



## Nutritional Guide

Item	Serving Size	Calories	Protein (g)	Carbohydrates (g)	Fat (g)	Cholesterol (mg)	Fiber (g)	Sodium (mg)
Ground Beef	4 oz	330	30	4	20	99	0.4	803
Chicken	4 oz	203	35	4	5	92	1.2	288
Fajita Veg	3.2 oz	122	0	18	5	0	3.7	18
Qlantro, Lime Rice	4 oz	114	3	24	0	0	1	4
Queso Dip	4 oz	429	20	5	36	107	0.2	1788
Corn Tortilla Chips	3.2 oz	416	7	72	11	1	10.4	701
Iceberg Lettuce	2 oz	8	0.5	2	0	0	0.7	6
Pico De Gallo	2 oz	24	1	5	0.2	0	1.4	1068
Tomatoes	2 oz	10	0.5	2	0.1	0	0.7	3
Onions	2 oz	23	0.6	5	0	0	1	2
Black Bean, Corn Salsa	4 oz	64	3	11	0.6	0	3.4	638
Shredded Cheddar Cheese	2 oz	229	14	0.7	19	60	0	352
Guacamole	2 oz	102	1	5	9	0	2.8	163
Black Olives	2 oz	65	0.5	4	6	0	1.8	6667
Jalapenos	2 oz	8	0	1.7	0	0	1.7	550
Flour Tortilla 12"	1 each	18	0.4	2.5	0.7	0	0	42
Flour Tortilla 6"	1 each	22	0.5	3	0.9	0	0	50
Chipotle Ranch Dressing	1 fl oz	81	0.6	1.4	8.2	8.2	0.15	246