



# Calories and Fat Content in Fast Food Restaurant Foods

## Taco Bell

	Calories	Fat (grams)
Crunchy Taco Fresco Style	150	7
Beef Soft Taco Fresco Style	190	8
Ranchero Chicken Soft Taco Fresco Style	170	4.5
Grilled Steak Soft Taco Fresco Style	170	5
Beef Baja Gordita Fresco Style	250	9
Chicken Baja Gordita Fresco Style	230	5
Steak Baja Gordita Fresco Style	230	7
Bean Burrito Fresco Style Fresco Style	350	8
Chicken Burrito Supreme Fresco Style	350	8
Steak Burrito Supreme Fresco Style	350	9
Chicken Fiesta Burrito Fresco Style	350	9
Tostada	200	6
Beef Enchirito	270	9
Chicken Enchirito	250	5
Steak Enchirito	250	7
Double Decker Taco	340	14
Crunchy Taco	170	10
Taco Supreme	220	14
Beef Soft Taco	210	10
Beef Soft Taco Supreme	260	14
Chicken Soft Taco Supreme	230	10
Chicken Gordita Supreme	290	12
Steak Gordita Supreme	290	13
Chicken Gordita Baja	320	15
Beef Gordita Nacho Cheese	300	13
Chicken Gordita Nacho Cheese	270	10
Steak Gordita Nacho Cheese	270	11
Bean Burrito	370	10
Chicken Burrito Supreme	410	14
Chicken Fiesta Burrito	370	12
Steak Fiesta Burrito	370	13
Chicken Enchirito	350	14
Pintos n Cheese	180	7
Dijon Horseradish	90	0
Western Egg Breakfast Sandwich	300	12
Steak & Egg Breakfast Sandwich	330	14

Western & Egg Omelet	220	14
Ham & Egg Omelet	230	14
Vegetable & Egg Omelet	210	14

Nutrition information for Taco Bell is © 2005 Taco Bell Corp. Selected nutrition information is provided here as a service to Dr. Gourmet readers. Download the complete nutrition information at [http://www.yum.com/nutrition/documents/tb\\_nutrition.pdf](http://www.yum.com/nutrition/documents/tb_nutrition.pdf).