

Menu Item	Serving Size	Calories	Calories From Fat	Fat	Sat Fat	Trans Fat	Cholesterol	Protein	Carbohydrate	Total Sugars	Fiber	Sodium
Beef Taco Meat	57g (1 spoon)	50	20	2.5g	1g	0g	15mg	6g	2g	<1g	0g	160mg
Black Beans with Ham-Phila only	85g (1 spoon)	80	10	1.5g	0g	0g	5mg	6g	14g	1g	3g	470mg
Chicken Chilaquiles	100g (1 spoon)	240	120	13g	4g	0g	20mg	7g	9g	2g	1g	590mg
Chicken Fajita	85g (1 spoon)	150	110	12g	2.5g	0g	30mg	9g	3g	1g	1g	830mg
Chicken Quesadillas	49g (1 wedge)	110	60	7g	2.5g	0g	15mg	5g	6g	<1g	<1g	200mg
Chicken Taco Meat	57g (1 spoon)	70	20	3g	1g	0g	30mg	9g	1g	<1g	0g	160mg
Diced Onions	15g (1 spoon)	5	0	0g	0g	0g	0mg	0g	2g	0g	0g	0mg
Diced Tomatoes	15g (1 spoon)	5	0	0g	0g	0g	0mg	0g	1g	0g	0g	0mg
Enchiladas, all	148g (1 enchilada)	250	160	18g	9g	0g	45mg	13g	12g	1g	1g	560mg
Fried Jalapenos	14g (1 tong)	10	10	1g	0g	0g	0mg	0g	1g	0g	0g	125mg
Guacamole	15g (1 spoon)	20	20	2g	1g	0g	<5mg	0g	<1g	0g	0g	40mg
Jalapenos	11g (1 spoon)	2	0	0g	0g	0g	0mg	0g	<1g	0g	0g	0mg
King's Ranch Chicken	100g (1 spoon)	200	80	9g	2g	0g	25mg	10g	21g	1g	2g	490mg
Lettuce, shredded	14g (1/4 cup)	0	0	0g	0g	0g	0mg	0g	0g	0g	0g	0mg
Mexican Rice	70g (1 spoon)	60	0	0g	0g	0g	0mg	2g	13g	2g	0g	290mg
Nacho Chips	14g (1 tong)	70	30	3.5g	0.5g	0g	0mg	1g	9g	<1g	<1g	90mg
Pico de Gallo	30g (1 fl. oz. ladle)	10	0	0g	0g	0g	0mg	0g	3g	2g	0g	150mg
Pinto Beans with Bacon	85 (1 spoon)	70	20	2g	0.5g	0g	2mg	4g	13g	0g	4g	380mg
Potatoes Con Queso	100g (1 spoon)	120	50	6g	1.5g	0g	2mg	2g	17g	2g	1g	460mg
Red Beans with Ham	85g (1 spoon)	50	10	1.5g	0g	0g	5mg	4g	8g	2g	3g	360mg
Refried Beans	85g (1 spoon)	80	20	2.5g	1.5g	0g	5mg	6g	12g	0g	4g	390mg
Salsa	30g (1 fl. oz. ladle)	10	0	0g	0g	0g	0mg	0g	2g	0g	0g	150mg
Sauteed Jalapenos & Onions	28g (1 spoon)	20	10	1g	0g	0g	0mg	0g	2g	1g	<1g	20mg
Shredded Cheddar Cheese	10g (1 spoon)	40	30	3.5g	2g	0g	10mg	3g	0g	0g	0g	60mg

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Sliced Tomatoes	15g (1 spoon)	5	0	0g	0g	0g	0mg	0g	1g	0g	0g	0mg
Sour Cream	12g (1 spoon)	25	20	2.5g	1.5g	0g	5mg	0g	<1g	0g	0g	5mg
Steak Fajita	85g (1 spoon)	120	50	6g	2g	0g	40mg	14g	2g	1g	<1g	300mg
Taco Shell Baskets	32g (1 basket)	160	70	8g	1.5g	0g	0mg	3g	20g	<1g	1g	240mg
Taco Shells	11g (1 shell)	50	20	2.5g	0.5g	0g	0mg	<1g	7g	0g	<1g	45mg
Tostadas	32g (1 tostada)	110	50	6g	0.5g	0g	0mg	1g	14g	0g	1g	85mg