

Taco Tico, Inc.

Nutrition Facts

Compiled by Lifestyle Strategies for Health and Weight Management, LLC™
at Health Strategies - Wichita, Kansas - 2005

Product	Calories	Cal from Fat	Total Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Taco	202	105	12	5	22	458	13	2	0	11
Soft Flour Taco	237	100	11	5	22	702	21	3	0	13
Crispy Flour Taco	321	186	15	7	22	635	20	3	0	13
Bean and Cheese Burrito	321	90	10	6	18	832	43	6	1	13
Combo Burrito	461	166	19	9	40	1345	49	8	1	24
Chili Burrito	581	186	21	10	52	1925	66	12	3	32
Enchilada - Meat	303	162	18	12	42	895	17	3	1	18
Enchilada - Cheese	383	245	28	27	60	722	13	1	1	19
Enchilada - Chicken	235	97	11	5	74	606	11	1	1	22
Double Enchilada - Meat	607	323	36	25	84	1790	33	7	2	37
Double Enchilada - Cheese	767	490	55	54	120	1443	27	1	2	38
Double Enchilada - Chicken	471	194	21	11	148	1211	22	1	2	44
Cheese Nachos	284	135	14	2	2	515	38	2	3	4
Sancho	419	173	20	8	38	1289	37	5	1	23
Chicken Sancho	299	73	8	3	62	951	30	1	1	24
Tostada	378	194	16	8	26	757	30	5	1	15
Deluxe Tostada	460	238	21	10	34	892	38	7	2	18
Taco Salad	833	475	56	19	60	1609	55	7	2	33
Chicken Taco Salad	731	378	44	11	104	1251	47	3	2	38
Tacoburger	433	181	20	8	48	1203	38	5	4	26
Tico de Gallo - 1 oz serving	21	17	2	0	0	101	1	0	0	0
Texas Style Beef Burrito	1290	423	49	17	71	4708	167	14	5	48
Texas Style Chicken Burrito	1152	320	37	13	82	4314	160	10	5	45
Texas Style Fajita Steak Burrito	1194	362	42	14	76	4198	161	11	5	44
Texas Style Beef Sancho	1250	546	63	21	92	3434	121	12	4	54
Texas Style Chicken Sancho	972	367	43	13	81	2527	108	6	4	39
Texas Style Fajita Steak Sancho	1013	408	47	15	75	2411	109	7	4	39
Texas Stacked Enchilada	1030	517	57	25	113	2614	79	13	4	54
Burrito Dinner	1302	421	47	20	81	4101	170	20	4	53
Enchilada Dinner	1144	416	47	23	84	3651	138	15	4	48
Pizzadio	667	362	30	13	46	1322	48	7	2	24
Sancho Dinner	1260	428	48	19	80	4045	158	17	4	53
Mexican Dinner	1661	623	70	33	123	5135	189	25	6	72

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Beef and Cheese Nachos	510	254	27	6	24	1150	55	5	3	16
Deluxe Burrito w/Green Onion	698	308	35	17	68	1977	63	11	2	35
Deluxe Burrito w/o Green Onion	695	308	35	17	68	1977	62	11	2	35
Cheese Quesadilla	403	317	36	17	60	595	6	0	2	14
Deluxe Enchilada - Meat	731	402	45	28	100	2088	40	8	3	43
Deluxe Enchilada - Cheese	931	610	69	64	145	1654	31	1	3	45
Deluxe Enchilada - Chicken	561	240	27	12	175	1440	26	1	3	52
Deluxe Sancho	724	350	41	20	80	2124	50	8	2	40
Chicken Quesadilla	457	326	36	18	93	877	7	0	2	25
Meat Lovers Quesadilla	503	304	34	20	83	1349	21	5	3	30
Mexican Rice	669	12	1	0	0	4133	152	5	4	16
Refried Beans	303	70	8	6	30	877	41	13	1	17
Chili with Cheese	303	80	8	6	35	1287	36	8	5	20
Kid's Meal Bean Burrito w/Chips	696	265	30	8	18	944	91	8	1	18
Kid's Meal Bean Burrito w/Crustos	861	444	53	11	18	1408	91	8	2	22
Kid's Meal Soft Taco w/Chips	612	274	31	8	22	814	68	5	0	18
Kid's Meal Soft Taco w/Crustos	777	454	54	11	22	1278	69	5	2	22
Kid's Meal Taco w/Chips	577	280	32	8	22	571	61	5	0	16
Kid's Meal Taco w/Crustos	742	459	55	11	22	1034	61	4	1	20
Meat and Potato Burrito	545	240	26	11	33	1721	58	6	3	21
Fiesta Chicken Burrito	649	234	26	10	74	2323	72	2	3	29
Chipotle Steak Burrito	690	275	31	11	68	2207	73	4	3	29
Deluxe Nachos	924	410	44	10	47	1981	107	15	5	31
Chicken Soft Taco	168	48	5	2	30	467	17	1	0	12
Deluxe Taco	438	242	27	12	48	953	28	4	1	23