



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.	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
13" Tortilla (Regular Entrée)	1 ea.	260	52	7	1	0	0	676	10	1	0	7
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
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
Refried Beans	1 oz. V	30	0	5	0	0	0	110	5	2	0	2
Proteins												
Chicken - Marinated	1 oz. V	40	10	1	0	0	20	240	1	0	0	7
Ground Beef	1 oz. V	45	25	2.5	1	0	15	110	0	0	0	4
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	30	15	1.5	0	0	10	75	0	0	0	3
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- Medium (Roja)	1 oz. V	5	0	0	0	0	0	115	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	5	0	0	0	0	0	90	2	1	1	0
Salsa- Pineapple (Seasonal)	1 oz. V	10	0	0	0	0	0	90	3	0	2	0
Salsa- Pueblo Corn	1 oz. V	20	0	0	0	0	0	190	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	45	15	1.5	0	0	0	190	7	0	7	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
Hacienda Ranch (Dressing)	1 oz. V	70	60	7	1.5	0	5	210	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												
Poquito	1 ea.	90	35	3.5	1.5	0	0	80	11	1	3	2
Chocolate Chunk Brownie	72	320	160	10	9	0	65	140	38	2	26	4
Chocolate Chip Cookie	38	170	72	8	4	0	15	105	23	0	9	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)												
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
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
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)												
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
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
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 its ingredients.

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



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