



Taco Bell

FULL NUTRITION INFORMATION: ALL ITEMS

item	serving size (g)	calories	calories from fat (g)	saturated fat (g)	total fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	dietary fiber (g)	sugars (G)	protein (g)	Fresco style meets 25% reduction in fat*
\$ Cravings													
Beefy Fritos® Burrito	181	440	160	5	18	0	20	1030	55	4	3	13	-
Beefy Mini Quesadilla	84	210	110	4	12	0	25	560	17	3	1	9	✓
Caramel Apple Empanada	85	310	140	2.5	15	0	0	310	39	2	13	3	N/A
Cheese Roll-Up	57	180	80	5	9	0	20	430	15	2	1	9	N/A
Cheesy Bean and Rice Burrito	181	420	160	3.5	17	0	0	930	55	6	4	11	✓
Cinnabon® Delights™ 2 Pack	35	160	80	2	9	0	5	80	17	0	10	2	-
Cinnamon Twists	35	170	60	0	7	0	0	200	26	1	10	1	N/A
Shredded Chicken Mini Quesadilla	84	180	70	2.5	8	0	25	540	15	2	1	12	✓
Spicy Potato Soft Taco	98	250	120	3	13	0	10	510	28	3	1	6	✓
Spicy Tostada	113	200	90	2.5	10	0	10	440	22	4	1	7	✓
Triple Layer Nachos	128	320	140	1.5	15	0	0	600	41	6	2	7	-
Beverages													
Dr Pepper Vanilla Float Freeze	499	220	0	0	0	0	0	55	57	0	55	0	-
Dr Pepper Vanilla Float Freeze 16 oz	403	180	0	0	0	0	0	45	46	0	44	0	-
Mtn Dew® Baja Blast Freeze	499	250	0	0	0	0	0	75	63	0	58	0	N/A
Mtn Dew® Baja Blast Freeze 16 oz	403	200	0	0	0	0	0	60	51	0	47	0	N/A
Premium Hot Coffee	369	10	0	0	0	0	0	0	0	0	0	2	N/A

Premium Hot Coffee with creamer	374	35	15	0	1.5	0	0	0	3	0	3	2	-
Starburst Strawberry Freeze	499	240	0	0	0	0	0	20	60	0	58	0	-
Starburst Strawberry Freeze 16oz	403	190	0	0	0	0	0	15	49	0	47	0	-
Tropicana® Orange Juice	296	140	0	0	0	0	0	20	33	0	28	2	N/A
Brisk® Iced Tea and Lemonade 16 oz	454	80	0	0	0	0	0	50	22	0	22	0	N/A
Brisk® Iced Tea and Lemonade 20 oz	567	100	0	0	0	0	0	60	27	0	27	0	N/A
Brisk® Iced Tea and Lemonade 30 oz	851	150	0	0	0	0	0	95	41	0	41	0	N/A
Brisk® Iced Tea and Lemonade 40 oz	1134	200	0	0	0	0	0	125	55	0	55	0	N/A
Brisk® Mango Fiesta 16 oz	454	100	0	0	0	0	0	50	26	0	26	0	N/A
Brisk® Mango Fiesta 20 oz	567	120	0	0	0	0	0	60	32	0	32	0	N/A
Brisk® Mango Fiesta 30 oz	851	190	0	0	0	0	0	95	49	0	49	0	N/A
Brisk® Mango Fiesta 40 oz	1134	250	0	0	0	0	0	125	65	0	65	0	N/A
Diet Mtn Dew® Baja Blast 16 oz	454	0	0	0	0	0	0	70	0	0	0	0	N/A
Diet Mtn Dew® Baja Blast 20 oz	567	0	0	0	0	0	0	85	0	0	0	0	N/A
Diet Mtn Dew® Baja Blast 30 oz	851	0	0	0	0	0	0	130	0	0	0	0	N/A
Diet Mtn Dew® Baja Blast 40 oz	1134	0	0	0	0	0	0	170	0	0	0	0	N/A
Diet Pepsi 16 oz	454	0	0	0	0	0	0	50	0	0	0	0	N/A
Diet Pepsi 20 oz	567	0	0	0	0	0	0	65	0	0	0	0	N/A
Diet Pepsi 30 oz	851	0	0	0	0	0	0	95	0	0	0	0	N/A
Diet Pepsi 40 oz	1134	0	0	0	0	0	0	125	0	0	0	0	N/A
Dr Pepper 16 oz	454	200	0	0	0	0	0	70	54	0	54	0	N/A
Dr Pepper 20 oz	567	250	0	0	0	0	0	90	68	0	68	0	N/A
Dr Pepper 30 oz	851	380	0	0	0	0	0	130	102	0	102	0	N/A
Dr Pepper 40 oz	1134	500	0	0	0	0	0	180	135	0	135	0	N/A
MUG Root Beer 16 oz	454	200	0	0	0	0	0	30	52	0	52	0	N/A
MUG Root Beer 20 oz	567	250	0	0	0	0	0	40	65	0	65	0	N/A
MUG Root Beer 30 oz	851	380	0	0	0	0	0	55	98	0	98	0	N/A
MUG Root Beer 40 oz	1134	500	0	0	0	0	0	75	130	0	130	0	N/A
Manzanita Sol® 16 oz	454	220	0	0	0	0	0	50	58	0	56	0	N/A
Manzanita Sol® 20 oz	568	280	0	0	0	0	0	65	73	0	70	0	N/A

Manzanita Sol® 30 oz	851	410	0	0	0	0	0	95	109	0	105	0	N/A
Manzanita Sol® 40 oz	1134	550	0	0	0	0	0	125	145	0	140	0	N/A
Mountain Dew 16 oz	454	220	0	0	0	0	0	70	58	0	58	0	N/A
Mountain Dew 20 oz	567	280	0	0	0	0	0	90	73	0	73	0	N/A
Mountain Dew 30 oz	851	410	0	0	0	0	0	130	109	0	109	0	N/A
Mountain Dew 40 oz	1134	550	0	0	0	0	0	180	145	0	145	0	N/A
Mountain Dew Baja Blast 16 oz	454	220	0	0	0	0	0	60	58	0	58	0	N/A
Mountain Dew Baja Blast 20 oz	567	280	0	0	0	0	0	75	73	0	73	0	N/A
Mountain Dew Baja Blast 30 oz	851	410	0	0	0	0	0	115	109	0	109	0	N/A
Mountain Dew Baja Blast 40 oz	1134	550	0	0	0	0	0	150	145	0	145	0	N/A
Mtn Dew® Sangria Blast 16 oz	454	220	0	0	0	0	0	110	60	0	60	0	N/A
Mtn Dew® Sangria Blast 20 oz	568	280	0	0	0	0	0	140	75	0	75	0	N/A
Mtn Dew® Sangria Blast 30 oz	851	410	0	0	0	0	0	210	112	0	112	0	N/A
Mtn Dew® Sangria Blast 40 oz	1134	550	0	0	0	0	0	270	150	0	150	0	N/A
Pepsi 16 oz	454	200	0	0	0	0	0	40	56	0	56	0	N/A
Pepsi 20 oz	567	250	0	0	0	0	0	50	70	0	70	0	N/A
Pepsi 30 oz	851	380	0	0	0	0	0	75	105	0	105	0	N/A
Pepsi 40 oz	1134	500	0	0	0	0	0	100	140	0	140	0	N/A
Sierra Mist 16 oz	454	200	0	0	0	0	0	40	54	0	54	0	N/A
Sierra Mist 20 oz	567	250	0	0	0	0	0	50	68	0	68	0	N/A
Sierra Mist 30 oz	851	380	0	0	0	0	0	75	101	0	101	0	N/A
Sierra Mist 40 oz	1134	500	0	0	0	0	0	100	135	0	135	0	N/A
SoBe® Lifewater™ Yumberry Pomegranate 16 oz	454	0	0	0	0	0	0	60	0	0	0	0	N/A
SoBe® Lifewater™ Yumberry Pomegranate 20 oz	567	0	0	0	0	0	0	75	0	0	0	0	N/A
SoBe® Lifewater™ Yumberry Pomegranate 30 oz	851	0	0	0	0	0	0	110	0	0	0	0	N/A
SoBe® Lifewater™ Yumberry Pomegranate 40 oz	1134	0	0	0	0	0	0	150	0	0	0	0	N/A
Breakfast* Available at Participating Taco Bell® Locations													

A.M. Crunchwrap® - Bacon	207	660	370	12	41	0	130	1280	51	4	3	22	N/A
A.M. Crunchwrap® - Sausage	221	710	420	14	46	0	135	1150	51	4	3	21	N/A
A.M. Crunchwrap® - Steak	235	650	340	11	38	0.5	140	1240	51	4	3	26	N/A
A.M. Grilled Taco - Bacon	78	230	130	5	14	0	105	580	15	1	1	12	N/A
A.M. Grilled Taco - Egg and Cheese	64	170	80	3	9	0	90	330	15	1	1	7	N/A
A.M. Grilled Taco - Sausage	78	220	130	5	14	0	105	440	15	1	1	9	N/A
California A.M. Crunchwrap	235	630	330	11	37	0	125	1370	52	5	3	22	√
Cheesy Burrito - Bacon	167	490	250	11	28	0	210	1070	36	3	3	23	√
Cheesy Burrito - Bacon - Fresco Style	160	380	170	6	19	0	185	930	36	2	3	16	-
Cheesy Burrito - Fiesta Potato	217	530	250	10	28	0	195	1090	50	4	3	20	√
Cheesy Burrito - Fiesta Potato - Fresco Style	210	430	170	4.5	19	0	170	950	50	4	3	14	-
Cheesy Burrito - Sausage	167	470	250	11	28	0	210	930	36	3	2	20	√
Cheesy Burrito - Sausage - Fresco Style	160	370	170	6	19	0	180	790	36	2	3	14	-
Cheesy Burrito - Steak and Egg	173	450	210	9	23	0.5	135	960	37	3	2	24	√
Cheesy Burrito - Steak and Egg - Fresco Style	160	320	100	3.5	12	0	110	800	36	3	3	18	N/A
Cinnabon® Delights™ 12 Pack	208	930	480	13	53	2	40	480	104	3	59	9	N/A
Cinnabon® Delights™ 2 Pack	35	160	80	2	9	0	5	80	17	0	10	2	-
Cinnabon® Delights™ 4 Pack	69	310	160	4.5	18	0.5	15	160	35	1	20	3	-
Country AM Crunchwrap - Sausage	235	660	360	13	40	0	130	1260	54	4	5	21	√
Country Grilled Breakfast Burrito - Sausage	160	390	160	5	18	0	95	920	45	3	5	12	-
Grande Scrambler Burrito - Bacon	293	680	320	9	36	0	195	1570	68	5	5	22	√
Grande Scrambler Burrito - Sausage	292	670	330	9	36	0	195	1410	67	5	5	19	√
Grande Scrambler Burrito - Steak	320	670	300	9	33	0	205	1510	68	5	4	26	√
Grilled Breakfast Burrito - Bacon	129	350	150	5	17	0	100	880	36	2	3	13	√
Grilled Breakfast Burrito - Fiesta Potato	157	340	130	3.5	15	0	85	790	43	3	3	10	√
Grilled Breakfast Burrito - Sausage	129	340	150	5	17	0	95	740	36	2	3	11	√
Hash Brown	54	160	100	1	11	0	0	250	14	1	0	1	N/A
Premium Hot Coffee	369	10	0	0	0	0	0	0	0	0	0	2	N/A
Premium Hot Coffee with creamer	374	35	15	0	1.5	0	0	0	3	0	3	2	-

Sausage Flatbread Melt	89	300	150	6	17	0	25	410	27	2	3	11	-
Side of Eggs	28	60	40	1	4.5	0	85	95	1	0	0	3	N/A
Tropicana® Orange Juice	296	140	0	0	0	0	0	20	33	0	28	2	N/A
Waffle Taco - Bacon	103	320	160	5	18	0	110	670	28	1	9	13	-
Waffle Taco - Egg and Cheese	88	260	110	3	13	0	95	420	27	1	8	8	-
Waffle Taco - Sausage	117	370	210	7	23	0	115	550	28	1	8	12	-
Burritos													
7-Layer Burrito	232	430	150	6	16	0	15	1020	57	7	4	15	√
Bean Burrito	190	370	100	4	11	0	5	1050	55	8	3	15	-
Beefy 5-Layer Burrito	230	510	180	8	20	0	30	1290	64	8	5	19	√
Beefy Fritos® Burrito	181	440	160	5	18	0	20	1030	55	4	3	13	-
Black Bean Burrito	204	390	110	4.5	12	0	15	1000	57	8	3	14	√
Burrito Supreme® - Chicken	240	390	110	5	12	0	40	1090	50	6	4	21	√
Burrito Supreme® - Steak	240	400	120	5	13	0	35	1090	49	6	4	21	√
Burrito Supreme® – Beef	240	410	140	7	16	0	30	1140	51	7	4	17	√
Cantina Power Burrito - Chicken	265	460	180	7	20	0	75	1180	43	4	4	28	√
Cantina Power Burrito - Steak	265	470	190	8	22	0	70	1180	41	5	4	28	√
Cantina Power Burrito - Veggie	242	430	170	7	19	0	20	940	52	9	5	15	√
Cheesy Bean and Rice Burrito	181	420	160	3.5	17	0	0	930	55	6	4	11	√
Cheesy Burrito - Steak and Egg	173	450	210	9	23	0.5	135	960	37	3	2	24	√
Cheesy Potato Burrito	237	510	210	7	24	0.5	40	1350	56	7	4	18	-
Chicken Burrito	169	400	160	4.5	18	0	30	960	45	3	3	16	√
Chili Cheese Burrito	153	370	150	8	16	0.5	35	900	39	4	2	16	√
Combo Burrito	232	450	170	7	18	0.5	40	1380	51	9	3	21	√
Quesarito	259	650	300	12	34	0.5	60	1450	65	6	5	22	√
Smothered Burrito - Beef	387	700	310	13	35	1	75	2260	68	9	4	28	√
Smothered Burrito - Shredded Chicken	387	650	250	10	28	0	70	2220	65	7	4	34	√
Smothered Burrito - Steak	387	670	270	11	30	0.5	85	2160	65	6	4	36	√
XXL Grilled Stuff Burrito - Beef	434	870	370	14	41	1	70	2200	91	12	7	32	√

XXL Grilled Stuff Burrito - Chicken	434	830	310	11	34	0	85	2100	90	9	6	40	√
XXL Grilled Stuff Burrito - Steak	434	840	320	12	36	0.5	85	2100	88	9	6	40	√
Chalupas													
Chalupa Supreme® - Chicken	153	350	160	4	18	0	40	530	31	2	4	17	√
Chalupa Supreme® - Steak	153	350	170	4.5	19	0	35	530	30	2	4	17	-
Chalupa Supreme® – Beef	153	370	190	5	21	0	30	580	31	4	4	13	-
Condiments and Sauces													
Avocado Ranch Dressing	14	80	70	1.5	8	0	5	100	1	0	0	0	N/A
Border Sauce - Fire	7	0	0	0	0	0	0	60	0	0	0	0	N/A
Border Sauce - Hot	7	0	0	0	0	0	0	45	0	0	0	0	N/A
Border Sauce - Mild	7	0	0	0	0	0	0	35	0	0	0	0	N/A
Cilantro Dressing	0	0	0	0	0	0	0	0	0	0	0	0	N/A
Creamy Jalapeno Sauce	14	70	70	1	7	0	0	50	1	0	1	0	N/A
Green Tomatillo Sauce	28	10	0	0	0	0	0	170	2	0	1	0	N/A
Guacamole	21	35	25	0	3	0	0	105	2	1	0	0	N/A
Pepper Jack Sauce	14	70	60	1	7	0	5	50	1	0	0	0	N/A
Pico de Gallo	21	5	0	0	0	0	0	35	1	0	1	0	N/A
Pizza Sauce	28	10	0	0	0	0	0	75	2	0	1	0	N/A
Red Sauce	28	10	0	0	0	0	0	180	2	0	0	0	N/A
Reduced Fat Sour Cream	21	30	15	1	2	0	5	20	2	0	1	1	N/A
Salsa	85	25	0	0	0	0	0	450	5	1	3	1	N/A
Salsa Verde	6	5	0	0	0	0	0	55	1	0	0	0	N/A
Fresco													
Fresco Burrito Supreme® – Chicken	232	340	70	2.5	8	0	25	1060	49	6	4	19	-
Fresco Burrito Supreme® – Steak	232	350	80	3	9	0	25	1060	48	6	4	19	-
Fresco Chicken Soft Taco	106	140	30	1	3.5	0	15	470	16	2	2	10	-
Fresco Crunchy Taco	92	150	70	2.5	8	0	20	310	13	3	1	6	-

Fresco Grilled Steak Soft Taco	120	150	40	1.5	4.5	0	25	440	16	2	2	12	-
Fresco Soft Taco	106	160	60	2.5	7	0	20	490	17	3	2	8	-
Gorditas													
Cheesy Gordita Crunch	174	490	250	10	28	1	55	830	40	5	4	20	N/A
Doritos® Cheesy Gordita Crunch - Cool Ranch	174	490	250	10	28	1	55	890	40	5	5	20	-
Doritos® Cheesy Gordita Crunch - Fiery	174	490	250	10	28	1	55	890	40	5	4	20	-
Doritos® Cheesy Gordita Crunch - Nacho Cheese	174	490	250	10	28	1	55	880	40	5	5	20	-
Gordita Supreme® - Chicken	153	270	80	3.5	9	0	40	530	31	2	5	17	√
Gordita Supreme® - Steak	153	280	90	4	10	0	35	530	30	2	5	17	√
Gordita Supreme® - Beef	153	290	110	5	13	0	30	580	31	3	5	13	√
Nachos													
Nachos	102	310	160	1.5	17	0	0	470	34	3	2	4	-
Nachos BellGrande®	308	760	350	6	39	0	25	1320	85	13	5	19	-
Nachos Supreme	203	450	210	5	24	0	25	860	46	8	4	13	-
Triple Layer Nachos	128	320	140	1.5	15	0	0	600	41	6	2	7	-
Sides													
Black Beans	62	80	10	0	1.5	0	0	200	12	5	1	4	N/A
Black Beans and Rice	136	180	35	0	4	0	0	430	30	5	1	6	-
Caramel Apple Empanada	85	310	140	2.5	15	0	0	310	39	2	13	3	N/A
Cheesy Fiesta Potatoes	126	270	130	2.5	15	0	5	600	31	3	1	4	√
Chips and Guacamole	106	320	180	2.5	20	0	0	450	32	6	1	4	N/A
Chips and Pico De Gallo	106	230	100	1	11	0	0	260	30	3	2	3	N/A
Cinnabon® Delights™ 2 Pack	35	160	80	2	9	0	5	80	17	0	10	2	-
Cinnabon® Delights™ 4 Pack	69	310	160	4.5	18	0.5	15	160	35	1	20	3	-
Cinnamon Twists	35	170	60	0	7	0	0	200	26	1	10	1	N/A
Pintos n Cheese	122	190	60	3	7	0	10	670	21	6	1	11	√
Premium Latin Rice	74	100	25	0	2.5	0	0	230	18	0	0	2	N/A

Specialties														
A.M. Crunchwrap® - Bacon	207	660	370	12	41	0	130	1280	51	4	3	22	N/A	
A.M. Crunchwrap® - Sausage	221	710	420	14	46	0	135	1150	51	4	3	21	N/A	
A.M. Crunchwrap® - Steak	235	650	340	11	38	0.5	140	1240	51	4	3	26	N/A	
Beefy Mini Quesadilla	84	210	110	4	12	0	25	560	17	3	1	9	✓	
Beefy Nacho Griller	156	400	160	4.5	18	0	20	910	48	5	3	12	N/A	
Cantina Power Bowl - Chicken	370	490	180	6	20	0	75	1270	49	8	3	29	✓	
Cantina Power Bowl - Steak	370	500	200	7	22	0	70	1270	47	8	3	29	✓	
Cantina Power Bowl - Veggie	347	460	170	5	19	0	20	1040	58	13	4	16	✓	
Cheese Quesadilla	139	460	230	11	26	0.5	50	980	37	4	3	19	N/A	
Cheese Roll-Up	57	180	80	5	9	0	20	430	15	2	1	9	N/A	
Chicken Quesadilla	181	510	250	12	27	0.5	75	1200	39	4	3	28	N/A	
Chili Cheese Burrito	153	370	150	8	16	0.5	35	900	39	4	2	16	✓	
Chili Cheese Fries Loaded Griller	159	370	130	3	14	0	5	930	51	4	3	9	-	
Chipotle Ranch Chicken Loaded Griller	132	280	70	3	8	0	30	690	37	2	3	15	-	
Crunchwrap Supreme®	265	540	190	7	21	0	25	1210	71	6	6	16	✓	
Doritos® Cheesy Gordita Crunch - Cool Ranch	174	490	250	10	28	1	55	890	40	5	5	20	-	
Doritos® Cheesy Gordita Crunch - Fiery	174	490	250	10	28	1	55	890	40	5	4	20	-	
Doritos® Cheesy Gordita Crunch - Nacho Cheese	174	490	250	10	28	1	55	880	40	5	5	20	-	
Double Tostada	179	270	100	4	11	0	15	650	32	8	2	12	-	
Express Taco Salad w/ Chips	398	580	260	10	29	1	55	1380	57	9	5	23	-	
Loaded Potato Griller	177	450	190	6	21	0	20	1140	54	4	4	13	N/A	
MexiMelt®	120	250	120	7	14	0.5	40	730	19	3	2	14	✓	
Mexican Pizza	213	550	280	8	31	0.5	40	950	48	7	3	21	-	
Quesarito	259	650	300	12	34	0.5	60	1450	65	6	5	22	✓	
Shredded Chicken Mini Quesadilla	84	180	70	2.5	8	0	25	540	15	2	1	12	✓	
Smothered Burrito - Beef	387	700	310	13	35	1	75	2260	68	9	4	28	✓	
Smothered Burrito - Shredded Chicken	387	650	250	10	28	0	70	2220	65	7	4	34	✓	

Smothered Burrito - Steak	387	670	270	11	30	0.5	85	2160	65	6	4	36	√
Spicy Tostada	113	200	90	2.5	10	0	10	440	22	4	1	7	√
Steak Quesadilla	181	520	250	12	28	0.5	75	1200	38	4	3	28	N/A
Taco Salads													
Express Taco Salad w/ Chips	398	580	260	10	29	1	55	1380	57	9	5	23	-
Fiesta Taco Salad-Beef	457	780	380	10	42	1	55	1590	74	11	7	26	-
Fiesta Taco Salad-Chicken	457	740	320	7	35	0	70	1500	72	8	7	34	-
Fiesta Taco Salad-Steak	457	750	330	8	37	0.5	70	1500	71	8	7	34	-
Tacos													
Chicken Soft Taco	92	160	50	2.5	5	0	25	480	16	2	1	12	√
Cool Ranch® Doritos® Locos Taco	78	160	90	3.5	10	0	25	370	13	3	1	8	-
Cool Ranch® Doritos® Locos Taco Supreme	113	200	100	5	12	0	30	390	15	3	3	8	√
Crunchy Taco	78	170	90	3.5	10	0	25	310	12	3	1	8	-
Crunchy Taco Supreme®	113	200	110	5	12	0	30	340	15	3	2	8	√
DOUBLE DECKER® Taco Supreme®	184	350	140	6	16	0	30	730	38	7	3	14	-
Double Decker® Taco	149	320	120	5	14	0	25	710	36	7	2	14	√
Fiery Doritos® Locos Taco	78	170	90	3.5	10	0	25	370	12	3	1	8	√
Fiery Doritos® Locos Taco Supreme	113	200	100	5	12	0	30	400	15	3	2	9	√
Fresco Chicken Soft Taco	106	140	30	1	3.5	0	15	470	16	2	2	10	-
Fresco Crunchy Taco	92	150	70	2.5	8	0	20	310	13	3	1	6	-
Grilled Steak Soft Taco	112	200	90	3.5	10	0	35	490	16	2	2	13	√
Nacho Cheese Doritos® Locos Taco	78	170	90	3.5	10	0	25	360	13	3	1	8	√
Nacho Cheese Doritos® Locos Taco Supreme	113	200	100	5	11	0	30	390	15	3	2	9	√
Soft Taco Supreme® – Beef	128	220	100	5	11	0	30	520	20	3	3	10	√
Soft Taco-Beef	92	190	80	4	9	0	25	500	17	3	1	9	-
Spicy Chicken Cool Ranch® DLT Supreme	113	170	70	3	8	0	30	370	14	2	3	11	√
Spicy Potato Soft Taco	98	250	120	3	13	0	10	510	28	3	1	6	√

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Product 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. 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.

Nutrition values for fountain beverages do not account for ice. Depending on the sodium content of the water where the beverage is dispensed, the actual sodium content may be higher or lower than the listed values.

* Breakfast Available at Participating Taco Bell® Locations.

** "Fresco Style" fat reduction varies per menu item and not all menu items will meet a 25% reduction in fat.

N/A = The "Fresco Style" option is not available for this menu item

- = Using the "Fresco Style" option does not provide a 25% reduction in fat

√ = Using the "Fresco Style" option will provide a 25% reduction in fat