

# New Fresco Menu Nutrition Guide



New Fresco Menu	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 Crunchy Taco	92	150	70	8	12	2.5	13	0	20	7	370	15	13	4	3	12	1	7	6	4	4	6	
Fresco Soft Taco - Beef	113	180	70	7	11	3	15	0	20	7	650	27	21	7	3	12	2	8	6	4	8	10	
Fresco BURRITO SUPREME® - Chicken	241	330	70	8	12	2.5	13	0	25	8	1360	57	49	16	7	28	5	18	15	15	15	20	
Fresco BURRITO SUPREME® - Steak	241	330	80	8	12	3	15	0.5	20	7	1250	52	48	16	7	28	5	16	10	15	15	25	
Fresco Fiesta Burrito - Chicken	198	330	70	8	12	2.5	13	0	25	8	1240	52	48	16	3	12	4	16	8	8	15	20	
Fresco Zesty Chicken BORDER BOWL® without Dressing	397	350	70	8	12	1.5	8	0.5	25	8	1600	67	51	17	10	40	4	19	20	20	10	20	
Fresco Ranchero Chicken Soft Taco	135	170	35	4	6	1.5	8	0	25	8	730	30	21	7	3	12	3	12	8	8	8	10	
Fresco Grilled Steak Soft Taco	128	160	40	4.5	7	1.5	8	0	20	7	550	23	20	7	2	8	3	10	4	10	8	10	
Fresco Bean Burrito	213	330	60	7	11	2.5	11	0.5	0	0	1200	50	54	18	9	36	4	12	10	10	15	25	

## Nutrition Guide Original Items

TACOS	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)	Vitamin A	Vitamin C	Calcium	Iron
Crunchy Taco	78	170	90	10	15	3.5	18	0	25	8	350	15	13	4	3	12	1	8	4	2	8	6
Crunchy TACO SUPREME®	113	210	120	13	20	6	30	0.5	40	13	370	15	15	5	3	12	2	9	10	6	10	6
DOUBLE DECKER® TACO SUPREME®	191	370	150	17	26	7	35	1	40	13	820	34	40	13	7	28	4	14	10	6	15	20
Soft Taco - Beef	99	200	80	9	14	4	20	0	25	8	630	26	21	7	3	12	2	10	4	2	10	10
Soft TACO SUPREME® - Beef	135	250	120	13	20	6	30	0.5	40	13	650	27	23	8	3	12	3	11	10	6	15	15
Ranchero Chicken Soft Taco	135	270	130	14	22	4	20	0	35	12	820	34	21	7	2	8	3	14	6	6	15	10
Grilled Steak Soft Taco	128	270	150	16	25	4.5	23	0	35	12	660	28	20	7	2	8	3	12	4	6	10	15

GORDITAS	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)	Vitamin A	Vitamin C	Calcium	Iron
GORDITA SUPREME® - Beef	153	310	140	16	25	6	30	0.5	40	13	620	26	29	10	3	12	6	14	8	6	15	15
GORDITA SUPREME® - Chicken	153	290	110	12	18	5	25	0	45	15	650	27	28	9	2	8	6	17	8	8	15	10
GORDITA SUPREME® - Steak	153	290	120	13	20	5	25	0	40	13	530	22	28	9	2	8	6	15	6	8	10	15
GORDITA BAJA® - Beef	153	340	170	19	29	5	25	0	35	12	780	33	29	10	4	16	6	13	8	4	10	15
GORDITA BAJA® - Chicken	153	320	140	16	25	3.5	18	0	40	13	800	33	28	9	3	12	6	17	8	6	10	10
GORDITA BAJA® - Steak	153	320	150	17	26	4	20	0	35	12	690	29	27	9	3	12	5	15	6	4	10	15
Gordita Nacho Cheese - Beef	153	300	130	14	22	4	20	0	1.5	25	8	770	32	31	10	3	12	6	12	4	6	10
Gordita Nacho Cheese - Chicken	153	280	100	11	17	2.5	13	1	25	8	800	33	29	10	2	8	6	16	4	8	10	10
Gordita Nacho Cheese - Steak	153	270	100	12	18	3	15	1	20	7	680	28	29	10	2	8	6	14	2	6	8	15

CHALUPAS	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)	Vitamin A	Vitamin C	Calcium	Iron
Chalupa Supreme - Beef	153	380	210	23	35	7	35	0.5	40	13	620	26	30	10	3	12	4	14	8	6	15	15
Chalupa Supreme - Chicken	153	360	180	20	31	5	25	0	45	15	650	27	29	10	2	8	4	17	8	8	10	15
Chalupa Supreme - Steak	153	360	180	21	32	6	30	0	40	13	530	22	28	9	2	8	4	15	6	8	10	15
Chalupa Baja - Beef	153	410	240	27	42	6	30	0	35	12	780	33	30	10	4	16	4	13	8	4	10	15
Chalupa Baja - Chicken	153	390	210	23	35	4	20	0	40	13	800	33	29	10	3	12	4	17	8	6	10	15
Chalupa Baja - Steak	153	390	220	24	37	4.5	23	0	35	12	690	29	28	9	3	12	3	15	6	4	10	15
Chalupa Nacho Cheese - Beef	153	370	190	22	34	4.5	23	1.5	20	7	770	32	32	11	3	12	4	12	4	6	10	15
Chalupa Nacho Cheese - Chicken	153	350	160	18	28	3	15	1	25	8	790	33	30	10	2	8	4	16	4	8	10	10
Chalupa Nacho Cheese - Steak	153	340	170	19	29	3.5	18	1.5	20	7	680	28	30	10	2	8	4	14	2	6	8	15

BURRITOS	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)	Vitamin A	Vitamin C	Calcium	Iron
Bean Burrito	198	350	80	9	14	3.5	18	0.5	5	2	1190	50	54	18	8	32	4	13	10	8	20	25
7-Layer Burrito	283	490	170	18	28	7	35	1	25	8	1350	56	65	22	9	36	5	17	10	25	25	30
BURRITO SUPREME® - Beef	248	420	150	17	26	8	40	1	40	13	1340	56	51	17	7	28	5	17	15	10	20	25
BURRITO SUPREME® - Chicken	248	400	120	13	20	6	30	0.5	45	15	1360	57	49	16	6	24	5	20	15	15	20	25
BURRITO SUPREME® - Steak	248	390	130	14	22	6	30	1	40	13	1250	52	49	16	6	24	5	18	15	15	20	25
Fiesta Burrito - Beef	184	370	120	13	20	5	25	0	25	8	1200	50	49	16	4	16	4	14	8	4	20	25
Fiesta Burrito - Chicken	184	350	90	10	15	3.5	18	0	30	10	1220	51	47	16	3	12	4	18	8	4	20	20
Fiesta Burrito - Steak	184	340	100	11	17	4	20	0	25	8	1110	46	47	16	3	12	3	15	6	4	20	20
Grilled Stuft Burrito - Beef	325	680	270	30	46	10	50	1	55	18	2120	88	76	25	9	36	6	27	15	4	30	40
Grilled Stuft Burrito - Chicken	325	640	210	23	35	7	35	0.5	65	22	2160	90	73	24	7	28	6	34	10	6	30	35
Grilled Stuft Burrito - Steak	325	630	220	25	38	8	40	1	55	18	1930	80	72	24	7	28	5	30	10	6	30	40

BIG BELL VALUE MENU®	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)	Vitamin A	Vitamin C	Calcium	Iron
Grande Soft Taco	206	430	180	20	31	8	40	1.5	45	15	1440	60	43	14	5	20	5	19	8	2	20	25
DOUBLE DECKER® Taco	156	320	120	13	20	5	25	0.5	25	8	810	34	38	13	6	24	2	14	6	4	15	15
Spicy Chicken Soft Taco	113	170	50	6	9	2	10	0	25	8	580	24	20	7	2	8	2	10	8	2	10	10
Spicy Chicken Burrito	191	400	150	17	26	4	20	0	30	10	1190	50	48	16	3	12	4	14	10	4	15	20
1/2 lb. Beef Combo Burrito	241	440	160	18	28	7	35	1	45	15	1630	68	51	17	8	32	4	21	15	6	20	30
1/2 lb. Beef & Potato Burrito	252	530	210	23	35	7	35	1	30	10	1720	72	66	22	6	24	4	15	15	6	15	25
1/2 lb. Cheesy Bean & Rice Burrito	227	470	180	20	31	6	30	1.5	15	5	1400	58	58	19	6	24	5	13	8	4	20	25
Cheesy Fiesta Potatoes	135	290	150	17	26	4	20	1.5	15	5	830	35	29	10	2	8	2	4	4	0	6	6
Caramel Apple Empanada	85	290	120	14	22	2.5	13	1.5	5	2	300	13	37	12	1	4	13	3	2	15	4	6