

Barbacoa Mexican Grill Nutritional Information

Product	Portion Size*	Calories	Calories from Fat	Fat (g)	Carbohydrate (g)	Protein (g)
6" Crispy Corn Shell	1 ea.	50	26	9	6	0.5
6" Flour Tortilla	1 ea.	110	25	2.5	19	3
12" Wheat Tortilla	1 ea.	280	60	7	47	8
12 " Flour Tortilla	1 ea.	310	60	7	52	7
Salad lettuce	5 oz.	30	0	0	5	1.5
Fajitas	3 oz.	35	0	0	8	2
Cilantro Lime Rice	5 oz.	100	40	4.5	14	1
Black Beans	4 oz.	120	0	0	22	7
Pinto Beans	4 oz.	170	5	0.5	31	10
Soup	16 oz.	390	120	13	61	7
Honey Sweet Pork	4 oz.	440	105	12	51	36
Barbacoa Pork	4 oz.	200	70	8	1	29
Carnitas	4 oz.	200	80	9	1	27
Barbacoa Beef	4 oz.	290	180	20	1	26
Steak	4 oz.	240	150	16	1	22
Chicken	4 oz.	190	20	2	0	39
Cheese	1.5 oz.	165	120	14	1.5	10.5
Mild Salsa	3 oz.	25	0	0	6	1
Medium Salsa	3 oz.	90	10	1	19	3
Hot Salsa	1 oz.	15	5	0	2	0
Sour Cream	1 oz.	60	45	5	2	1
Line Lettuce	2 oz.	15	0	0	2	0.5
Guacamole	3 oz.	140	110	12	8	2
Tortilla Strip	1 oz.	130	15	1.5	25	3
Cilantro Lime Dressing	3 oz.	180	150	17	8	1
Chipotle Ranch Dressing	3 oz.	370	360	39	5	1

*Please note that all portion sizes are equivalent to that used in a burrito, large soup, or salad. A small soup or taco would be approximately one half the size.