



Full Nutrition Information

Last Updated: 04/10/2017

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
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Breakfast

Breakfast Crunchwrap - Bacon	670	380	42	12	0	145	1,300	51	4	3	21
Breakfast Crunchwrap - California	630	340	38	11	0	140	1,400	52	5	3	21
Breakfast Crunchwrap - Sausage	700	410	46	14	0	150	1,200	51	4	3	21
Breakfast Crunchwrap - Steak	650	350	39	11	0	150	1,290	51	4	3	24
Breakfast Quesadilla - Bacon	510	260	29	13	0.5	155	1,280	37	3	3	26
Breakfast Quesadilla - Sausage	500	260	29	13	0.5	155	1,100	37	3	2	24
Breakfast Quesadilla - Steak	500	230	26	12	0.5	165	1,260	38	3	2	29
Breakfast Soft Taco - Bacon	240	130	14	5	0	120	580	15	<1	1	11
Breakfast Soft Taco - Egg & Cheese	170	80	9	3	0	105	330	15	<1	<1	7
Breakfast Soft Taco - Sausage	230	130	14	5	0	115	400	15	<1	<1	9
Cinnabon® Delights™ (12 Pack - Serves 4)	930	480	53	13	2	40	480	104	3	59	9
Cinnabon® Delights™ (2 Pack)	160	80	9	2	0	5	80	17	0	10	2
Cinnabon® Delights™ (4 Pack)	310	160	18	4.5	0.5	15	160	35	<1	20	3
Grande Scrambler Burrito - Bacon	650	310	34	9	0	225	1,490	64	5	5	21
Grande Scrambler Burrito - Sausage	640	310	34	9	0	220	1,310	64	5	4	19
Grande Scrambler Burrito - Steak	630	280	31	8	0	230	1,470	65	5	4	24
Grilled Breakfast Burrito - Bacon	350	150	17	5	0	115	910	37	2	3	13
Grilled Breakfast Burrito - Fiesta Potato	340	130	14	3.5	0	100	780	43	3	3	10
Grilled Breakfast Burrito - Sausage	340	160	17	5	0	110	730	36	2	3	11
Hashbrown	160	100	12	1	0	0	270	13	2	0	1
Mini Skillet Bowl	180	100	11	2	0	100	430	16	1	1	5
Nestle® Coffee-Mate™ Sweetened Original Creamer (1 portion creamer)	25	10	1.5	1	0	0	0	3	0	3	0
Rainforest Coffee	10	0	0	0	0	0	0	0	0	0	2
Rainforest Coffee with Nestle® Coffee-Mate™ Sweetened Original Creamer (1 portion creamer)	30	10	1.5	1	0	0	0	3	0	3	2
Sausage Flatbread Quesadilla	330	160	18	6	0	120	520	27	2	3	14

Tropicana® Orange Juice	140	0	0	0	0	0	20	32	0	28	2	

Morning Dollar Value Menu

Breakfast Soft Taco - Bacon	240	130	14	5	0	120	580	15	<1	1	11	
Breakfast Soft Taco - Egg & Cheese	170	80	9	3	0	105	330	15	<1	<1	7	
Breakfast Soft Taco - Sausage	230	130	14	5	0	115	400	15	<1	<1	9	
Cinnabon® Delights™ (2 Pack)	160	80	9	2	0	5	80	17	0	10	2	
Grilled Breakfast Burrito - Bacon	350	150	17	5	0	115	910	37	2	3	13	
Grilled Breakfast Burrito - Fiesta Potato	340	130	14	3.5	0	100	780	43	3	3	10	
Grilled Breakfast Burrito - Sausage	340	160	17	5	0	110	730	36	2	3	11	
Hashbrown	160	100	12	1	0	0	270	13	2	0	1	
Mini Skillet Bowl	180	100	11	2	0	100	430	16	1	1	5	
Mtn Dew® Kickstart™ Orange Citrus	70	0	0	0	0	0	75	18	0	18	0	
Rainforest Coffee	10	0	0	0	0	0	0	0	0	0	2	
Rainforest Coffee with Nestle® Coffee-Mate™ Sweetened Original Creamer (1 portion creamer)	30	10	1.5	1	0	0	0	3	0	3	2	
Sausage Flatbread Quesadilla	330	160	18	6	0	120	520	27	2	3	14	

Burritos

7-Layer Burrito	440	140	16	6	0	15	1,000	59	7	4	14	
Bean Burrito	380	100	11	4	0	5	1,060	55	9	3	14	
Beefy 5-Layer Burrito	500	170	19	7	0	30	1,270	64	8	5	19	
Beefy Fritos® Burrito	440	160	18	4.5	0	20	990	57	5	3	13	
Beefy Nacho Loaded Griller	370	130	15	4	0	20	810	47	5	3	12	
Black Bean Burrito	390	100	11	4	0	10	1,020	60	8	3	14	
Burrito Supreme® - Beef	410	130	15	6	0	30	1,140	51	8	4	17	
Burrito Supreme® - Chicken	380	110	12	5	0	35	1,110	49	6	4	20	
Burrito Supreme® - Steak	390	110	12	5	0	35	1,120	50	6	4	19	
Cheesy Bean & Rice Burrito	430	150	17	3.5	0	5	900	57	6	4	11	
Cheesy Potato Burrito	490	200	22	7	0.5	40	1,280	54	7	4	18	
Chili Cheese Burrito (regional)	370	150	17	8	0.5	40	960	40	4	2	16	
Chipotle Chicken Loaded Griller	340	140	16	4.5	0	35	770	36	2	3	14	
Combo Burrito	450	160	18	7	0.5	40	1,370	51	9	3	21	
Loaded Potato Griller	410	160	18	5	0	20	1,030	50	3	4	12	
Quesarito - Beef	650	290	33	12	0.5	60	1,380	67	5	4	21	

Quesarito - Chicken	640	280	32	11	0	75	1,330	66	4	4	22	
Quesarito - Steak	630	270	30	11	0	65	1,360	66	4	4	24	
Shredded Chicken Burrito	420	180	20	5	0	45	890	47	3	2	14	
Smothered Burrito - Beef	700	300	33	12	1	70	2,210	71	11	4	28	
Smothered Burrito - Shredded Chicken	670	280	31	11	0	100	2,120	68	9	4	30	
Smothered Burrito - Steak	660	250	28	10	0	80	2,180	69	8	4	33	
XXL Grilled Stuft Burrito - Beef	870	360	40	14	1	65	2,130	96	13	6	32	
XXL Grilled Stuft Burrito - Chicken	830	310	34	11	0	80	2,080	92	9	6	38	
XXL Grilled Stuft Burrito - Steak	840	320	35	12	0	75	2,100	93	9	6	37	

Dollar Cravings Menu

Beefy Fritos® Burrito	440	160	18	4.5	0	20	990	57	5	3	13
Beefy Mini Quesadilla	210	100	12	4	0	25	530	17	3	1	9
Caramel Apple Empanada	280	120	13	3.5	0	<5	260	38	1	15	3
Cheese Roll-Up	180	80	9	5	0	20	430	15	2	<1	9
Cheesy Bean & Rice Burrito	430	150	17	3.5	0	5	900	57	6	4	11
Cinnabon® Delights™ (2 Pack)	160	80	9	2	0	5	80	17	0	10	2
Cinnamon Twists	170	50	6	0	0	0	210	27	<1	13	1
Shredded Chicken Mini Quesadilla	200	90	10	3.5	0	40	490	15	1	<1	10
Spicy Potato Soft Taco	230	100	12	3	0	10	460	27	2	1	5
Spicy Tostada	210	90	10	3	0	10	440	22	5	1	6
Triple Layer Nachos	320	130	15	1.5	0	0	610	41	6	2	7

Freezes

Airhead® Blue Raspberry Freeze (16 oz)	180	0	0	0	0	0	80	49	0	49	0
Airhead® Blue Raspberry Freeze (20 oz)	230	0	0	0	0	0	100	61	0	61	0
Mtn Dew® Baja Blast Freeze™ (16 oz)	230	0	0	0	0	0	70	58	0	54	0
Mtn Dew® Baja Blast Freeze™ (20 oz)	290	0	0	0	0	0	90	73	0	68	0
Starburst® Strawberry Freeze™ (16 oz)	240	0	0	0	0	0	20	61	0	59	0
Starburst® Strawberry Freeze™ (20 oz)	300	0	0	0	0	0	25	76	0	74	0

Fresco Menu

Enjoy our 7 signature Fresco items, each with only 350 calories or less and all under 10 grams of fat.

Fresco Bean Burrito	350	80	9	2.5	0	0	1,050	56	9	4	13
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Fresco Burrito Supreme® - Chicken	340	80	8	2.5	0	25	1,080	48	6	4	18	
Fresco Burrito Supreme® - Steak	340	80	9	3	0	20	1,090	48	6	4	17	
Fresco Crunchy Taco - Beef	140	70	7	2.5	0	15	300	13	3	1	6	
Fresco Soft Taco - Beef	160	60	7	2.5	0	15	480	18	3	2	8	
Fresco Soft Taco - Shredded Chicken	150	50	6	2	0	30	440	16	2	2	9	
Fresco Soft Taco - Steak	140	35	4	1.5	0	20	470	17	1	2	10	

Limited Time Offer

Loaded Taco Burrito	550	260	29	9	0.5	50	1,130	52	7	4	20
Triple Double Crunchwrap Original	700	270	30	9	0.5	45	1,550	85	9	7	23
Triple Double Crunchwrap Spicy	780	340	38	10	0.5	50	1,850	87	9	8	23

Power Menu

High protein meets big flavor.

Power Menu Bowl - Chicken	500	180	20	6	0	70	1,240	53	8	3	28
Power Menu Bowl - Steak	510	190	21	7	0	65	1,260	55	8	3	27
Power Menu Bowl - Veggie	480	160	18	5	0	20	980	64	13	3	16
Power Menu Burrito - Chicken	450	180	20	7	0	70	1,200	40	4	4	26
Power Menu Burrito - Steak	460	190	21	8	0	65	1,220	42	4	4	25
Power Menu Burrito - Veggie	430	160	18	6	0	20	950	52	9	5	14

Sides

Black Beans	80	10	1.5	0	0	0	200	12	5	<1	4
Black Beans & Rice	190	30	3.5	0	0	0	390	35	6	<1	6
Cheesy Fiesta Potatoes	230	110	12	2	0	5	520	28	2	2	3
Chips and Guacamole	230	130	14	1.5	0	0	310	23	4	<1	3
Chips and Nacho Cheese Sauce	220	110	12	1	0	<5	320	24	2	2	3
Chips and Pico de Gallo	170	70	8	0.5	0	0	180	22	2	1	2
Chips and Salsa	180	70	8	0.5	0	0	320	24	3	3	3
Nacho Cheese Doritos® Chips	140	70	8	1	0	0	210	16	1	0	2
Pintos 'n Cheese	190	60	7	3	0	10	680	22	7	<1	10

Specialties

Beefy Mini Quesadilla	210	100	12	4	0	25	530	17	3	1	9
Chalupa Supreme® - Beef	350	170	19	5	0	25	550	33	4	3	13
Chalupa Supreme® - Chicken	330	140	16	3.5	0	35	520	31	2	3	16
Chalupa Supreme® - Steak	330	140	16	4	0	30	530	32	2	3	15
Cheese Roll-Up	180	80	9	5	0	20	430	15	2	<1	9
Cheesy Gordita Crunch	500	250	28	10	0.5	55	840	41	5	4	20
Cool Ranch® Doritos® Cheesy Gordita Crunch	500	250	28	10	0.5	55	910	41	4	5	20
Crunchwrap Supreme®	530	190	21	6	0	25	1,190	71	6	6	16
Double Tostada (regional)	270	100	11	4	0	15	660	32	8	2	12
DoubleDilla - Chicken	660	290	32	13	0.5	95	1,680	56	5	4	38
DoubleDilla - Chicken with Chips & Salsa	840	360	40	14	0.5	95	2,000	80	8	6	41
DoubleDilla - Steak	670	300	33	14	0.5	90	1,700	58	5	4	37
DoubleDilla - Steak with Chips & Salsa	850	370	41	14	0.5	90	2,030	81	8	6	40
Express Fiesta Taco Salad (regional)	580	230	25	9	1	55	1,250	65	11	6	23
Fiery Doritos® Cheesy Gordita Crunch	500	250	28	10	0.5	55	900	40	5	4	20
Fiesta Taco Salad - Beef	760	350	39	10	1	55	1,320	77	11	7	27
Fiesta Taco Salad - Chicken	720	300	33	7	0	65	1,260	73	8	6	32
Fiesta Taco Salad - Steak	730	310	34	8	0	60	1,290	75	8	6	31
Gordita Supreme® - Beef	280	110	12	4.5	0	30	570	31	3	5	13
Gordita Supreme® - Chicken	260	80	9	3	0	35	540	29	2	5	16
Gordita Supreme® - Steak	270	90	9	3.5	0	30	550	30	2	5	16
Mexican Pizza	550	270	30	8	0.5	40	980	49	7	3	21
Meximelt®	250	120	13	7	0.5	40	720	19	3	2	14
Nacho Cheese Doritos® Cheesy Gordita Crunch	490	250	28	10	0.5	55	890	41	5	5	20
Nachos BellGrande®	760	340	38	6	0	25	1,290	84	13	5	19
Nachos Supreme®	440	210	23	4.5	0	25	840	46	8	3	13
Quesadilla - Cheese	460	230	26	11	0.5	50	980	37	4	3	19
Quesadilla - Chicken	510	250	28	12	0.5	75	1,210	38	4	3	27
Quesadilla - Steak	510	250	28	12	0.5	70	1,220	38	4	3	27
Shredded Chicken Mini Quesadilla	200	90	10	3.5	0	40	490	15	1	<1	10
Spicy Tostada	210	90	10	3	0	10	440	22	5	1	6
Triple Layer Nachos	320	130	15	1.5	0	0	610	41	6	2	7

Drinks & Sweets

Caramel Apple Empanada	280	120	13	3.5	0	<5	260	38	1	15	3
Cinnabon® Delights™ (12 Pack - Serves 4)	930	480	53	13	2	40	480	104	3	59	9

Cinnabon® Delights™ (2 Pack)	160	80	9	2	0	5	80	17	0	10	2
Cinnabon® Delights™ (4 Pack)	310	160	18	4.5	0.5	15	160	35	<1	20	3
Cinnamon Twists	170	50	6	0	0	0	210	27	<1	13	1
Lowfat Milk - CA (Regional)	100	20	2	1.5	0	10	130	13	0	12	9
Lowfat Milk - Federal (Regional)	80	20	2	1.5	0	10	100	10	0	9	7

Tacos

Cool Ranch® Doritos® Double Decker® Taco	320	120	13	5	0	25	760	36	6	2	14
Cool Ranch® Doritos® Locos Taco	170	90	10	3.5	0	25	370	13	3	<1	8
Cool Ranch® Doritos® Locos Taco Supreme®	190	100	11	4.5	0	30	390	15	3	2	8
Crunchy Taco	170	90	9	3.5	0	25	310	13	3	<1	8
Crunchy Taco Supreme®	190	100	11	4.5	0	30	330	15	3	2	8
Double Decker® Taco	320	120	13	5	0	25	700	36	7	2	14
Double Decker® Taco Supreme®	340	130	15	6	0	30	720	38	7	3	14
Fiery Doritos® Double Decker® Taco	320	120	13	5	0	25	760	36	7	2	14
Fiery Doritos® Locos Taco	170	80	9	3.5	0	25	370	12	3	<1	8
Fiery Doritos® Locos Taco Supreme®	190	100	11	4.5	0	30	390	15	3	2	9
Grilled Steak Soft Taco	200	90	10	3.5	0	30	510	17	1	2	12
Nacho Cheese Doritos® Double Decker® Taco	320	120	13	5	0	25	750	36	7	2	14
Nacho Cheese Doritos® Locos Taco	170	80	9	3.5	0	25	360	13	3	1	8
Nacho Cheese Doritos® Locos Taco Supreme®	190	100	11	4.5	0	30	380	15	3	2	9
Soft Taco - Beef	180	80	9	4	0	25	490	17	3	1	9
Soft Taco - Chicken	170	70	8	3	0	40	450	16	1	1	10
Soft Taco Supreme® - Beef	210	90	10	5	0	30	510	20	3	2	10
Spicy Potato Soft Taco	230	100	12	3	0	10	460	27	2	1	5

Cantina Menu

Bacon Ranch Loaded Potatoes	750	430	47	12	0	65	1,870	59	6	4	22
Blue Raspberry Freeze™ (16 oz)	220	0	0	0	0	0	30	55	0	55	0
Blue Raspberry Freeze™ (20 oz)	280	0	0	0	0	0	40	69	0	69	0
Caleb's Kola (20 oz)	230	0	0	0	0	0	115	60	0	58	0
Cantina 7 Layer Dip	790	370	41	9	0	30	1,420	85	14	6	21
Cheesy Bacon Jalapeno Dipper	840	370	41	18	1	85	2,620	81	7	8	35
Chicken Tenders	1,120	790	88	14	0	115	4,190	50	4	3	33
Chili Cheese Loaded Potatoes	670	330	36	10	1	50	2,130	67	9	3	20

Domestic Beer - Light (16 oz)	140	0	0	0	0	0	20	8	0	0	1	
Domestic Beer - Regular (16 oz)	200	0	0	0	0	0	20	17	0	0	2	
Fruit Punch Freeze™ (16 oz)	240	0	0	0	0	0	30	61	0	61	0	
Fruit Punch Freeze™ (20 oz)	310	0	0	0	0	0	40	77	0	77	0	
Homestyle Nachos	880	450	50	17	1	75	1,400	77	13	4	30	
IZZE Sparkling Clementine (20 oz)	180	0	0	0	0	0	190	48	0	45	0	
Mini Quesadilla Nachos	780	360	40	21	1	95	1,950	67	8	5	37	
Mtn Dew® Baja Blast Freeze™ (16 oz)	230	0	0	0	0	0	70	58	0	54	0	
Mtn Dew® Baja Blast Freeze™ (20 oz)	290	0	0	0	0	0	90	73	0	68	0	
Mtn Dew® Freeze™ (16 oz)	120	0	0	0	0	0	40	34	0	34	0	
Mtn Dew® Freeze™ (20 oz)	150	0	0	0	0	0	50	42	0	42	0	
Pepsi® Freeze™ (16 oz)	120	0	0	0	0	0	20	30	0	30	0	
Pepsi® Freeze™ (20 oz)	150	0	0	0	0	0	25	38	0	38	0	
Premium Beer - Light (16 oz)	140	0	0	0	0	0	20	8	0	0	1	
Premium Beer - Regular (16 oz)	200	0	0	0	0	0	20	17	0	0	2	
Prosecco Sparkling Wine (350 mL)	280	0	0	0	0	0	15	9	0	3	0	
Red Sangria (16 oz)	330	0	0	0	0	0	0	27	0	27	0	
Red Wine (6.3 fl oz)	160	0	0	0	0	0	5	5	0	1	0	
Rum (80 proof)	70	0	0	0	0	0	0	0	0	0	0	
Strawberry Kiwi Freeze™ (16 oz)	240	0	0	0	0	0	20	59	0	59	0	
Strawberry Kiwi Freeze™ (20 oz)	310	0	0	0	0	0	25	74	0	74	0	
Stubborn Soda - Black Cherry Tarragon (20 oz)	240	0	0	0	0	0	75	61	0	61	0	
Stubborn Soda - Classic Root Beer (20 oz)	280	0	0	0	0	0	140	73	0	70	0	
Sweet 'n Sour Freeze™ (16 oz)	260	0	0	0	0	0	20	63	0	63	0	
Sweet 'n Sour Freeze™ (20 oz)	330	0	0	0	0	0	25	79	0	79	0	
Tequila (80 proof)	70	0	0	0	0	0	0	0	0	0	0	
Vodka (80 proof)	70	0	0	0	0	0	0	0	0	0	0	

Las Vegas Cantina Menu

Blue Raspberry Freeze™ (16 oz) - LV	180	0	0	0	0	0	30	45	0	45	0	
Blue Raspberry Freeze™ (20 oz) - LV	270	0	0	0	0	0	45	69	0	69	0	
Blue Raspberry Freeze™ (32 oz) - LV	330	0	0	0	0	0	55	84	0	84	0	
Caleb's Kola (20 oz) - LV	230	0	0	0	0	0	115	60	0	58	0	
Cherry Freeze™ (16 oz) - LV	180	0	0	0	0	0	30	45	0	45	0	
Cherry Freeze™ (20 oz) - LV	270	0	0	0	0	0	45	69	0	69	0	
Cherry Freeze™ (32 oz) - LV	330	0	0	0	0	0	55	84	0	84	0	

Whiskey (80 proof) - Double - LV	250	0	0	0	0	0	0	0	0	0	0	0
Whiskey (80 proof) - Single - LV	120	0	0	0	0	0	0	0	0	0	0	0
White Sangria (16 oz) - LV	340	0	0	0	0	0	0	29	0	29	0	0
White Wine (8 fl oz) - LV	190	0	0	0	0	0	10	6	0	2	0	0

Vegetarian Menu

Taco Bell is the first QSR restaurant to offer an American Vegetarian Association (AVA) certified vegetarian* menu.

7-Layer Burrito	440	140	16	6	0	15	1,000	59	7	4	14	
Bean Burrito	380	100	11	4	0	5	1,060	55	9	3	14	
Black Bean Burrito	390	100	11	4	0	10	1,020	60	8	3	14	
Black Beans & Rice	190	30	3.5	0	0	0	390	35	6	<1	6	
Breakfast Soft Taco - Egg & Cheese	170	80	9	3	0	105	330	15	<1	<1	7	
Cheese Roll-Up	180	80	9	5	0	20	430	15	2	<1	9	
Double Tostada (regional)	270	100	11	4	0	15	660	32	8	2	12	
Pintos 'n Cheese	190	60	7	3	0	10	680	22	7	<1	10	
Power Menu Bowl - Veggie	480	160	18	5	0	20	980	64	13	3	16	
Power Menu Burrito - Veggie	430	160	18	6	0	20	950	52	9	5	14	
Quesadilla - Cheese	460	230	26	11	0.5	50	980	37	4	3	19	
Spicy Tostada	210	90	10	3	0	10	440	22	5	1	6	

Fountain Beverages (16 oz)

Brisk® Iced Tea and Lemonade (16 fl oz)	80	0	0	0	0	0	50	22	0	22	0	
Brisk® Mango Iced Tea (16 fl oz)	100	0	0	0	0	0	50	26	0	26	0	
Brisk® No Calorie Peach Iced Green Tea (16 fl oz)	0	0	0	0	0	0	140	0	0	0	0	
Brisk® Raspberry Iced Tea (16 fl oz)	100	0	0	0	0	0	55	26	0	26	0	
Brisk® Sweet Iced Tea (16 fl oz)	110	0	0	0	0	0	65	29	0	29	0	
Brisk® Unsweetened No Lemon Iced Tea (16 fl oz)	0	0	0	0	0	0	60	0	0	0	0	
Diet Dr Pepper® (16 fl oz)	0	0	0	0	0	0	95	0	0	0	0	
Diet Mtn Dew® (16 fl oz)	5	0	0	0	0	0	75	1	0	1	0	
Diet Pepsi® (16 fl oz)	0	0	0	0	0	0	75	0	0	0	0	
Dr Pepper® (16 fl oz)	190	0	0	0	0	0	60	52	0	51	0	
G2 - Fruit Punch (16 fl oz)	30	0	0	0	0	0	140	7	0	6	0	
Lipton® Brewed Iced Tea Sweetened (16 fl oz)	140	0	0	0	0	0	125	36	0	36	0	
Lipton® Brewed Iced Tea Unsweetened (16 fl oz)	0	0	0	0	0	0	160	0	0	0	0	
Manzanita Sol (16 fl oz)	210	0	0	0	0	0	45	58	0	57	0	

Mist Twst® (16 fl oz)	200	0	0	0	0	0	45	54	0	54	0	
Mtn Dew® (16 fl oz)	220	0	0	0	0	0	70	59	0	58	0	
Mtn Dew® Baja Blast™ (16 fl oz)	220	0	0	0	0	0	65	59	0	59	0	
Mtn Dew® Code Red (16 fl oz)	230	0	0	0	0	0	65	62	0	62	0	
Mtn Dew® Kickstart™ Orange Citrus (16 fl oz)	70	0	0	0	0	0	75	18	0	18	0	
Mtn Dew® Sangrita Blast™ (16 fl oz)	230	0	0	0	0	0	110	60	0	60	0	
Mug® Root Beer (16 fl oz)	190	0	0	0	0	0	60	52	0	52	0	
Pepsi® (16 fl oz)	200	0	0	0	0	0	45	55	0	55	0	
Pepsi® Wild Cherry (16 fl oz)	210	0	0	0	0	0	40	56	0	56	0	
Pepsi® Zero Sugar (16 fl oz)	0	0	0	0	0	0	50	0	0	0	0	
Sobe Lifewater® Yumberry Pomegranate - 0 Cal (16 fl oz)	0	0	0	0	0	0	65	0	0	0	0	
Tropicana® Fruit Punch (16 fl oz)	230	0	0	0	0	0	45	60	0	60	0	
Tropicana® Lemonade (16 fl oz)	210	0	0	0	0	0	210	54	0	53	0	
Tropicana® Pink Lemonade (16 fl oz)	210	0	0	0	0	0	210	53	0	53	0	

Fountain Beverages (20 oz)

Brisk® Iced Tea and Lemonade (20 fl oz)	110	0	0	0	0	0	60	28	0	27	0
Brisk® Mango Iced Tea (20 fl oz)	120	0	0	0	0	0	60	32	0	32	0
Brisk® No Calorie Peach Iced Green Tea (20 fl oz)	5	0	0	0	0	0	180	0	0	0	0
Brisk® Raspberry Iced Tea (20 fl oz)	130	0	0	0	0	0	70	33	0	33	0
Brisk® Sweet Iced Tea (20 fl oz)	130	0	0	0	0	0	80	36	0	36	0
Brisk® Unsweetened No Lemon Iced Tea (20 fl oz)	0	0	0	0	0	0	75	0	0	0	0
Diet Dr Pepper® (20 fl oz)	0	0	0	0	0	0	120	0	0	0	0
Diet Mtn Dew® (20 fl oz)	10	0	0	0	0	0	90	1	0	1	0
Diet Pepsi® (20 fl oz)	0	0	0	0	0	0	95	0	0	0	0
Dr Pepper® (20 fl oz)	240	0	0	0	0	0	75	65	0	64	0
G2 - Fruit Punch (20 fl oz)	35	0	0	0	0	0	180	9	0	8	0
Lipton® Brewed Iced Tea Sweetened (20 fl oz)	170	0	0	0	0	0	160	45	0	45	0
Lipton® Brewed Iced Tea Unsweetened (20 fl oz)	0	0	0	0	0	0	200	0	0	0	0
Manzanita Sol (20 fl oz)	260	0	0	0	0	0	55	73	0	71	0
Mist Twst® (20 fl oz)	260	0	0	0	0	0	55	68	0	68	0
Mtn Dew® (20 fl oz)	270	0	0	0	0	0	85	73	0	73	0
Mtn Dew® Baja Blast™ (20 fl oz)	280	0	0	0	0	0	80	74	0	73	0
Mtn Dew® Code Red (20 fl oz)	290	0	0	0	0	0	85	77	0	77	0
Mtn Dew® Kickstart™ Orange Citrus (20 fl oz)	90	0	0	0	0	0	90	23	0	22	0
Mtn Dew® Sangrita Blast™ (20 fl oz)	280	0	0	0	0	0	140	75	0	75	0

Mug® Root Beer (20 fl oz)	240	0	0	0	0	0	75	65	0	65	0
Pepsi® (20 fl oz)	250	0	0	0	0	0	55	69	0	69	0
Pepsi® Wild Cherry (20 fl oz)	260	0	0	0	0	0	50	70	0	70	0
Pepsi® Zero Sugar (20 fl oz)	0	0	0	0	0	0	60	0	0	0	0
Sobe Lifewater® Yumberry Pomegranate - 0 Cal (20 fl oz)	0	0	0	0	0	0	80	0	0	0	0
Tropicana® Fruit Punch (20 fl oz)	280	0	0	0	0	0	60	75	0	75	0
Tropicana® Lemonade (20 fl oz)	260	0	0	0	0	0	260	67	0	67	0
Tropicana® Pink Lemonade (20 fl oz)	260	0	0	0	0	0	260	67	0	67	0

Fountain Beverages (30 oz)

Brisk® Iced Tea and Lemonade (30 fl oz)	160	0	0	0	0	0	90	42	0	41	0
Brisk® Mango Iced Tea (30 fl oz)	180	0	0	0	0	0	90	48	0	48	0
Brisk® No Calorie Peach Iced Green Tea (30 fl oz)	10	0	0	0	0	0	270	0	0	0	0
Brisk® Raspberry Iced Tea (30 fl oz)	190	0	0	0	0	0	110	49	0	49	0
Brisk® Sweet Iced Tea (30 fl oz)	200	0	0	0	0	0	120	54	0	54	0
Brisk® Unsweetened No Lemon Iced Tea (30 fl oz)	0	0	0	0	0	0	115	0	0	0	0
Diet Dr Pepper® (30 fl oz)	0	0	0	0	0	0	180	1	0	0	0
Diet Mtn Dew® (30 fl oz)	10	0	0	0	0	0	140	1	0	1	0
Diet Pepsi® (30 fl oz)	0	0	0	0	0	0	140	0	0	0	0
Dr Pepper® (30 fl oz)	360	0	0	0	0	0	110	98	0	96	0
G2 - Fruit Punch (30 fl oz)	50	0	0	0	0	0	270	13	0	12	0
Lipton® Brewed Iced Tea Sweetened (30 fl oz)	260	0	0	0	0	0	240	68	0	68	0
Lipton® Brewed Iced Tea Unsweetened (30 fl oz)	0	0	0	0	0	0	300	0	0	0	0
Manzanita Sol (30 fl oz)	400	0	0	0	0	0	85	109	0	106	0
Mist Twst® (30 fl oz)	380	0	0	0	0	0	80	101	0	101	0
Mtn Dew® (30 fl oz)	410	0	0	0	0	0	125	110	0	109	0
Mtn Dew® Baja Blast™ (30 fl oz)	420	0	0	0	0	0	120	110	0	110	0
Mtn Dew® Code Red (30 fl oz)	430	0	0	0	0	0	125	116	0	115	0
Mtn Dew® Kickstart™ Orange Citrus (30 fl oz)	130	0	0	0	0	0	140	34	0	33	0
Mtn Dew® Sangrita Blast™ (30 fl oz)	430	0	0	0	0	0	210	113	0	113	0
Mug® Root Beer (30 fl oz)	360	0	0	0	0	0	110	98	0	98	0
Pepsi® (30 fl oz)	380	0	0	0	0	0	80	104	0	103	0
Pepsi® Wild Cherry (30 fl oz)	390	0	0	0	0	0	80	105	0	105	0
Pepsi® Zero Sugar (30 fl oz)	0	0	0	0	0	0	95	0	0	0	0
Sobe Lifewater® Yumberry Pomegranate - 0 Cal (30 fl oz)	5	0	0	0	0	0	120	1	0	0	0
Tropicana® Fruit Punch (30 fl oz)	420	0	0	0	0	0	90	113	0	112	0

Tropicana® Lemonade (30 fl oz)	390	0	0	0	0	0	390	100	0	100	0	
Tropicana® Pink Lemonade (30 fl oz)	390	0	0	0	0	0	390	100	0	100	0	

Hot Sauce Packets

Border Sauce - Fire	0	0	0	0	0	0	65	<1	0	0	0	
Border Sauce - Hot	0	0	0	0	0	0	45	0	0	0	0	
Border Sauce - Mild	0	0	0	0	0	0	35	0	0	0	0	
Diablo Sauce	0	0	0	0	0	0	30	0	0	0	0	
Salsa Del Sol	5	0	0	0	0	0	150	2	0	<1	0	

Last Updated: 04/10/2017



Ingredient Statement Key:

C = Color added

VC = Vegetable color added

PF = Protects flavor

P = Preservative

Prepared in house in canola oil (with tBHQ antioxidant and citric acid to protect flavor)

Menu data is based on current U.S. formulations (based on zero grams trans fat canola frying oil) as of the date posted. Product formulations and nutritional values may differ for Taco Bell® Express and "multi-brand" (Kentucky Fried Chicken®/Taco Bell®, Taco Bell®/Pizza Hut®, and Taco Bell®/Long John Silver's®) menu items that may be based on a different type of oil, and for products outside the continental U.S. Although this data is based on standard portion guidelines, variation can be expected due to seasonal influences, minor differences in product assembly per restaurant and other factors. Product formulations and/or ingredient changes may occur before www.tacobell.com is updated. Substitution of ingredients may alter nutritional values. Menu items and hours of availability may vary by location. Regional menu items are available only at participating locations. Except for Taco Bell® Express, multi-brand menu items, limited time offerings, and test market menu items, single-brand menu products as of the date posted are included in this Nutrition Guide. [Full Disclaimer]