

Item	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
6" Tortillas	1 Tortilla	90	2	1	0	0	220	15	1	0	3	0%	0%	6%	6%
10" Tortillas	1 Tortilla	210	5	2	0	0	510	36	1	0	6	0%	0%	15%	10%
12" Tortillas	1 Tortilla	310	7	3	0	0	740	52	2	0	8	0%	0%	20%	15%
Burrito Bowl	1 Bowl	0	0	0	0	!	0	0	0	0	0	0%	0%	0%	0%
Rice	75g	90	0.2	0	0	0	30	21	0	0	2	0%	0%	0%	2%
Sauteed Veggies	60g	70	5	0.4	0	0	70	4	1	2	1	2%	45%	0%	2%
Pinto Beans	54g	80	0.5	0.1	0	0	150	14	5	0	5	0%	0%	2%	8%
Black Beans	72g	100	1	0.2	0	0	530	17	6	0	6	0%	0%	2%	10%
Cheese Jack/Cheddar	5 TBL Spoons	120	9	6	0.4	35	200	1	0	0	8	6%	0%	20%	0%
Guacamole	39g	50	4.5	0.5	0	0	130	3	2	0	1	0%	8%	0%	2%
Salsa Fresca	49g	10	0	0	0	0	330	2	1	1	0.4	4%	10%	0%	0%
Mango & Pineapple Salsa	53g	25	0	0	0	0	80	7	1	6	0.3	2%	35%	0%	0%
Salsa Verde	46g	20	0.5	0.1	0	0	60	3	1	2	0.5	0%	10%	0%	2%
Corn Salsa	57g	45	0.5	0.1	0	0	160	10	1	2	2	2%	15%	0%	2%
Sour Cream	2 tbsp (30ml)	50	4	2.5	0.1	15	40	2	0	1	1	4%	0%	0%	0%
Marinated Chicken Breast	120g	170	9	3	0.1	60	550	1	0	0	21	2%	0%	0%	6%
Marinated Steak	120g	190	10	4	0	65	130	1	0	0	24	0%	0%	2%	20%
Carnitas Diced Pork	120g	250	13	5	0.1	105	340	0	0	0	33	0%	4%	2%	15%
Barbacoa Diced Beef	120g	290	14	6	0.4	110	300	0	0	0	41	0%	0%	2%	30%
Chorizo	1 portion 100g	270	22	8	0.2	30	410	4	0	1	15	0%	0%	2%	20%
Shrimp	75g	110	6	0.5	0	135	250	0	0	0	15	6%	2%	2%	15%
Tortilla Chips	About 10 Chips	60	0.5	0	0	0	30	12	1	0	1	0%	0%	0%	2%
Cheese Sauce	1/4 Cup	100	8	2	2.5	0	720	0	0	1	1	4%	0%	4%	0%