

Beans	Quantity For:	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Burritos, Bowls, Nachos, Fries, Tortas												
	Black	1 scoop	80	0	0	0		240	15	4		5
	Pinto	1 scoop	90	0	0	0		250	16	4		6
	Refried	1 scoop	90	10	1	0		240	16	4		5
Small Burritos, Salads, Kids Burritos												
	Black	0.5 scoop	40	0	0			120	8	2		3
	Pinto	0.5 scoop	45	0	0			125	8	2		3
	Refried	0.5 scoop	45	0	0			120	8	2		3
Bean and Cheese Burritos												
	Black	1.5 scoops	130	0	0.5	0		350	23	6		8
	Pinto	1.5 scoops	140	0	0	0		380	25	6		8
	Refried	1.5 scoops	140	10	1.5	0		360	24	6		8