

## 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.	90	15	2.5	1	0	0	170	14	1	0	2
10" Tortilla (Small Entrée)	1 ea.	200	54	6	3	0	0	400	34	1	1	6
10" Wheat Tortilla (Small Entrée)	1 ea.	210	54	6	3	0	0	320	34	4	3	5
12" Tortilla (Regular Entrée)	1 ea.	290	72	8	4	0	0	570	48	2	1	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>												
Plant Based Chorizo	1 oz. V	55	35	4	1	0	0	210	3	3	1	5
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
White Chocolate Macadamia Nut Cookie	1 each	520	24	216	12	0	40	300	68	0	44	8
Double Chocolate Chunk Cookie	1 each	480	20	180	12	0	60	300	68	4	40	8
Chocolate Chip Cookie	1 each	380	110	19	11	0	45	430	50	2	28	5
Chocolate Chunk Cookie	1 each	520	24	216	12.0	0	40	300	72	4	44	4
Chocolate Chunk Brownie	1 each	290	70	16	8	0	55	110	34	2	24	4
Rice Krispy	1 each	230	45	5	3	0	15	240	45	0	24	2

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<b>Alcoholic Drinks (availability varies by location)</b>												
Frozen Margarita	167g	300	0	0	0	0	0	480	49	0	45	0
Margarita (classic)	461 g	360	0	0	0	0	0	10	63	0	58	0
Amber Ale	12oz.	166	0	0	0	0	0	9	14.5	0	0	1.3
Budweiser	12oz.	170	0	0	0	0	0	0	12	0	11	0
Bud Light	12oz.	102.7	0	0	0	0	0	14.2	5.8	0	0.3	0.8
Larger	12oz.	171	0	0	0	0	0	28.1	17.2	0	0.6	1.9
Pale Ale	12oz.	179	0	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	0	48	0	45	0
Coca Cola	24oz.	285	0	0	0	0	0	90	78	0	78	0
Coke Zero	24oz.	0	0	0	0	0	0	80	0	0	0	0
Diet Coke	24oz.	0	0	0	0	0	0	25	0	0	0	0
Cherry Coke	24oz.	300	0	0	0	0	0	70	84	0	84	0
Hi-C Fruit Punch	24oz.	360	0	0	0	0	0	0	96	0	96	0
Minute Maid Lemonade	24oz.	330	0	0	0	0	0	21	90	0	86	0
Minute Maid Light Lemonade	24oz.	45	0	0	0	0	0	45	12	0	6	0
Minute Maid Raspberry Lemonade	24oz.	360	0	0	0	0	0	45	96	0	90	0
Mr. Pibb	24oz.	240	0	0	0	0	0	80	78	0	78	0
Root Beer	24oz.	320	0	0	0	0	0	140	90	0	0	0
Sprite	24oz.	268	0	0	0	0	0	62	69	0	62	0
Sweet Tea	24oz.	360	0	0	0	0	0	0	96	0	96	0
Unsweet Tea	24oz.	0	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	0	24	0	23	0
Coca Cola	12oz.	143	0	0	0	0	0	45	39	0	39	0
Coke Zero	12oz.	0	0	0	0	0	0	40	0	0	0	0
Diet Coke	12oz.	0	0	0	0	0	0	13	0	0	0	0
Cherry Coke	12oz.	150	0	0	0	0	0	35	42	0	42	0
Hi-C Fruit Punch	12oz.	180	0	0	0	0	0	0	48	0	48	0
Minute Maid Lemonade	12oz.	165	0	0	0	0	0	11	45	0	43	0
Minute Maid Light Lemonade	12oz.	23	0	0	0	0	0	23	6	0	3	0
Minute Maid Raspberry Lemonade	12oz.	180	0	0	0	0	0	23	48	0	45	0
Mr. Pibb	12oz.	140	0	0	0	0	0	40	39	0	39	0
Root Beer	12oz.	160	0	0	0	0	0	70	45	0	0	0
Sprite	12oz.	134	0	0	0	0	0	31	35	0	31	0
Sweet Tea	12oz.	180	0	0	0	0	0	0	48	0	48	0
Unsweet Tea	12oz.	0	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.*



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