



TABLEAU DE LA VALEUR ÉNERGÉTIQUE

ÉLÉMENTS DU MENU		INGRÉDIENTS														
		Poids (g)	Calories	Total des lipides (g)	Lipides saturés (g)	Lipides trans (g)	Cholestérol (g)	Sodium (mg)	Glucides (g)	Fibres (g)	Sucres (g)	Protéines (g)	Vitamine A (% VQ)	Vitamine C (% VQ)	Calcium (% VQ)	Fer (% VQ)
Burrito pour enfant	Tortilla pour enfant	42	120.0	3.5	1.0	0.0	0.0	190.0	19.0	1.0	1.0	3.0	0.0	0.0	4.0	6.0
Petit burrito	Tortilla de farine, 10 po	73	210.0	6.1	2.5	0.0	0.0	436.0	33.5	2.0	2.0	6.1	0.0	0.0	6.1	10.1
Petit burrito	Tortilla de farine de blé entier, 10 po	72	190.0	6.0	2.0	0.0	0.0	330.0	31.0	3.0	1.0	5.0	0.0	0.0	6.0	8.0
Burrito de format régulier	Tortilla de farine, 12 po	104	310.0	9.0	3.5	0.0	0.0	620.0	48.0	2.0	2.0	8.0	0.0	0.0	10.0	15.0
Burrito de format régulier	Tortilla de farine de blé entier, 12 po	104	270.0	11.0	3.5	0.0	0.0	590.0	36.0	5.0	2.0	7.0	0.0	0.0	10.0	10.0
Mucho Burrito	Tortilla de farine, 14 po	125	360.0	10.8	3.9	0.0	0.0	639.8	57.1	2.0	1.0	7.9	0.0	0.0	9.8	19.7
Mucho Burrito	Tortilla de farine de blé entier, 14 po	125	330.0	10.8	3.9	0.0	0.0	580.7	53.1	5.9	2.0	8.9	0.0	0.0	9.8	14.8
Tacos	Taco de farine souple	27	80.0	2.5	1.0	0.0	0.0	160.0	13.0	1.0	1.0	2.0	0.0	0.0	2.0	4.0
Tacos	Tacos de maïs souple	13	25.0	0.0	0.0	0.0	0.0	20.0	5.5	0.5	0.0	0.5	0.0	0.0	4.0	1.0
Tacos	Tacos de maïs rigides	13	40.0	0.0	0.0	0.0	0.0	0.0	7.8	0.0	0.0	0.0	0.0	0.0	2.6	0.0
Mucho Burrito	Riz brun	220	320.0	5.8	0.7	0.0	0.0	483.1	59.2	2.4	1.7	7.4	2.8	2.8	2.1	0.9
Burrito, bol de format classique	Riz brun	110	160.0	2.9	0.4	0.0	0.0	241.5	29.6	1.2	0.9	3.7	1.4	1.4	1.0	0.4
Bol - grains et légumes verts	Riz brun	50	70.0	1.3	0.2	0.0	0.0	109.8	13.5	0.5	0.4	1.7	0.6	0.6	0.5	0.2
Petit burrito	Riz brun	75	110.0	2.0	0.2	0.0	0.0	164.7	20.2	0.8	0.6	2.5	1.0	1.0	0.7	0.3
Burrito pour enfant	Riz brun	50	70.0	1.3	0.2	0.0	0.0	109.8	13.5	0.5	0.4	1.7	0.6	0.6	0.5	0.2
Petit burrito	Mélange de grains anciens	75	100.0	2.1	0.2	0.0	0.5	1.5	17.9	1.9	2.7	3.3	0.0	0.9	6.3	0.0
Burrito classique, bol	Mélange de grains anciens	110	150.0	3.1	0.3	0.0	0.7	2.2	26.2	2.9	4.0	4.8	0.0	1.3	9.2	0.0
Bol - grains et légumes verts	Mélange de grains anciens	50	70.0	1.4	0.1	0.0	0.3	1.0	11.9	1.3	1.8	2.2	0.0	0.6	4.2	0.0
Mucho Burrito	Mélange de grains anciens	220	290.0	6.3	0.6	0.0	1.3	4.4	52.4	5.7	8.0	9.6	0.0	2.6	18.4	0.0
Quesadilla - format collation	Haricots pinto	20	10.0	0.1	0.0	0.0	0.0	31.3	2.1	0.6	0.1	0.7	0.2	0.4	0.6	1.3
Quesadilla	Haricots pinto	60	35.0	0.3	0.1	0.0	0.0	93.8	6.4	1.8	0.4	2.0	0.5	1.2	1.7	4.0
Mucho Burrito	Haricots pinto	60	35.0	0.3	0.1	0.0	0.0	93.8	6.4	1.8	0.4	2.0	0.5	1.2	1.7	4.0
Burrito classique, bol, salade	Haricots pinto	60	35.0	0.3	0.1	0.0	0.0	93.8	6.4	1.8	0.4	2.0	0.5	1.2	1.7	4.0
Petit burrito	Haricots pinto	50	30.0	0.2	0.1	0.0	0.0	78.2	5.3	1.5	0.3	1.7	0.4	1.0	1.4	3.3
Burrito pour enfant	Haricots pinto	30	20.0	0.1	0.0	0.0	0.0	46.9	3.2	0.9	0.2	1.0	0.3	0.6	0.9	2.0
Quesadilla - format collation	Haricots noirs au chipotle	20	5.0	0.1	0.0	0.0	0.0	84.8	4.6	1.0	1.4	1.0	0.0	0.3	0.8	2.8
Quesadilla	Haricots noirs au chipotle	60	20.0	0.4	0.1	0.0	0.0	254.4	13.7	3.1	4.3	3.1	0.0	1.0	2.4	8.4
Mucho Burrito	Haricots noirs au chipotle	60	20.0	0.4	0.1	0.0	0.0	254.4	13.7	3.1	4.3	3.1	0.0	1.0	2.4	8.4
Burrito classique, bol, salade	Haricots noirs au chipotle	60	20.0	0.4	0.1	0.0	0.0	254.4	13.7	3.1	4.3	3.1	0.0	1.0	2.4	8.4
Petit burrito	Haricots noirs au chipotle	50	20.0	0.3	0.1	0.0	0.0	212.0	11.4	2.6	3.6	2.6	0.0	0.8	2.0	7.0
Burrito pour enfant	Haricots noirs au chipotle	30	10.0	0.2	0.0	0.0	0.0	127.2	6.8	1.6	2.2	1.6	0.0	0.5	1.2	4.2
Quesadilla - format collation	Légumes pour fajita	30	20.0	1.1	0.1	0.0	0.0	56.7	2.3	0.7	1.1	0.4	10.1	36.7	0.4	0.9
Quesadilla	Légumes pour fajita	60	40.0	2.2	0.2	0.0	0.0	113.3	4.6	1.3	2.1	0.7	20.2	73.5	0.9	1.8
Mucho Burrito	Légumes pour fajita	60	40.0	2.2	0.2	0.0	0.0	113.3	4.6	1.3	2.1	0.7	20.2	73.5	0.9	1.8
Burrito classique, bol, salade	Légumes pour fajita	60	40.0	2.2	0.2	0.0	0.0	113.3	4.6	1.3	2.1	0.7	20.2	73.5	0.9	1.8
Petit burrito	Légumes pour fajita	40	25.0	1.5	0.1	0.0	0.0	75.6	3.0	0.9	1.4	0.5	13.5	49.0	0.6	1.2
Enfants	Légumes pour fajita	30	20.0	1.1	0.1	0.0	0.0	56.7	2.3	0.7	1.1	0.4	10.1	36.7	0.4	0.9
Taco pour enfant, quesadilla en formation collation	Bœuf barbaço	50	60.0	2.0	0.7	0.0	26.7	362.3	1.2	0.0	0.6	9.9	2.5	2.5	1.0	9.0
Mucho Burrito	Bœuf barbaço	150	190.0	6.0	2.2	0.0	80.0	1087.0	3.6	0.0	1.7	29.8	7.5	7.5	3.0	27.0
Burrito classique, bol, salade, quesadilla	Bœuf barbaço	100	130.0	4.0	1.5	0.0	53.3	724.7	2.4	0.0	1.1	19.9	5.0	5.0	2.0	18.0
Petit burrito	Bœuf barbaço	75	90.0	3.0	1.1	0.0	40.0	543.5	1.8	0.0	0.9	14.9	3.8	3.8	1.5	13.5
Taco pour enfant, quesadilla en formation collation	Carnitas de porc	50	70.0	3.0	1.0	0.0	28.7	334.3	1.0	0.5	0.6	13.0	1.4	3.5	0.8	3.7
Mucho Burrito	Carnitas de porc	150	210.0	9.1	3.1	0.0	86.0	1003.0	3.0	1.4	1.8	39.0	4.3	10.5	2.4	11.2
Burrito classique, bol, salade, quesadilla	Carnitas de porc	100	140.0	6.1	2.1	0.0	57.3	668.7	2.0	0.9	1.2	26.0	2.9	7.0	1.6	7.5
Petit burrito	Carnitas de porc	75	110.0	4.6	1.6	0.0	43.0	501.5	1.5	0.7	0.9	19.5	2.2	5.3	1.2	5.6
Taco pour enfant, quesadilla en formation collation	Steak	50	80.0	3.6	0.8	0.0	21.3	201.4	0.0	0.0	0.0	10.5	0.0	2.4	0.9	4.7
Mucho Burrito	Steak	150	230.0	10.9	2.4	0.1	63.9	604.2	0.0	0.0	0.0	31.6	0.0	7.1	2.8	14.2
Burrito classique, bol, salade, quesadilla	Steak	100	150.0	7.2	1.6	0.1	42.6	402.8	0.0	0.0	0.0	21.1	0.0	4.7	1.9	9.5
Petit burrito	Steak	75	120.0	5.4	1.2	0.1	31.9	302.1	0.0	0.0	0.0	15.8	0.0	3.5	1.4	7.1
Taco pour enfant, quesadilla en formation collation	Poulet	50	50.0	1.4	0.2	0.0	17.0	401.1	1.4	0.0	1.2	8.8	0.9	0.5	0.1	0.8
Mucho Burrito	Poulet	150	160.0	4.2	0.6	0.0	51.0	1203.4	4.3	0.0	3.5	26.5	2.7	1.4	0.3	2.4
Burrito classique, bol, salade, quesadilla	Poulet	100	110.0	2.8	0.4	0.0	34.0	802.3	2.9	0.0	2.3	17.7	1.8	0.9	0.2	1.6
Petit burrito	Poulet	75	80.0	2.1	0.3	0.0	25.5	601.7	2.2	0.0	1.8	13.3	1.4	0.7	0.1	1.2
Taco pour enfant, quesadilla en formation collation	Chorizo	50	160.0	13.5	4.9	0.0	30.9	440.4	2.4	1.1	0.6	7.7	13.2	0.0	1.8	7.0
Mucho Burrito	Chorizo	150	480.0	40.5	14.8	0.0	92.7	1321.2	7.2	3.2	1.8	23.2	39.5	0.0	5.3	21.1
Burrito classique, bol, salade, quesadilla	Chorizo	100	320.0	27.0	9.9	0.0	61.8	880.8	4.8	2.2	1.2	15.5	26.3	0.0	3.5	14.0
Petit burrito	Chorizo	75	240.0	20.3	7.4	0.0	46.4	660.6	3.6	1.6	0.9	11.6	19.7	0.0	2.6	10.5
Taco pour enfant, quesadilla en formation collation	Crevettes lime-chili	50	60.0	1.7	0.2	0.0	53.6	275.9	2.6	0.1	0.8	7.3	5.3	7.0	1.9	6.5
Mucho Burrito	Crevettes lime-chili	180	210.0	6.3	0.7	0.0	193.1	993.4	9.3	0.5	2.9	26.4	19.0	25.3	6.9	23.6
Burrito classique, bol, salade, quesadilla	Crevettes lime-chili	120	140.0	4.2	0.5	0.0	128.7	662.2	6.2	0.3	1.9	17.6	12.7	16.9	4.6	15.7
Petit burrito	Crevettes lime-chili	90	100.0	3.1	0.4	0.0	96.6	496.7	4.6	0.3	1.4	13.2	9.5	12.7	3.4	11.8
Mucho Burrito	crumble végétalien	150	400.0	24.3	1.6	0.0	0.0	958.7	19.8	2.4	12.3	24.8	3.8	3.8	3.8	28.2
Burrito classique, bol, salade, quesadilla	crumble végétalien	100	270.0	16.2	1.0	0.0	0.0	639.2	13.2	1.6	8.2	16.5	2.5	2.5	2.5	18.8
Petit burrito	crumble végétalien	75	200.0	12.1	0.8	0.0	0.0	479.4	9.9	1.2	6.1	12.4	1.9	1.9	1.9	14.1
Repas pour enfants, taco, quesadilla en format collation	crumble végétalien	50	130.0	8.1	0.5	0.0	0.0	319.6	6.6	0.8	4.1	8.3	1.3	1.3	1.3	9.4
Quesadilla, Nachos	Fromage monterey jack	50	180.0	15.0	8.3	0.3	41.7	350.0	1.7	0.0	0.0	11.7	13.3	0.0	33.3	0.0
Quesadilla pour enfant	Fromage monterey jack	40	150.0	12.0	6.7	0.3	33.3	280.0	1.3	0.0	0.0	9.3	10.7	0.0	26.7	0.0
Mucho Burrito	Fromage monterey jack	30	110.0	9.0	5.0	0.2	25.0	210.0	1.0	0.0	0.0	7.0	8.0	0.0	20.0	0.0
Burrito classique, bol, salade	Fromage monterey jack	20	70.0	6.0	3.3	0.1	16.7	140.0	0.7	0.0	0.0	4.7	5.3	0.0	13.3	0.0
Petit burrito, taco, burrito pour enfant	Fromage monterey jack	10	35.0	3.0	1.7	0.1	8.3	70.0	0.3	0.0	0.0	2.3	2.7	0.0	6.7	0.0
Quesadilla, Nachos	Mozzarella végétalien	50	180.0	11.6	9.7	0.0	0.0	333.0	3.8	1.9	0.0	0.8	0.0	0.0	0.0	1.7
Ques																

Mucho Burrito	salade de chou aux agrumes	75	30.0	0.2	0.0	0.0	0.0	240.7	5.9	1.4	3.8	0.9	6.7	46.3	27.6	0.3
Taco	salade de chou aux agrumes	20	7.0	0.1	0.0	0.0	0.0	64.2	1.6	0.4	1.0	0.2	1.8	12.4	7.4	0.1
Petit burrito	Mais rôti	15	15.0	0.1	0.0	0.0	0.0	0.5	3.0	0.3	0.5	0.2	0.3	1.5	5.3	0.3
Burrito classique, bol, salade	Mais rôti	30	30.0	0.2	0.0	0.0	0.0	0.9	6.0	0.6	0.9	0.3	0.6	3.0	10.5	0.6
Mucho Burrito	Mais rôti	30	30.0	0.2	0.0	0.0	0.0	0.9	6.0	0.6	0.9	0.3	0.6	3.0	10.5	0.6
Taco	Mais rôti	10	10.0	0.1	0.0	0.0	0.0	0.3	2.0	0.2	0.3	0.1	0.2	1.0	3.5	0.2
Petit burrito	oignons rouges marinés maison	15	15.0	0.0	0.0	0.0	0.0	250.3	4.0	0.3	3.6	0.1	0.0	5.4	0.1	0.2
Burrito classique, bol, salade	oignons rouges marinés maison	20	20.0	0.0	0.0	0.0	0.0	333.7	5.3	0.3	4.9	0.2	0.0	7.2	0.2	0.2
Mucho Burrito	oignons rouges marinés maison	25	25.0	0.0	0.0	0.0	0.0	417.1	6.6	0.4	6.1	0.2	0.0	9.0	0.2	0.3
Taco	oignons rouges marinés maison	10	10.0	0.0	0.0	0.0	0.0	166.9	2.6	0.2	2.4	0.1	0.0	3.6	0.1	0.1
Petit burrito	Pois chiches rôtis	30	15.0	0.7	0.1	0.0	0.0	29.2	2.2	0.4	0.1	0.6	0.1	0.0	0.4	1.0
Burrito classique, bol, salade	Pois chiches rôtis	40	35.0	1.4	0.1	0.0	0.0	58.3	4.5	0.9	0.1	1.2	0.2	0.1	0.8	2.1
Mucho Burrito	Pois chiches rôtis	60	35.0	1.4	0.1	0.0	0.0	58.3	4.5	0.9	0.1	1.2	0.2	0.1	0.8	2.1
Taco	Pois chiches rôtis	10	10.0	0.5	0.0	0.0	0.0	19.4	1.5	0.3	0.0	0.4	0.1	0.0	0.3	0.7
Petit burrito	salsa à la mangue	40	20.0	0.0	0.0	0.0	0.0	44.6	1.5	0.4	1.1	0.4	1.5	6.7	2.1	0.2
Burrito classique, bol, salade	salsa à la mangue	60	25.0	0.1	0.0	0.0	0.0	66.9	2.3	0.6	2.3	0.6	2.3	10.1	3.2	0.4
Mucho Burrito	salsa à la mangue	60	35.0	0.1	0.0	0.0	0.0	66.9	2.3	0.6	2.3	0.6	2.3	10.1	3.2	0.4
Taco	salsa à la mangue	20	10.0	0.0	0.0	0.0	0.0	22.3	0.8	0.5	0.8	0.2	0.8	3.4	1.1	0.1
Petit burrito	Oignons croustillants	8	50.0	4.0	1.7	0.0	0.0	68.6	3.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Burrito classique, bol, salade	Oignons croustillants	10	60.0	5.0	2.1	0.0	0.0	85.7	4.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Mucho Burrito	Oignons croustillants	15	100.0	7.5	3.2	0.0	0.0	128.6	6.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Taco	Oignons croustillants	3	20.0	1.5	0.6	0.0	0.0	25.7	1.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Quesadillas	Crème sure	113	190.0	15.1	9.4	0.4	56.5	113.0	7.5	0.0	3.8	3.8	22.6	0.0	15.1	0.0
Mucho Burrito	Crème sure	45	75.0	6.0	3.8	0.2	22.5	45.0	3.0	0.0	1.5	1.5	9.0	0.0	6.0	0.0
Burrito classique, bol	Crème sure	30	50.0	4.0	2.5	0.1	15.0	30.0	2.0	0.0	1.0	1.0	6.0	0.0	4.0	0.0
Petit burrito, taco, burrito pour enfant	Crème sure	15	25.0	2.0	1.3	0.1	7.5	15.0	1.0	0.0	0.5	0.5	3.0	0.0	2.0	0.0
Taco	Crème sure	10	15.0	1.3	0.8	0.0	5.0	10.0	0.7	0.0	0.3	0.3	2.0	0.0	1.3	0.0
Mucho Burrito	Sauce pour burrito	45	170.0	16.5	2.3	0.2	7.5	435.0	4.5	0.0	3.0	0.3	3.0	15.0	0.0	0.0
Burrito classique, bol, salade	Sauce pour burrito	30	110.0	11.0	1.5	0.1	5.0	290.0	3.0	0.0	2.0	0.2	2.0	10.0	0.0	0.0
Petit burrito	Sauce pour burrito	15	60.0	5.5	0.8	0.1	2.5	145.0	1.5	0.0	1.0	0.1	1.0	5.0	0.0	0.0
Taco	Sauce pour burrito	10	35.0	3.7	0.5	0.0	1.7	96.7	1.0	0.0	0.7	0.1	0.7	3.3	0.0	0.0
Burritos, bols, salades	Guacamole	60	80.0	7.2	1.0	0.0	0.0	108.5	4.8	3.4	0.6	1.0	3.6	11.2	0.6	1.7
Quesadillas	Guacamole	113	160.0	13.6	1.9	0.0	0.0	204.4	9.0	6.4	1.1	1.9	6.7	21.2	1.2	3.1
Croustilles et guacamole - combo	Guacamole	113	160.0	13.6	1.9	0.0	0.0	204.4	9.0	6.4	1.1	1.9	6.7	21.2	1.2	3.1
Croustilles et guacamole - 2 portions	Guacamole	113	160.0	13.6	1.9	0.0	0.0	204.4	9.0	6.4	1.1	1.9	6.7	21.2	1.2	3.1
Croustilles et guacamole - 3 portions	Guacamole	227	310.0	27.3	3.8	0.0	0.0	410.6	18.1	12.9	2.2	3.8	13.4	42.5	2.4	6.3
Salade taqueria	Vinaigrette lime-agave	30	120.0	9.7	0.7	0.0	0.0	37.0	7.9	0.4	6.9	0.1	1.1	5.7	0.1	0.2
Petit burrito, taco, burrito pour enfant	Sauce queso	30	40.0	2.3	0.9	0.7	4.6	257.4	2.4	0.0	1.0	1.0	0.2	0.1	3.0	0.9
Burrito classique, bol, salade, quesadilla, taco	Sauce queso	60	80.0	4.5	1.8	1.3	9.2	514.9	4.8	0.0	2.1	2.0	0.5	0.3	5.9	1.8
Croustilles et queso - combo	Sauce queso	113	160.0	8.5	3.4	2.5	17.3	969.7	9.0	0.1	3.9	3.7	0.9	0.5	11.2	3.4
Croustilles et queso - 2 portions	Sauce queso	113	160.0	8.5	3.4	2.5	17.3	969.7	9.0	0.1	3.9	3.7	0.9	0.5	11.2	3.4
Croustilles et queso - 3 portions	Sauce queso	227	310.0	17.2	6.9	5.0	34.7	1948.0	18.1	0.1	7.9	7.4	1.9	1.1	22.5	6.8
Petit burrito	Chimichurri	15	50.0	5.7	0.4	0.0	0.0	115.5	0.6	0.1	0.2	0.1	3.5	4.0	0.2	0.4
Burrito classique, bol, salade	Chimichurri	30	110.0	11.5	0.8	0.0	0.0	231.1	1.2	0.2	0.4	0.1	7.0	8.0	0.3	0.7
Mucho Burrito	Chimichurri	45	160.0	17.2	1.2	0.0	0.0	346.6	1.8	0.3	0.6	0.2	10.5	11.9	0.5	1.1
Taco	Chimichurri	10	35.0	3.8	0.3	0.0	0.0	77.0	0.4	0.1	0.1	0.0	2.3	2.7	0.1	0.2
Petit burrito	sauce crémeuse habanero - ail roties	15	15.0	1.7	1.1	0.0	0.0	0.0	6.3	15.6	0.0	2.6	0.0	2.1	0.4	2.7
Burrito classique, bol, salade	sauce crémeuse habanero - ail roties	30	30.0	3.4	2.1	0.0	0.0	0.0	12.6	31.3	0.0	5.2	0.0	4.2	0.8	5.3
Mucho Burrito	sauce crémeuse habanero - ail roties	45	45.0	5.0	3.2	0.0	0.0	0.0	18.9	46.9	0.0	7.8	0.0	6.3	1.3	8.0
Taco	sauce crémeuse habanero - ail roties	10	5.0	1.1	0.7	0.0	0.0	0.0	4.2	10.4	0.0	1.7	0.0	0.3	0.3	1.8
Bol	Mélange printanier	25	5.0	0.7	0.0	0.0	0.0	10.7	1.4	0.0	0.7	0.0	0.0	14.3	2.9	2.1
Repas pour enfant	Croustilles	35	70.0	2.2	0.1	0.0	0.0	211.4	9.8	0.0	0.0	1.2	2.5	0.1	2.5	0.0
Croustilles et salsa, queso, guacamole	Croustilles	60	120.0	3.7	0.1	0.0	0.0	362.4	16.8	0.0	0.0	2.1	4.2	0.1	4.2	0.0
	Piments jalapeños - garniture	4	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.1	0.1	0.0	0.6	0.0	0.0	0.2
	Coriandre - garniture	1	0.0	0.0	0.0	0.0	0.0	0.5	0.0	0.0	0.0	0.0	1.3	0.5	0.0	0.0
Taco	Lime fraîche	9	5.0	0.0	0.0	0.0	0.0	0.2	1.0	0.3	0.2	0.1	0.0	4.4	3.0	0.1

Le besoin énergétique quotidien moyen des adultes et des adolescents (de 13 ans et plus) est de 2 000 calories, et de 1 500 calories

0 = moins de 5 calories