

# Nutritional Information

	Serving Size	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
Guacamole	2 tbsp	79	7.2g	0.7g	0mg	15mg	2.8g	1.1g	0.9g	0.6g
Sour Cream	2 tbsp	60	5g	3.5g	20mg	30mg	2g	0g	1g	1g
Mild Cheddar Cheese	1 oz	110	9g	5g	30mg	180mg	<1g	0g	0g	7g
Monterey Jack/Mild Cheddar Mix	1 oz	110	9g	5g	30mg	180mg	<1g	0g	0g	7g
Tomatoes	1 oz	5	0g	0g	0mg	1mg	1g	0g	1g	0g
Lettuce	1 oz	4	0g	0g	0mg	3mg	1g	0g	1g	0g
Black Olives	1 oz	30	2.7g	0.4g	0mg	249mg	1.7g	0.9g	0g	0.25g
Bell Peppers	1 oz	6	0g	0g	0mg	1mg	1g	0g	1g	0g
Taco Ground Beef	2 oz	110	7g	2.5g	35mg	270mg	2g	0g	1g	11g
Taco Chicken	1/2 cup	115	2.5g	0.5g	60mg	52mg	0g	0g	0g	22g
Steak	1 oz	74	4g	2g	19mg	20mg	0g	0g	0g	8g
Rice	1/2 cup	103	0.2g	0g	0mg	0mg	22.3g	0g	0g	2.1g
Refried Beans	1 oz	25	0g	0g	0mg	126mg	4g	1g	0g	2g
Nacho Cheese Sauce	1 oz	55	5g	1g	2mg	230mg	2g	0g	1g	1g
Hot Peppers	1 oz	5	0g	0g	0mg	480mg	1g	0g	0g	0g
Jalapenos	1 oz	8	0g	0g	0mg	468mg	1g	1g	1g	0g
Red Onion	1 oz	11	0g	0g	0mg	1mg	3g	0g	1g	0g
White Onion	1 oz	11	0g	0g	0mg	1mg	3g	0g	1g	0g
Salsa	2 tbsp	10	0g	0g	0mg	230mg	2g	<1g	2g	0g
Hard Corn Taco Shells	1 shell	50	2.5g	0.5g	0mg	45mg	7g	0.5g	0g	0.5g
Small Flour Tortillas	1 tortilla	80	2g	0.5g	0mg	65mg	14g	1g	1g	2g
Abuelita Flour Tortillas	1 tortilla	144	4g	1g	0mg	293mg	24g	1g	1g	4g

## Roscoe's Tacos

This information is to be used as a guide. The nutritional information above was determined by using manufacturer's information and standard recipe formulations.

Individual products may vary.