



# America's Taco Shop Nutritional Information

	Serving Weight (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (% DV)	Iron (% DV)
<b>Burritos</b>																
Carne Asada - Reg	302	480	150	17	5	0	40	1290	60	5	3	22	10	25	20	25
Carne Asada - Lrg	437	630	210	24	8	0	80	1650	68	7	5	37	15	35	30	35
Al Pastor - Reg	259	450	130	14	5	0	40	1250	57	4	2	22	10	20	25	20
Al Pastor - Lrg	367	580	170	19	7	0	70	1680	64	6	3	35	20	30	30	25
Chicken - Reg	361	520	140	15	4.5	0	65	1770	63	6	6	33	8	30	25	25
Chicken - Lrg	542	690	170	19	6	0	115	2550	73	7	10	53	10	50	35	30
Bean and Cheese - Reg	301	550	240	27	10	0	25	1270	66	11	1	20	4	0	40	15
Bean and Cheese - Lrg	378	670	310	35	14	0	40	1520	75	14	1	26	6	0	60	15
Chorizo and Egg - Reg	380	710	330	37	14	0	310	1690	69	8	2	31	25	15	40	25
Chorizo and Egg - Lrg	544	970	480	54	22	0	475	2320	81	10	3	47	45	30	60	30
Carne Asada and Egg - Reg	331	630	270	31	12	0	435	1050	56	3	2	33	20	20	40	30
Carne Asada and Egg - Lrg	469	900	440	50	20	0	725	1330	62	4	3	51	35	30	70	40
Egg and Potato Burrito - Reg	336	630	250	28	9	0	280	880	70	6	1	24	10	8	25	35
Egg and Potato Burrito - Lrg	489	880	370	42	14	0	425	1190	92	9	2	36	20	15	45	45
Ranchero - Reg	316	620	280	31	12	0	535	1010	56	3	2	28	25	20	45	30
Ranchero - Lrg	429	770	350	39	18	0	815	1250	63	4	3	42	40	30	70	35
<b>Tacos</b>																
Carne Asada	107	140	50	6	1.5	0	20	170	14	3	2	8	2	6	2	8
Al Pastor	92	130	45	5	1	0	20	230	13	2	2	8	4	15	2	6
Chicken	116	140	50	5	1	0	20	300	15	3	3	9	2	8	2	4
<b>Quesadillas</b>																
Carne Asada - Reg	200	360	160	18	9	0	50	690	27	3	2	20	8	8	35	15
Carne Asada - Lrg	411	830	410	45	22	0	115	1640	62	6	4	43	20	15	90	30
Al Pastor - Reg	203	360	160	18	8	0	55	880	27	3	2	21	15	15	35	15
Al Pastor - Lrg	375	790	370	41	21	0	115	1770	59	5	3	44	25	25	90	25
Chicken - Reg	209	350	140	16	8	0	50	850	28	3	3	22	10	10	35	15
Chicken - Lrg	403	790	360	40	20	0	120	1770	62	5	5	46	20	20	90	25
Vegetarian - Reg	181	300	140	15	7	0	25	610	28	3	3	12	10	10	35	10
Vegetarian - Lrg	283	500	310	35	18	0	75	920	25	5	4	25	20	15	70	10
Cheese - Reg	73	250	100	12	7	0	25	470	22	1	0	11	4	0	30	10
Cheese - Lrg	188	620	290	33	19	0	75	1190	52	2	0	29	15	0	80	20
<b>Vampiros</b>																
Carne Asada	149	250	130	14	7	0	50	310	15	3	3	17	6	6	25	10
Al Pastor	151	250	120	13	7	0	55	470	15	2	3	18	10	15	25	8
Chicken	160	250	110	12	6	0	50	470	16	3	3	18	8	10	25	6
<b>Tortas</b>																
Carne Asada	388	730	430	47	7	0	70	1620	54	5	6	21	15	25	2	25
Al Pastor	282	690	400	44	6	0	70	1260	51	3	5	21	10	20	2	20
Chicken	419	730	400	45	6	0	75	1880	57	5	9	25	20	40	4	20
<b>Salad</b>																
Al Pastor Salad	343	230	110	12	4.5	0	50	630	15	6	7	19	310	50	20	15
Charrgrilled Chicken Salad	394	270	110	12	4	0	75	1040	13	6	6	29	310	40	20	15
Carne Asada Salad	349	230	120	14	5	0	50	640	11	6	4	19	310	30	20	20
<b>Other Favorites and Sides</b>																
Chip Salsa - Reg	85	15	0	0	0	0	0	290	3	1	2	1	2	15	2	4
Chip Salsa - Lrg	198	35	0	0	0	0	0	670	8	2	5	2	6	30	6	10
Guacamole Side - Reg	85	60	40	4.5	0.5	0	0	220	5	3	2	1	10	15	2	2
Guacamole Side - Lrg	198	130	90	10	1.5	0	0	500	11	6	4	3	25	40	2	4
Peruano Beans Side - Reg	88	80	60	7	1.5	0	5	210	7	5	0	3	0	0	2	0
Peruano Beans Side - Lrg	205	190	140	16	3.5	0	5	490	17	11	1	7	2	0	6	0
Rice and Beans - 4 oz	113	160	15	1.5	0	0	0	260	28	7	1	7	2	4	6	15
Shrimp Ceviche	227	80	5	0.5	0	0	75	1320	9	2	4	9	15	30	4	10
America's Corn	257	300	120	13	1.5	0	10	65	43	5	13	12	6	25	2	6

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<b>Agua Frescas</b>																
Horchata 20 oz	553	390	40	4.5	3	0	15	80	80	0	63	6	2	0	15	6
Horchata 32 oz	850	590	60	6	4.5	0	25	120	120	1	95	8	2	0	25	8
Jamaica 20 oz	553	220	0	0	0	0	0	20	57	0	57	0	0	0	0	0
Jamaica 32 oz	850	330	0	0	0	0	0	25	86	0	86	0	0	0	0	0
Cochata 20 oz	553	260	25	3	2	0	10	55	53	0	45	4	2	0	10	4
Cochata 32 oz	850	400	40	4.5	3	0	15	85	80	0	63	6	2	0	20	6
<b>Individual Items</b>																
Carne Asada Steak	42	60	25	3	1	0	25	80	0	0	0	8	0	0	0	6
Al Pastor Pork	42	60	20	2.5	1	0	20	200	1	0	0	8	2	2	2	2
Chicken Breast	42	50	10	1	0	0	25	200	1	0	1	9	0	2	2	2
Chorizo and Potato	42	120	80	9	3.5	0	20	340	4	0	0	6	0	2	0	2
Chips Bag	85	330	140	15	0	0	0	460	43	3	0	6	0	0	0	35
Peruano Beans	42	35	25	3	0	0	0	95	4	2	0	1	0	0	0	0
Guacamole Spread	30	35	25	3	0	0	0	135	2	1	0	0	0	4	0	0
Fire Roasted Salsa	30	5	0	0	0	0	0	85	1	0	1	0	4	6	0	0
Tomatillo Salsa	30	5	0	0	0	0	0	135	1	0	1	0	2	6	0	0
Pico de Gallo	30	5	0	0	0	0	0	120	1	0	1	0	4	6	0	0
Tomato Sauce	15	5	0	0	0	0	0	40	1	0	0	0	2	4	0	0
Roasted Jalapeno	14	5	0	0	0	0	0	0	1	0	1	0	4	30	0	0
Sautéed Onions	28	15	5	0.5	0	0	0	0	3	0	1	0	0	4	0	0
Jack Cheese	28	110	80	9	5	0	25	50	0	0	0	7	4	0	20	2
Mayonnasie	14	100	100	11	1.5	0	10	100	0	0	0	0	0	0	0	0
Corn Tortilla	25	50	0	0.5	0	0	0	0	11	1	1	1	0	0	0	2
Regular (12") Flour Tortilla	113	320	80	9	1.5	0	0	480	51	1	1	8	0	0	4	20
Large (13") Flour Tortilla	130	370	90	10	2	0	0	560	59	1	1	9	2	0	4	20
8" Flour Tortilla	41	130	35	4	2	0	0	160	20	1	1	3	0	0	0	45
Telera Bread (Torta)	85	240	30	3.5	0	0	0	450	45	1	3	7	0	0	0	15

\*\* Percent Daily Values are based on a 2,000 calorie diet.

The Nutritional Information America's Taco Shop has provided is based on standard product formulations. Product, nutritional and allergen variations may occur based on regional differences, ingredient substitutions, seasonal conditions, differences in product production at the store and suppliers. Please contact management or your server for more information and to discuss any allergen concerns. Some items listed may not be available in all stores. This list may not include test products, limited time offers and regional menu variations.

**If you have any food allergies or special dietary needs please notify your location's store manager concerning your allergy prior to ordering.** Due to variations in suppliers and restaurant operations at America's Taco Shop® locations nationwide, including, without limitation, product substitutions, limited cooking and preparation areas, shared equipment and utensils, your food items may contain allergens recognized by the U.S. Department of Agriculture and/or may come into contact with other food items that contain allergens.