

## Nutritional Data - Salsarita's

(V) = Volume (w) = Weight

Ingredient	Portion	Calories (cal)	Calories from Fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>Tortillas &amp; Chips</b>												
6" Tortilla (Taco)	1 ea.	80	15	1.5	1	0	0	180	13	0	0	2
10" Tortilla (Small Entrée)	1 ea.	200	40	5	1	0	0	520	33	1	1	5
10" Wheat Tortilla (Small Entrée)	1 ea.	200	45	5	2	0	0	510	34	4	0	6
12" Tortilla (Regular Entrée)	1 ea.	310	34	7	3	0	0	630	52	2	0	8
Taco Salad Shell	1 ea.	420	230	24	5	0	0	320	39	1	0	8
Crispy Taco Shell	1 ea.	80	50	5	1	0	0	30	7	0	0	1
Chips	1 oz. W	160	110	11	1.5	0	0	45	12	1	0	1
<b>Rice</b>												
Brown Rice	1 oz. V	35	5	0	0	0	0	115	7	0	0	1
Cilantro Lime Rice	1 oz. V	45	5	0	0	0	0	70	9	0	0	1
Mexican Rice	1 oz. V	40	5	0	0	0	0	90	8	0	0	1
<b>Beans</b>												
Black Beans	1 oz. V	25	0	0	0	0	0	90	5	2	0	2
Pinto Beans	1 oz. V	30	0	0	0	0	0	35	5	1	0	2
Refried Beans	1 oz. V	30	0	5	0	0	0	110	5	2	0	2
<b>Proteins</b>												
Boca	1 oz. V	15	0	0	0	0	0	210	5	3	1	11
Chicken	1 oz. V	34	2	1	0	0	24	122	1	0	0	5
Ground Beef	1 oz. V	54	4	2.5	1	0	21	125	1	0.37	0.14	6
Pork	1 oz. V	25	10	1	0	0	15	150	0	0	0	5
Shrimp	1 oz. V	20	5	0.5	0	0	25	180	0	0	0	2
Steak	1 oz. V	57	9	3.7	1	0	13	153	1	0	0	5
<b>Queso &amp; Fajita Veggies</b>												
Fajita Veggies	1 oz. V	5	0	0	0	0	0	45	1	0	0	0
Queso - 1oz. Portion	1 oz. V	59	45	5	3	0	14	190.5	1.4	0	0	1.7
Queso - 2oz. Portion	2oz. V	118	90	0	0	0	0	90	2	0	0	0
Queso - 4oz. Portion	4 oz. V	236	180	20	12	0	56	762	5.6	0	0	6.8
<b>Salsa</b>												
Salsa- Pico de Gallo	1 oz. V	5	0	0	0	0	0	75	1	0	1	0
Salsa- Mild	1 oz. V	5	0	0	0	0	0	150	1	0	1	0
Salsa- Medium (Roja)	1 oz. V	5	0	0	0	0	0	130	1	0	1	0
Salsa- Hot	1 oz. V	5	0	0	0	0	0	115	1	0	1	0
Salsa- Tomatillo	1 oz. V	10	0	0	0	0	0	260	2	0	1	0
Salsa- Pineapple (Seasonal)	1 oz. V	10	0	0	0	0	0	90	3	0	2	0
Salsa- Creamy Cholula Corn	1 oz. V	20	1	0	0	0	0	105	4	1	1	1
Salsa- Pueblo Corn	1 oz. V	20	0	0	0	0	0	170	5	1	2	1
<b>Toppings</b>												
Black Olives	1 oz. V	45	35	4	0.5	0	0	250	2	1	0	0
Cilantro	1 oz. V	8	0	0	0	0	0	12	1	0	0	0
Citrus Vinaigrette Dressing	1 oz. V	70	60	6	0.5	0	0	240	5	0	4	0
Diced Fresh Jalapenos	1 oz. V	3	0	0	0	0	0	0.5	0.75	0	0.5	0
Guacamole - 1oz. Portion	1 oz. V	50	40	4	0.5	0	0	115	3	2	0	1
Guacamole - 2oz. Portion	2oz. V	100	80	8	1	0	0	230	6	4	0	2
Guacamole - 4oz. Portion	4oz. V	200	160	16	2	0	0	460	12	8	0	4
Jalapeno Ranch (Dressing)	1 oz. V	110	12	12	1	0	5	230	2	0	1	1
Jalapenos (Pickled)	1 oz. V	5	0	0	0	0	0	300	1	0.5	0.5	0.5
Shredded Lettuce	1 oz. V	4	0	0	0	0	0	3	0	0	0	0
Lettuce (Romaine)	1 oz. W	5	0	0	0	0	0	2	0	0	0	0
Onions (Red)	1 oz. V	11	0	0	0	0	0	1	3	0	1	0
Tomatoes (diced)	1 oz. V	3.5	0.5	0	0	0	0	1	1	0	0.5	0
Shredded Cheese	1 oz. V	20	15	1.5	1	0	< 5	30	0	0	0	1
Sour Cream	1 oz. V	60	45	5	3.5	0	20	15	< 1	0	< 1	< 1
<b>Desserts</b>												
Caramel Hazelnut Cookie	1 each	390	86	17.0	10.0	0	50	620	57	1	31	4
Chocolate Chunk Brownie	1 each	290	70	16	8	0	55	110	34	2	24	4
Chocolate Chip Cookie	1 each	380	110	19	11	0	45	430	50	2	28	5
Rice Krispy	1 each	230	45	5	3	0	15	240	45	0	24	2

(V) = Volume (w) = Weight

Ingredient	Portion	Calories (cal)	Calories from Fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>Alcoholic Drinks (availability varies by location)</b>												
Frozen Margarita		167g	300	0	0	0	0	480	49	0	45	0
Margarita (classic)		461 g	360	0	0	0	0	10	63	0	58	0
Amber Ale		12oz.	166	0	0	0	0	9	14.5	0	0	1.3
Budweiser		12oz.	170	0	0	0	0	0	12	0	11	0
Bud Light		12oz.	102.7	0	0	0	0	14.2	5.8	0	0.3	0.8
Larger		12oz.	171	0	0	0	0	28.1	17.2	0	0.6	1.9
Pale Ale		12oz.	179	0	0	0	0	9	16.7	0	0	2.2
<b>Non-Alcoholic Drinks - Regular Size (flavors vary by location)</b>												
Barrilitos Mango Lime		24oz.	180	0	0	0	0	0	48	0	45	0
Coca Cola		24oz.	285	0	0	0	0	90	78	0	78	0
Coke Zero		24oz.	0	0	0	0	0	80	0	0	0	0
Diet Coke		24oz.	0	0	0	0	0	25	0	0	0	0
Cherry Coke		24oz.	300	0	0	0	0	70	84	0	84	0
Hi-C Fruit Punch		24oz.	360	0	0	0	0	0	96	0	96	0
Minute Maid Lemonade		24oz.	330	0	0	0	0	21	90	0	86	0
Minute Maid Light Lemonade		24oz.	45	0	0	0	0	45	12	0	6	0
Minute Maid Raspberry Lemonade		24oz.	360	0	0	0	0	45	96	0	90	0
Mr. Pibb		24oz.	240	0	0	0	0	80	78	0	78	0
Root Beer		24oz.	320	0	0	0	0	140	90	0	0	0
Sprite		24oz.	268	0	0	0	0	62	69	0	62	0
Sweet Tea		24oz.	360	0	0	0	0	0	96	0	96	0
Unsweet Tea		24oz.	0	0	0	0	0	0	0	0	0	0
<b>Non-Alcoholic Drinks - Kids Size (flavors vary by location)</b>												
Barrilitos Mango Lime		12oz.	90	0	0	0	0	0	24	0	23	0
Coca Cola		12oz.	143	0	0	0	0	45	39	0	39	0
Coke Zero		12oz.	0	0	0	0	0	40	0	0	0	0
Diet Coke		12oz.	0	0	0	0	0	13	0	0	0	0
Cherry Coke		12oz.	150	0	0	0	0	35	42	0	42	0
Hi-C Fruit Punch		12oz.	180	0	0	0	0	0	48	0	48	0
Minute Maid Lemonade		12oz.	165	0	0	0	0	11	45	0	43	0
Minute Maid Light Lemonade		12oz.	23	0	0	0	0	23	6	0	3	0
Minute Maid Raspberry Lemonade		12oz.	180	0	0	0	0	23	48	0	45	0
Mr. Pibb		12oz.	140	0	0	0	0	40	39	0	39	0
Root Beer		12oz.	160	0	0	0	0	70	45	0	0	0
Sprite		12oz.	134	0	0	0	0	31	35	0	31	0
Sweet Tea		12oz.	180	0	0	0	0	0	48	0	48	0
Unsweet Tea		12oz.	0	0	0	0	0	0	0	0	0	0
<i>All drinks are calculated without ice</i>												

For more information and a meal calculator, visit [salsaritas.com](http://salsaritas.com). We strive to provide accurate, up-to-date, nutritional information. Differences may occur due to the nature of the product and variations in preparation at the restaurant level.

Nutritional information in this brochure was obtained through the following sources:

1. Healthy Dining
2. Food Suppliers and/or manufacturer

Ingredients may change without notice. Ask to speak with a manager if you have any concerns about any product or it's ingredients.

*2,000 calories a day is used for general nutrition advice, but calorie needs vary.*



Revised 12-2021