

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) |
|-----------------------------------|---------|----------------|-----------------------------|---------------|-------------------|---------------|------------------|-------------|-------------------|-------------------|------------|-------------|
| Tortillas & Chips | | | | | | | | | | | | |
| 6" Tortilla (Taco) | 1 ea. | 90 | 15 | 2.5 | 1 | 0 | 0 | 170 | 14 | 1 | 0 | 2 |
| 10" Tortilla (Small Entrée) | 1 ea. | 200 | 40 | 6 | 3 | 0 | 0 | 400 | 34 | 1 | 1 | 6 |
| 10" Wheat Tortilla (Small Entrée) | 1 ea. | 210 | 45 | 6 | 3 | 0 | 0 | 320 | 34 | 4 | 3 | 5 |
| 12" Tortilla (Regular Entrée) | 1 ea. | 290 | 34 | 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 |
| Rice | | | | | | | | | | | | |
| 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 |
| Beans | | | | | | | | | | | | |
| 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 |
| Proteins | | | | | | | | | | | | |
| 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 | 68 | 46 | 5 | 2 | 0 | 18 | 145 | 1 | 0 | 0 | 5 |
| 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 | 27 | 3.7 | 1 | 0 | 13 | 153 | 1 | 0 | 0 | 5 |
| Queso & Fajita Veggies | | | | | | | | | | | | |
| 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 |
| Salsa | | | | | | | | | | | | |
| 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 |
| Toppings | | | | | | | | | | | | |
| 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 |
| Desserts | | | | | | | | | | | | |
| Chocolate Chunk Cookie | 1 each | 520 | 216 | 24.0 | 12.0 | 0 | 40 | 300 | 72 | 4 | 44 | 4 |
| White Chocolate Macadamia | 1 each | 520 | 216 | 24.0 | 12.0 | 0 | 40 | 300 | 68 | 0 | 44 | 8 |
| Double Chocolate Cookie | 1 each | 480 | 180 | 20.0 | 12.0 | 0 | 60 | 300 | 68 | 4 | 40 | 8 |
| 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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|---|---------|----------------|-----------------------------|---------------|-------------------|---------------|------------------|-------------|-------------------|-------------------|------------|-------------|
| Alcoholic Drinks (availability varies by location) | | | | | | | | | | | | |
| 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 |
| Non-Alcoholic Drinks - Regular Size (flavors vary by location) | | | | | | | | | | | | |
| 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 |
| Non-Alcoholic Drinks - Kids Size (flavors vary by location) | | | | | | | | | | | | |
| 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. 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 8-2022

| Unrounded Values | |
|-------------------------|--------|
| Per 100g | |
| | 0.00 |
| 16.748 | 4.75 |
| 3.628 | 1.03 |
| 0.249 | 0.07 |
| 1.47 | 0.42 |
| 1.391 | 0.39 |
| 12.83 | 3.64 |
| 2.545 | 0.72 |
| 0.042 | 0.01 |
| 46.634 | 13.22 |
| 541.244 | 153.44 |