

Macho Burrito
NUTRITIONAL CHART

Table with 14 columns: MENU ITEMS, INGREDIENTS, Weight (g), Calories, Total Fat (g), Saturated Fat (g), Trans Fat (g), Cholesterol (mg), Sodium (mg), Carbohydrates (g), Fiber (g), Sugars (g), Protein (g), Vitamin A (IU), Vitamin C (%DV), Calcium (%DV), Iron (%DV). Contains 250 rows of nutritional data for various menu items like Kids Burrito, Mucho Burrito, Tacos, Quesadillas, etc.

Kids Burrito	Hot Salsa	20	10.0	0.7	0.0	0.0	0.0	117.4	1.5	0.2	1.2	0.2	0.8	6.6	1.3	0.0
Chips & Salsa - Combo	Hot Salsa	113	70.0	3.7	0.2	0.0	0.0	863.2	8.4	1.1	6.6	0.9	3.3	37.0	7.1	0.2
Chips & Salsa - serves 2	Hot Salsa	113	70.0	3.7	0.2	0.0	0.0	863.2	8.4	1.1	6.6	0.9	3.3	37.0	7.1	0.2
Chips & Salsa - serves 3	Hot Salsa	227	140.0	7.4	0.5	0.0	0.0	1332.2	16.8	2.2	13.3	1.9	6.6	74.4	14.3	0.4
Small Burrito	Citrus Slaw	40	15.0	0.0	0.0	0.0	0.0	128.4	1.1	0.7	2.0	0.5	3.5	24.7	14.7	0.2
Regular Burrito, Bowl, Salad	Citrus Slaw	50	20.0	0.0	0.0	0.0	0.0	180.4	3.9	0.9	2.5	0.6	4.5	30.9	18.4	0.2
Mucho Burrito	Citrus Slaw	75	30.0	0.1	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	Citrus Slaw	20	7.0	0.0	0.0	0.0	0.0	64.2	1.6	0.4	1.0	0.2	1.8	12.4	7.4	0.1
Small Burrito	Charred Corn	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
Regular Burrito, Bowl, Salad	Charred Corn	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	Charred Corn	50	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	Charred Corn	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
Small Burrito	In-House Pickled Red Onions	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
Regular Burrito, Bowl, Salad	In-House Pickled Red Onions	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	In-House Pickled Red Onions	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	In-House Pickled Red Onions	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
Small Burrito	Tortilla Chips	4	5.0	0.6	0.0	0.0	0.0	3.2	1.3	0.0	0.0	0.0	0.0	2.4	2.4	2.4
Regular Burrito, Bowl, Salad	Tortilla Chips	8	10.0	1.0	0.0	0.0	0.0	6.4	2.6	0.0	0.0	0.0	0.0	4.8	4.8	4.8
Mucho Burrito	Tortilla Chips	10	15.0	0.1	0.0	0.0	0.0	12.8	5.2	0.0	0.0	0.0	0.0	9.6	9.6	9.6
Taco	Tortilla Chips	2	2.0	0.3	0.0	0.0	0.0	1.6	0.7	0.0	0.0	0.0	0.0	1.2	1.2	1.2
Small Burrito	Pineapple Salsa	30	15.0	0.0	0.0	0.0	0.0	55.0	4.9	0.4	4.3	0.1	0.0	0.0	1.0	0.0
Regular Burrito, Bowl, Salad	Pineapple Salsa	40	20.0	0.0	0.0	0.0	0.0	63.0	5.7	0.5	5.0	0.1	0.0	0.0	2.0	0.0
Mucho Burrito	Pineapple Salsa	60	35.0	0.0	0.0	0.0	0.0	94.0	8.6	0.8	7.6	0.1	0.0	0.0	2.0	0.0
Small Burrito	Harvest Medley	30	60.0	0.9	0.2	0.0	0.0	155.0	13.3	1.9	4.2	0.8	0.0	0.0	2.0	2.0
Regular Burrito, Bowl, Salad	Harvest Medley	30	60.0	0.9	0.2	0.0	0.0	155.0	13.3	1.9	4.2	0.8	0.0	0.0	2.0	2.0
Mucho Burrito	Harvest Medley	60	90.0	1.7	0.3	0.0	0.0	300.0	25.6	2.0	8.2	1.5	0.0	0.0	3.0	5.0
Regular Burrito	Ghost Pepper Bacon	30	120.0	9.2	3.7	0.0	37.0	625.0	0.3	0.0	0.0	18.4	0.0	0.0	0.0	0.0
Mucho Burrito	Ghost Pepper Bacon	45	180.0	13.4	5.4	0.0	53.0	909.0	0.4	0.0	0.0	26.7	0.0	0.0	0.0	0.0
Regular Burrito	Ghost Pepper Fig Marmalade	30	100.0	0.0	0.0	0.0	0.0	39.0	23.7	0.0	21.8	0.0	0.0	0.0	0.0	3.0
Mucho Burrito	Ghost Pepper Fig Marmalade	40	150.0	0.0	0.0	0.0	0.0	57.0	34.5	0.0	31.8	0.0	0.0	0.0	0.0	5.0
Small Burrito	Roasted Chickpeas	40	20.0	0.1	0.0	0.0	0.0	0.0	23.9	24.0	4.5	0.6	3.7	0.2	11.9	
Regular Burrito, Bowl, Salad	Roasted Chickpeas	60	40.0	0.1	0.0	0.0	0.0	0.0	35.9	35.9	6.8	0.9	5.6	0.3	17.8	
Mucho Burrito	Roasted Chickpeas	60	40.0	0.1	0.0	0.0	0.0	0.0	35.9	35.9	6.8	0.9	5.6	0.3	17.8	
Taco	Roasted Chickpeas	20	10.0	0.0	0.0	0.0	0.0	0.0	12.0	12.0	2.3	0.3	1.9	0.1	5.9	
Small Burrito, Kids Burrito	Sour Cream	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	Sour Cream	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	Burrito Sauce	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
Regular Burrito, Bowl, Salad	Burrito Sauce	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
Small Burrito	Burrito Sauce	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	Burrito Sauce	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, Bowls, Salads	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
Chips & Queso - 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
Chips & Queso - Serves 2	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
Chips & Queso - Serves 3	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
Small Burrito	Smoky Tequila-Lime Sauce	15	30	0.1	0.05	0	0	12	7	0	0	0.2	0	0	0	0
Regular Burrito, Bowl	Smoky Tequila-Lime Sauce	30	60	0.2	0.1	0	0	24	14	0	0	0.4	0	0	0	0
Mucho Burrito	Smoky Tequila-Lime Sauce	45	90	0.4	0.15	0	0	36	21	0	0	0.6	0	0	0	0
Small Burrito	Habanero Garlic	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
Regular Burrito, Bowl, Salad	Habanero Garlic	30	30.0	3.4	2.1	0.1	0.0	0.0	12.6	31.3	0.0	5.2	0.0	4.2	0.8	5.3
Mucho Burrito	Habanero Garlic	45	45.0	5.0	3.2	0.1	0.0	0.0	18.9	46.9	0.0	7.8	0.0	6.3	1.3	8.0
Taco	Habanero Garlic	10	5.0	1.1	0.7	0.0	0.0	0.0	4.2	10.4	0.0	1.7	0.0	1.4	0.3	1.8
Regular Burrito	Ghost Pepper Sauce	20	0.0	0.0	0.0	0.0	0.0	500.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Mucho Burrito	Ghost Pepper Sauce	30	0.0	0.0	0.0	0.0	0.0	750.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Small Burrito	Avocado Lime Vinaigrette	15	45.0	6.0	0.5	0.0	0.0	31.0	2.2	0.3	1.7	0.1	0.0	0.0	1.0	0.0
Regular Burrito, Bowl, Salad	Avocado Lime Vinaigrette	30	75.0	11.4	1.0	0.0	0.0	54.0	4.1	0.6	3.2	0.3	0.0	0.0	2.0	0.0
Mucho Burrito	Avocado Lime Vinaigrette	45	110.0	15.9	1.4	0.0	0.0	78.0	5.7	0.9	4.5	0.4	0.0	0.0	2.0	0.0
Taco	Avocado Lime Vinaigrette	10	35.0	4.0	0.3	0.0	0.0	19.0	1.4	0.2	1.1	0.1	0.0	0.0	1.0	0.0
Small Burrito, Kids Burrito	Queso Cheese Sauce	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
Regular Burrito, Bowl, Salad, Quesadilla, Taco	Queso Cheese Sauce	60	80.0	4.6	1.8	1.3	9.2	514.9	4.8	0.0	2.1	2.0	0.5	0.3	5.9	1.8
Chips & Queso - Combo	Queso Cheese Sauce	113	160.0	8.6	3.4	2.5	17.3	989.7	9.0	0.1	3.9	3.7	0.9	0.5	11.2	3.4
Chips & Queso - Serves 2	Queso Cheese Sauce	113	160.0	8.6	3.4	2.5	17.3	989.7	9.0	0.1	3.9	3.7	0.9	0.5	11.2	3.4
Chips & Queso - Serves 3	Queso Cheese Sauce	227	310.0	17.2	6.9	5.0	34.7	1946.0	18.1	0.1	7.8	7.4	1.9	1.1	22.5	6.8
Bowl	Lettuce Romaine	100	18.0	0.3	0.0	0.0	0.0	8.0	3.3	0.0	1.2	1.2	0.0	4.0	3.0	5.0
Kids Meals	Chips	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
Chips & Salsa, Queso, Guac	Chips	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
	Jalapeno Peppers - Garnish	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
	Cilantro - Garnish	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	Fresh Limes	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

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4-12) need an average of

0 = less than 5 calories.