

Proteins - Beef and Poultry	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)
<b>Burritos, Salads, Bowls, Nachos, Fries, Quesadillas, Tortas</b>												
Al Pastor	2 scoops	230	120	14	4		60	710	6		4	18
Carne Asada	2 scoops	200	100	11	3.5	0	75	540	2			24
Carnitas	2 scoops	310	220	24	9		80	1470	2			19
Pollo Asada	2 scoops	180	60	7	1		75	560	1			28
Shredded Beef	2 scoops	170	70	8	3	0	75	790	1			25
White Chicken	2 scoops	150	30	3	1		75	910	1			28
<b>Tacos, Small Burritos, Kids Burritos, Kids Quesadillas</b>												
Al Pastor	1 scoop	110	60	7	2		30	360	3		2	9
Carne Asada	1 scoop	100	50	6	1.5	0	35	270	1			12
Carnitas	1 scoop	150	110	12	4.5		40	730	1			14
Pollo Asada	1 scoop	90	30	3.5	0.5		40	280	1			14
Shredded Beef	1 scoop	90	35	4	1.5	0	40	400	1			12
White Chicken	1 scoop	80	15	1.5	0		40	450	1			14