

	serving	Cal	Fat	Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Carb	Fiber	Sugar	Protein
Food item			calories	g	g	g	mg	mg	g	g	g	g
<b>Salsas</b>												
Verde	4 oz	40	10	1	0	0	0	240	8	2	5	1
Roja	4 oz	25	0	0	0	0	0	125	5	2	3	1
Roasted corn and pobalano	4 oz	60	20	2	0	0	0	1420	11	2	5	2
Pomengranate winter salsa	4 oz	80	0	0	0	0	0	0	17	4	11	1
Pico de gallo	4 oz	30	0	0	0	0	0	250	7	2	3	1
Peach salsa	4 oz	35	0	0	0	0	0	280	8	2	6	1
Mango salsa	4 oz	80	35	4	0.5	0	0	0	13	2	10	1
Blistered chile and pepita salsa	4 oz	300	250	28	4	0	0	190	11	3	2	2
Guacamole	4 oz	120	100	11	1.5	0	0	420	8	5	1.5	2
<b>Toppings</b>												
Cheddar cheese	0.5 oz	60	40	4.5	3	0	14	90	0	0	0	3
Queso Fresco	2 oz	200	140	16	10	0	40	340	2	0	2	12
Jalapenos	0.5 oz	0	0	0	0	0	0	0	<1	0	<1	0
Lettuce	0.5 oz	0	0	0	0	0	0	0	2	1	<1	<1
Lime	0.5 oz	5	0	0	0	0	0	0	0	0	0	0
Onions	0.5 oz	5	0	0	0	0	0	0	1	0	<1	0
Sour cream	2 tbsp	30	20	2.5	1.5	0	10	0	<1	0	0	0
<b>Tortillas and chips</b>												
Flour tortilla	1 tortilla	280	65	7	2.5	0	0	810	47	5	1	8
Corn tortilla	2 tortillas	90	10	1	0	0	0	0	17	1	0	2
Tortilla chips	6 oz	140	63	7	1	0	0	115	19	1	0	2
<b>Proteins and Fillings</b>												
Carnitas	4 oz	130	20	2.5	1.5	0	60	710	1	0	0	22
Chicken	4 oz	130	230	25	0.5	0	80	410	75	0	0	24
Veggies	4 oz	120	10	1	0	0	0	280	27	4	4	4
Shrimp	4 oz	80	35	4	0	0	0	900	3	1	0	10
Steak	4 oz	300	150	17	4.5	0	90	180	<1	0	0	35
Black beans	4 oz	140	15	1.5	0	0	0	410	25	9	2	8
Pinto beans	4 oz	190	35	4	0	0	0	300	5	1	3	9
<b>Extras and sides</b>												

Pork tamales	1 tamale	270	100	11	2	0	20	960	31	3	1	11
Beef tamales	1 tamale	350	190	21	6	0	30	720	30	3	1	11
Chicken tamales	1 tamale	240	100	11	3	0	20	730	26	2	1	9
Chicken empanadas	1 empanada	250	140	15	5	0	30	330	19	1	0	9
Red rice	4 oz	140	35	4	0.5	0	0	55	24	<1	<1	2
<b>Salad</b>												
Salad with no protein	1 salad	650	360	40	13	0	50	870	60	8	10	20

\*Nutritional values may vary according to protein option.