

TACO BELL NUTRITIONAL INFORMATION

MENU ITEM	SERVING SIZE (G)	KILOJOULES (KJ)	CALORIES (KCAL)	TOTAL FAT (G)	SATURATED FAT (G)	CARBOHYDRATES (G)	SUGARS (G)	PROTEIN (G)	SODIUM (G)
CRUNCHY TACO SUPREME									
Crunchy Taco Supreme - Seasoned beef	109	845	202	13,0	6,1	12,0	1,8	9,9	0,8
Crunchy Taco Supreme - Grilled Chicken	109	781	187	10,0	4,6	12,0	1,9	12,0	0,8
Crunchy Taco Supreme - Pulled Oats™	109	1011	242	16,0	4,9	14,0	2,1	11,0	0,5
SOFT TACO SUPREME									
Soft Taco Supreme - Seasoned beef	126	974	233	12,0	6,5	19,0	2,1	11,0	1,1
Soft Taco Supreme - Grilled Chicken	126	910	217	9,4	5,1	19,0	2,3	14,0	1,1
Soft Taco Supreme - Crispy chicken	138	1500	362	17,5	9,9	45,7	1,7	8,2	0,6
Soft Taco Supreme - Pulled Oats™	126	1140	272	15,0	5,4	21,0	2,5	12,0	0,8
QUESADILLA									
Quesadilla - Seasoned beef	185	2277	544	30,0	15,0	41,0	4,0	26,0	2,4
Quesadilla - Grilled Chicken	185	2213	529	28,0	13,0	42,0	4,2	28,0	2,4
Quesadilla - Crispy chicken	239	3280	791	35,3	21,0	93,8	1,6	26,2	3,0
Quesadilla - Pulled Oats™	185	2243	584	33,0	14,0	43,0	4,4	27,2	2,1
CRUNCHWRAP SUPREME									
Crunchwrap Supreme - Seasoned beef	248	2289	547	27,0	12,0	62,0	5,4	17,0	2,1
Crunchwrap Supreme - Grilled Chicken	248	2225	532	24,0	10,0	62,0	5,6	19,0	2,1
Crunchwrap Supreme - Crispy chicken	303	2718	650	29,3	12,2	75,8	6,8	23,2	2,6
Crunchwrap Supreme - Pulled Oats™	248	2456	587	30,0	11,0	64,0	5,8	18,0	1,8
NAKED BURRITO BOWL									
Naked Burrito Bowl - Seasoned beef	311	2062	497	24,5	10,0	18,8	18,8	28,1	0,9
Naked Burrito Bowl - Grilled Chicken	311	1849	446	17,4	6,5	16,5	18,5	32,9	0,8
Naked Burrito Bowl - Crispy chicken	282	2174	524	22,0	9,8	45,5	18,8	16,1	0,8
Naked Burrito Bowl - Pulled Oats™	311	2131	514	19,3	6,1	23,3	19,5	38,5	0,4

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FRESH BURRITO									
Fresh Burrito - Seasoned beef	254	1788	431	18,3	7,6	41,6	5,2	19,9	0,8
Fresh burrito - Grilled Chicken	254	1682	406	14,7	5,8	40,4	5,1	22,3	0,8
Fresh burrito - Crispy chicken	267	2217	535	20,2	9,3	69,4	5,3	15,3	0,9
Fresh burrito - Pulled Oats™	254	1823	440	15,7	5,6	43,8	5,6	25,1	0,6
VEGAN BURRITO									
Vegan Burrito - Pulled Oats™	247	1868	450	14,6	4,6	48,4	11,0	23,8	0,5
GRILLED STUFF BURRITO									
Grilled Stuft Burrito - Seasoned beef	251	2434	587	22,8	11,5	53,0	8,2	30,3	1,1
Grilled Stuft Burrito - Grilled Chicken	251	2222	536	15,7	7,9	50,7	8,0	35,0	1,0
Grilled Stuft Burrito - Crispy chicken	277	3292	794	26,6	15,0	108,8	8,5	21,0	1,3
Grilled Stuft Burrito - Pulled Oats™	251	2504	604	17,6	7,5	57,5	9,0	40,6	0,6
CHALUPA SUPREME									
Chalupa Supreme - Seasoned beef	153	1640	392	23,0	6,7	33,0	3,6	15,0	1,4
Chalupa Supreme - Grilled Chicken	153	1576	377	20,0	5,2	33,0	3,7	17,0	1,4
Chalupa Supreme - Crispy chicken	166	1779	425	25,0	7,3	35,8	3,9	16,3	1,5
Chalupa Supreme - Pulled Oats™	153	1806	432	26,0	5,6	35,0	3,9	16,0	1,1
CHEESY GORDITA CRUNCH									
Cheesy Gordita Crunch - Seasoned beef	177	2144	521	29,0	9,4	42,0	3,5	22,0	2,2
Cheesy Gordita Crunch - Grilled Chicken	177	1090	260	12,0	3,8	21,0	2,0	14,0	1,0
Cheesy Gordita Crunch - Crispy chicken	190	1460	348	29,3	9,3	24,4	2,0	10,3	1,5
Cheesy Gordita Crunch - Pulled Oats™	177	1165	298	11,0	3,4	33,4	2,1	16,4	0,5
NACHOS SUPREME									
Nachos Supreme	273	3213	775	51,5	13,4	123,8	10,2	22,7	2,8
Nachos Supreme - Seasoned beef	315	3530	851	56,0	15,4	125,0	10,3	30,1	2,8
Nachos Supremet - Grilled Chicken	315	3425	825	52,4	13,7	123,8	10,2	32,5	2,8
Nachos Supreme - Crispy chicken	328	3959	954	57,9	17,2	152,9	10,5	25,5	2,8
Nachos Supreme - Pulled Oats™	315	3565	859	53,4	13,5	127,2	10,7	35,3	2,8
FULLY LOADED FRIES									
Fully Loaded Fries - Seasoned beef	429	3664	883	51,7	18,5	77,1	7,4	27,9	1,7
Fully Loaded Fries - Grilled Chicken	429	3451	832	44,5	15,0	74,8	7,1	32,7	1,5
Fully loaded Fries - Crispy chicken	455	4522	1090	55,5	22,1	132,9	7,6	18,7	1,9
Fully loaded Fries - Pulled Oats™	429	3734	900	46,5	14,6	81,6	8,1	38,3	1,2

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CRAVINGS MENU									
Churro with chocolate sauce	65	544	131	2,3	1,8	36,7	33,1	2,7	0,3
Churro	51	284	68	1,5	1,5	13,8	13,6	2,4	0,2
Cinnamon Twist	35	705	170	6,0	0,0	27,0	13,0	1,0	0,2
Cheesy Roll Up	59	818	196	10,0	6,1	16,0	0,7	8,9	0,8
Spicy Chicken Griller	164	1390	330	8,0	3,9	28,0	2,1	9,0	1,8
Beefy Nacho Griller	121	1666	398	16,0	6,0	33,0	1,9	9,0	1,8
Vegan Griller	135	1629	389	14,0	5,4	53,0	4,0	14,0	0,5
Mexi Melt	122	1170	282	15,2	8,4	18,0	1,8	17,3	0,6
Cheese Quesadilla	142	2001	478	27,0	13,0	40,0	3,8	19,0	1,9
Cheesy Topped Fries	215	1907	460	27,5	9,7	45,0	4,6	9,1	0,7
Cheesy Topped Nachos	166	2229	537	34,7	8,9	90,9	5,3	17,1	1,6
Crispy Chicken 1 pc + CaliRanch sauce	83	1749	420	28,7	6,4	38,0	2,5	4,2	0,4
Crispy Chicken 1 pc	55	1375	327	11,6	6,9	52,8	0,5	5,1	0,7
Crispy Chicken 3 pcs + CaliRanch sauce	193	1536	367	18,9	6,7	46,4	1,4	4,7	0,6
Crunchy Taco									
Crunchy Taco - Seasoned beef	78	664	159	8,9	3,5	11,0	0,7	9,4	0,8
Crunchy Taco - Grilled Chicken	78	600	143	6,0	2,0	11,0	0,9	12,0	0,8
Crunchy Taco - Pulled Oats™	78	830	198	12,0	2,4	13,0	1,1	10,0	0,5
Soft Taco									
Soft Taco - Seasoned beef	95	793	189	8,1	4,0	18,0	1,1	11,0	1,0
Soft Taco - Grilled Chicken	95	728	174	5,3	2,5	18,0	1,3	13,0	1,1
Soft Taco - Crispy chicken	107	820	196	6,0	2,8	20,3	1,5	14,6	1,2
Soft Taco - Pulled Oats™	95	959	229	11,0	2,9	20,0	1,4	12,0	0,7
SIDES									
Seasoned Nachos	56	900	205	9,2	1,5	29,0	1,0	2,8	0,9
Seasoned Fries	110	1092	261	10,0	1,0	40,0	0,4	4,3	0,7
Side salad	98	91	22	4,0	0,1	3,3	3,1	1,0	0,1
SAUCES									
Sauce sachet (mild/fire)	7	10	2	0,6	0,1	0,5	0,5	0,5	0,2
Sour cream	34	388	94	9,5	6,1	1,3	0,9	0,8	0,0
Guacamole	42	244	59	5,0	0,9	3,8	2,5	0,8	0,1
Pico de gallo	42	61	15	0,1	0,0	2,7	2,5	0,4	0,2
Nacho cheese sauce	42	364	88	7,5	4,1	2,4	1,6	3,4	0,2
Creamy Jalapeno sauce	42	732	177	15,9	2,1	7,9	6,8	0,8	0,1
Ketchup	11	52	12	0,01	0,01	2,8	2,7	0,2	0,2

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EXTRAS									
Mexican rice	42	487	116	1,8	0,3	24,0	2,0	2,1	1,2
Jalapeño	21	9	2	0,4	0,1	0,5	0,5	0,5	0,7
Black beans	42	115	28	0,4	0,1	2,2	0,4	1,9	0,3
Seasoned beef	42	276	66	3,6	1,7	1,6	0,4	6,8	0,6
Grilled Chicken	42	212	51	2,8	0,2	1,9	0,4	9,1	0,6
Crispy Chicken	42	756	179	6,4	3,0	4,8	3,6	1,3	0,7
Pulled Oats™	42	357	85	1,8	0,0	3,4	0,5	12,6	0,1
DRINKS									
Soft drink - Coca Cola	400	180	42	0,0	0,0	10,6	10,6	0,0	0,0
Soft drink - Coca Cola Zero	100	1	0	0,0	0,0	0,0	0,0	0,0	0,0
Soft drink - Coca Cola Zero Sitruuna	100	4	1	0,0	0,0	0,0	0,0	0,0	0,0
Soft drink - Fanta Zero	100	14	3	0,0	0,0	0,5	0,5	0,0	0,0
Soft drink - Sprite Zero	100	5	1	0,0	0,0	0,0	0,0	0,0	0,0
Soft drink - Bonaqua Explore Mansikka-Kiivi	100	58	13	0,0	0,0	2,7	2,5	0,0	0,0
Freeze (all flavours)	400	80	19	0,0	0,0	4,5	4,2	0,0	0,0
Corona	330	176	42	0,0	0,0	4,0	0,0	0,3	0,0
Somersby Apple	330	240	55	0,0	0,0	8,5	7,5	0,0	0,0
Apple juice	200	178	43	0,1	0,1	10,2	9,7	0,3	0,1
Orange juice	200	178	43	0,2	0,1	8,8	8,8	0,2	0,1
Milk	200	195	47	1,5	1,0	4,8	4,8	3,5	0,0
Coffee	150	8	2	0,0	0,0	0,0	0,0	0,0	0,0
Tea	150	8	2	0,0	0,0	0,0	0,0	0,0	0,0
ICE CREAM									
Ben & Jerry's Cookie Dough	100	1100	270	15,0	9,0	30,0	25,0	4,0	0,2
Ben & Jerry's Half Baked	100	965	230	12,0	7,1	28,0	23,0	3,7	0,2
Ben & Jerry's Chocolate brownie fudge	100	1047	249	13,0	7,8	29,0	27,0	4,3	0,2

The information in the table is valid only in Finland. Taco Bell Finland has compiled the information based on the information provided by suppliers and publications, and is not liable for any inaccuracies or omissions in the information. The information is based on standard products. Variation may occur due to slight differences in the production methods and product assembly. All standard products on the menu are included.

All products are not available in all restaurants. Most campaign, regional or test market products are not included in the list. Contact our restaurant staff if you wish to receive information on excluded products.

The product information is based on up-to-date information at the time of publishing. New or altered products may differ from the information given in the list.

The information in this table is based on the information provided by the suppliers of Taco Bell Corporation. Our kitchens and food preparation methods have been designed with your health and safety in mind.

We keep different food types carefully separated so that they are not exposed to allergens. However, we cannot guarantee a completely allergen-free environment or products. All fried products may be prepared with the same oil as chicken, cheese and fish products. Therefore, all fried products may contain small amounts of allergens from other fried products. If you wish to receive more information about certain products, you can read the allergen chart with more detailed information about allergens in the restaurant, or ask the restaurant employees.