL 14"   Burrito Medio 12" Burrito and Salad Bowl 8" Salad   Nacho   Soup	25	92	9	0	1	4	242	0	2	0	3	2	8	0
Burrito Pequeño 10"	20	73	7	0	1	3	193	0	1	0	2	1	7	0
Quesadilla Medio 12"   Quesadilla Pequeño 10"	40	147	15	0	2	7	387	0	3	0	4	3	13	0
Taco   Kids Taco   Kids Burrito   Kids Quesadilla	15	55	6	0	1	3	145	0	1	0	2	1	5	0

<b>JALAPEÑOS</b>	Serving Size (g)	Calories	Total Fat (g)	Trans-Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Fibre (g)	Sugar (g)	Protein (g)	Carbohydrates (g)	Vitamin A in %D/V	Vitamin C in %D/V	Iron in %D/V
Mucho XL 14"	6	2	0	0	0	0	100	0	0	0	0	3	1	1
Burrito Medio 12"   Quesadilla Medio 12" Burrito and Salad Bowl 8" Nacho   Salad   Soup	4	1	0	0	0	0	67	0	0	0	0	2	1	0
Burrito Pequeño 10" Quesadilla Pequeño 10"	3	1	0	0	0	0	50	0	0	0	0	2	1	0
Taco   Kids Taco Kids Burrito   Kids Quesadilla	2	1	0	0	0	0	33	0	0	0	0	1	0	0

<b>CILANTRO</b>	Serving Size (g)	Calories	Total Fat (g)	Trans-Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Fibre (g)	Sugar (g)	Protein (g)	Carbohydrates (g)	Vitamin A in %D/V	Vitamin C in %D/V	Iron in %D/V
Mucho XL 14"   Quesadilla Medio 12"	2	0	0	0	0	0	1	0	0	0	0	4	1	0
Burrito Medio 12"   Burrito Pequeño 10" Quesadilla 10"   Burrito & Salad Bowl 8" Kids Taco   Kids Burrito   Kids Quesadilla Taco   Nacho   Soup   Salad	1	0	0	0	0	0	0	0	0	0	0	2	0	0

<b>ROMAINE LETTUCE</b>	Serving Size (g)	Calories	Total Fat (g)	Trans-Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Fibre (g)	Sugar (g)	Protein (g)	Carbohydrates (g)	Vitamin A in %D/V	Vitamin C in %D/V	Iron in %D/V
Mucho XL 14"	20	3	0	0	0	0	2	0	0	0	1	58	8	1
Burrito Medio 12"   Quesadilla Medio 12" Kids Burrito   Kids Quesadilla   Kids Taco	15	3	0	0	0	0	1	0	0	0	0	44	6	1
Burrito Medio 12" (low carb)	60	10	0	0	0	0	5	1	1	1	2	174	24	3
Burrito Pequeño 10" Quesadilla Pequeño 10" Taco   Nacho   Soup	10	2	0	0	0	0	1	0	0	0	0	29	4	1
Burrito Bowl 8"	20	3	0	0	0	0	2	0	0	0	1	58	8	1
Salad Bowl 8"   Salad	100	17	0	0	0	0	8	2	1	1	3	290	40	5

<b>RANCHERO DRESSING</b>	Serving Size (g)	Calories	Total Fat (g)	Trans-Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Fibre (g)	Sugar (g)	Protein (g)	Carbohydrates (g)	Vitamin A in %D/V	Vitamin C in %D/V	Iron in %D/V
Mucho XL 14"   Burrito Medio 12" Quesadilla Pequeño 10" Burrito and Salad Bowl 8" Salad   Nacho   Soup	25	63	5	0	1	7	228	0	3	0	3	0	0	0
Burrito Pequeño 10"	20	50	4	0	1	6	182	0	2	0	3	0	0	0
Quesadilla Medio 12"	40	101	9	0	1	12	365	0	5	0	5	0	0	0
Taco   Kids Taco Kids Burrito   Kids Quesadilla	15	38	3	0	0	4	137	0	2	0	2	0	0	0

<b>CHIPOTLE VINAIGRETTE DRESSING</b>	Serving Size (g)	Calories	Total Fat (g)	Trans-Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Fibre (g)	Sugar (g)	Protein (g)	Carbohydrates (g)	Vitamin A in %D/V	Vitamin C in %D/V	Iron in %D/V
Mucho XL 14"   Burrito Medio 12" Quesadilla Pequeño 10" Burrito and Salad Bowl 8" Salad   Nacho   Soup	25	67	7	0	1	1	185	0	1	0	1	0	0	0
Burrito Pequeño 10"	20	54	5	0	0	0	148	0	1	0	1	0	0	0
Quesadilla Medio 12"	40	108	10	0	1	1	297	0	1	0	1	0	0	0
Taco   Kids Taco Kids Burrito   Kids Quesadilla	15	40	4	0	0	0	111	0	0	0	1	0	0	0

<b>QUESO CHEESE</b>	Serving Size (g)	Calories	Total Fat (g)	Trans-Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Fibre (g)	Sugar (g)	Protein (g)	Carbohydrates (g)	Vitamin A in %D/V	Vitamin C in %D/V	Iron in %D/V
Nacho	228	653	48	1	31	164	1448	2	5	49	8	4	1	0

<b>NACHO CHIPS</b>	Serving Size (g)	Calories	Total Fat (g)	Trans-Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Fibre (g)	Sugar (g)	Protein (g)	Carbohydrates (g)	Vitamin A in %D/V	Vitamin C in %D/V	Iron in %D/V
Kids Burrito	35	177	10	0	1	0	202	1	0	2	20	0	0	4
Kids Hard Taco	35	177	10	0	1	0	202	1	0	2	20	0	0	4
Kids Soft Taco	35	177	10	0	1	0	202	1	0	2	20	0	0	4
Nacho Soup	80	404	23	0	3	0	461	3	0	4	46	0	0	9
	20	101	6	0	1	0	115	1	0	1	11	0	0	2

<b>SMOTHERED SAUCE</b>	Serving Size (g)	Calories	Total Fat (g)	Trans-Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Fibre (g)	Sugar (g)	Protein (g)	Carbohydrates (g)	Vitamin A in %D/V	Vitamin C in %D/V	Iron in %D/V
Smothered Sauce 14"   12"   10"	228	204	10	0	6	34	943	17	11	10	19	38	11	3

<b>BARBACOA (SHREDDED BEEF)</b>	Serving Size (g)	Calories	Total Fat (g)	Trans-Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Fibre (g)	Sugar (g)	Protein (g)	Carbohydrates (g)	Vitamin A in %D/V	Vitamin C in %D/V	Iron in %D/V
Breakfast Burrito 10" Quesadilla 10"   Burrito 10"	75	94	3	0	1	40	544	0	1	15	2	2	4	13
Breakfast Taco   Taco   Hard Taco Soft Taco   Kids Quesadilla Kids Burrito   Kids Hard Taco Kids Soft Taco   Nacho   Soup	50	63	2	0	1	27	362	0	1	10	1	1	3	9
Quesadilla Medio 12"   Burrito Medio 12" Burrito and Salad Bowl 8"	100	125	4	0	2	53	725	0	1	20	2	3	5	18
Mucho XL 14"	150	188	6	0	2	80	1087	0	2	30	4	4	8	27

<b>CARNITAS (SHREDDED PORK)</b>	Serving Size (g)	Calories	Total Fat (g)	Trans-Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Fibre (g)	Sugar (g)	Protein (g)	Carbohydrates (g)	Vitamin A in %D/V	Vitamin C in %D/V	Iron in %D/V
Breakfast Burrito 10" Quesadilla 10"   Burrito 10"	75	105	5	0	2	45	503	0	1	15	2	1	5	0
Breakfast Taco   Taco   Hard Taco Soft Taco   Kids Quesadilla Kids Burrito   Kids Hard Taco Kids Soft Taco   Nacho   Soup	50	70	3	0	1	30	335	0	1	10	1	1	3	0
Quesadilla Medio 12"   Burrito Medio 12" Burrito and Salad Bowl 8"	100	140	6	0	2	60	670	0	1	20	2	2	7	0
Mucho XL 14"	150	210	9	0	3	90	1005	0	2	30	3	2	10	0

<b>CARNE ASADA (AAA TOP SIRLOIN STEAK)</b>	Serving Size (g)	Calories	Total Fat (g)	Trans-Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Fibre (g)	Sugar (g)	Protein (g)	Carbohydrates (g)	Vitamin A in %D/V	Vitamin C in %D/V	Iron in %D/V
Breakfast Burrito 10" Quesadilla 10"   Burrito 10"	75	104	5	0	1	27	423	0	0	13	1	4	8	7
Breakfast Taco   Taco   Hard Taco Soft Taco   Kids Quesadilla Kids Burrito   Kids Hard Taco Kids Soft Taco   Nacho   Soup	50	69	3	0	1	18	282	0	0	9	1	2	5	5
Quesadilla Medio 12"   Burrito Medio 12" Burrito and Salad Bowl 8"	100	139	7	0	2	36	564	0	0	18	2	5	11	10
Mucho XL 14"	150	208	10	0	2	53	846	1	1	26	3	7	16	15

<b>POLLO (CHICKEN)</b>	Serving Size (g)	Calories	Total Fat (g)	Trans-Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Fibre (g)	Sugar (g)	Protein (g)	Carbohydrates (g)	Vitamin A in %D/V	Vitamin C in %D/V	Iron in %D/V
Breakfast Burrito 10" Quesadilla 10"   Burrito 10"	75	79	2	0	1	42	405	1	0	13	1	3	0	3
Breakfast Taco   Taco   Hard Taco Soft Taco   Kids Quesadilla Kids Burrito   Kids Hard Taco Kids Soft Taco   Nacho   Soup	50	53	2	0	0	28	270	1	0	9	1	2	0	2
Quesadilla Medio 12"   Burrito Medio 12" Burrito and Salad Bowl 8"	100	105	3	0	1	56	540	1	1	18	2	4	0	4
Mucho XL 14"	150	158	5	0	1	84	810	2	1	27	3	7	0	6

<b>CHORIZO (SAUSAGE)</b>	Serving Size (g)	Calories	Total Fat (g)	Trans-Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Fibre (g)	Sugar (g)	Protein (g)	Carbohydrates (g)	Vitamin A in %D/V	Vitamin C in %D/V	Iron in %D/V
Breakfast Burrito 10" Quesadilla 10"   Burrito 10"	75	205	16	0	6	24	307	0	1	11	3	0	0	17
Breakfast Taco   Taco   Hard Taco Soft Taco   Kids Quesadilla Kids Burrito   Kids Hard Taco Kids Soft Taco   Nacho   Soup	50	136	11	0	4	16	205	0	0	7	2	0	0	11
Quesadilla Medio 12"   Burrito Medio 12" Burrito and Salad Bowl 8"	100	273	22	0	8	32	409	0	1	15	5	0	0	23
Mucho XL 14"	150	409	33	0	12	48	614	0	1	22	7	0	0	34
<b>TILAPIA (FISH)</b>	Serving Size (g)	Calories	Total Fat (g)	Trans-Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Fibre (g)	Sugar (g)	Protein (g)	Carbohydrates (g)	Vitamin A in %D/V	Vitamin C in %D/V	Iron in %D/V
Breakfast Burrito 10" Quesadilla 10"   Burrito 10"	80	152	8	0	2	26	349	0	1	12	8	0	0	5
Breakfast Taco   Taco   Hard Taco Soft Taco   Kids Quesadilla Kids Burrito   Kids Hard Taco Kids Soft Taco   Nacho   Soup	40	76	4	0	1	13	174	0	0	6	4	0	0	2
Quesadilla Medio 12"   Burrito Medio 12" Burrito and Salad Bowl 8"	120	228	12	0	2	39	523	0	1	18	11	0	0	7
Mucho XL 14"	160	304	16	0	3	52	698	0	2	25	15	0	0	9
<b>WARM TORTILLA CINNAMON ROLL</b>	Serving Size (g)	Calories	Total Fat (g)	Trans-Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Fibre (g)	Sugar (g)	Protein (g)	Carbohydrates (g)	Vitamin A in %D/V	Vitamin C in %D/V	Iron in %D/V
Warm Tortilla Cinnamon Roll	51	190	7	0	1	0	186	1	17	2	30	1	0	7
<b>COOKIES</b>	Serving Size (g)	Calories	Total Fat (g)	Trans-Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Fibre (g)	Sugar (g)	Protein (g)	Carbohydrates (g)	Vitamin A in %D/V	Vitamin C in %D/V	Iron in %D/V
Chocolate Chip	37	170	7	0	4	10	120	1	15	2	24	6	0	6
Double Chocolate Chip	37	170	8	0	5	10	135	1	15	2	23	6	0	4
Oatmeal Raisin Medium	37	160	7	0	4	10	130	1	13	2	23	4	0	4
White Chocolate Macademia Nut Medium	37	170	9	0	4	10	120	0	14	2	22	6	0	4

Menu items vary by location and might not include the entire list of menu items displayed in this nutritional guide. Please order accordingly with the menu items listed at each location. Full nutritional information available at [muchoburrito.com](http://muchoburrito.com). Nutritional information was supplied to Mucho Burrito Restaurants from approved food manufacturers, the Canadian Nutrient File database published by Health Canada (2010) and the USDA Nutrient Database for Standard Reference, Release 24 (2011). Nutritional information has been based on the most widely used brands offered to our franchisees, product and nutrient values may vary from region to region. Due to Guests' individual selections, nutritional value may vary.

