Taco Casa's Nutrition Facts

	SERVING SIZE	TOTAL CALORIES (cal)	CALORIES FROM FAT (fat cal)	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBOHYDRATES (g)	DIETARY FIBER (g)	SUGAR (g)	PROTEIN (g)
TACO	1 (91g)	210	110	13	7	0	45	450	10	1	1	14
SOFT TACO	1 (128g)	260	130	14	6	0	50	750	15	1	1	17
TOSTADA	1 (159g)	250	120	14	8	0	30	650	22	5	1	12
FRIJOLES	1 (230g)	390	170	19	9	0	35	1170	38	13	1	19
CHILI BURGER	1 (158g)	250	70	8	2.5	0	35	900	30	2	4	15
BEAN BURRITO (mild)	1 (209g)	440	150	17	8	0	25	1380	55	8	1	17
BEAN BURRITO (spicy)	1 (208g)	440	160	17	8	0	25	1250	54	7	2	17
COMBINATION BURRITO (mild)	1 (215g)	480	190	21	10	0	60	1610	47	5	1	25
COMBINATION BURRITO (spicy)	1 (214g)	480	190	21	10	0	60	1470	46	4	2	24
MEAT BURRITO (mild)	1 (221g)	520	220	25	11	.5	90	1830	40	2	1	32
MEAT BURRITO (spicy)	1 (219g)	520	230	25	11	.5	90	1700	39	2	2	32
****NACHOS***	1 (414g)	1070	540	60	19	8	40	2190	110	7	5	21
CASA DELITES	1 (107g)	560	290	32	25	.5	0	520	61	3	25	6
SUPER BURRITO	1 (289g)	550	240	26	12	0	70	1750	50	5	3	26
SUPER TOSTADA	1 (287g)	410	220	24	11	0	75	1160	27	6	3	22
CHILADA	1 (248g)	480	250	28	12	.5	80	1800	30	5	1	27
SUPER NACHOS	1 (615g)	1380	710	79	29	8	120	2790	124	11	8	37
SUPER SALAD	1 (561g)	890	510	56	34	1	100	1990	59	8	9	35
SUPER TACO	1 (198g)	380	210	23	12	.5	90	760	16	2	2	24
TACO LITE	1 (215g)	470	270	30	17	.5	90	920	23	2	3	26
CHEESE (extra)	1 (2.0oz)	210	153	17	10	.5	51	325	1	0	0	15
OLIVES (extra)	1 (2.0oz)	50	23	3	0	0	0	265	2	0	0	0
PEPPERS (extra)	1 (2.0oz)	5	0	0	0	0	0	250	1	1	0	0
SALSA (extra)	1 (3.0oz)	30	0	0	0	0	0	510	6	0	3	0
SOUR CREAM (extra)	1 (2.0oz)	120	90	10	7	0	41	30	2	0	2	2
TOMATOES (extra)	1 (2.0oz)	9	1	.1	0	1	1	2	2	1	1	1
COKE Small	1 (368g)	150	0	0	0	0	0	0	41	0	41	0
COKE Medium	1 (522g)	210	0	0	0	0	0	5	57	0	57	0
COKE Large	1 (706g)	280	0	0	0	0	0	5	78	0	78	0
DIET COKE Small	1 (355g)	0	0	0	0	0	0	15	0	0	0	0
DIET COKE Medium	1 (503g)	0	0	0	0	0	0	20	0	0	0	0
DIET COKE Large	1 (681g)	0	0	0	0	0	0	30	0	0	0	0
DR PEPPER Small	1 (369g)	150	0	0	0	0	0	55	41	0	41	0
DR PEPPER Medium	1 (523g)	210	0	0	0	0	0	75	57	0	57	0
DR PEPPER Large	1 (707g)	290	0	0	0	0	0	100	78	0	78	0
PINK LEMONADE Small	1 (371g)	160	0	0	0	0	0	105	43	0	41	0
PINK LEMONADE Medium	1 (525g)	220	0	0	0	0	0	150	61	0	58	0
PINK LEMONADE Large	1 (711g)	300	0	0	0	0	0	200	82	0	78	0
ROOT BEER Small	1 (370g)	170	0	0	0	0	0	20	45	0	45	0
ROOT BEER Medium	1 (524g)	240	0	0	0	0	0	30	64	0	64	0
ROOT BEER Large	1 (708g)	320	0	0	0	0	0	35	86	0	86	0
SPRITE Small	1 (397g)	150	0	0	0	0	0	35	39	0	39	0
SPRITE Medium	1 (562g)	210	0	0	0	0	0	45	55	0	55	0
SPRITE Large	1 (760g)	280	0	0	0	0	0	65	75	0	75	0
SWEET TEA Small	1 (338g)	160	0	0	0	0	0	10	42	0	41	0
SWEET TEA Medium	1 (506g)	240	0	0	0	0	0	15	63	0	62	0
SWEET TEA Large	1 (675g)	330	0	0	0	0	0	20	84	0	83	0
TEA UNSWEETENED Small	1 (338g)	0	0	0	0	0	0	0	0	0	0	0
TEA UNSWEETENED Medium	1 (506g)	0	0	0	0	0	0	0	0	0	0	0
TEA UNSWEETENED Large	1 (675g)	0	0	0	0	0	0	0	0	0	0	0

"2000 Calories a day is used for general nutrition advice, but calorie needs vary"

*Only Item That Is Gluten Free Are The Nachos

** Our Beans are NOT Vegetarian

***None of our products contain nuts or nut by-products