



	Avg Serving Size		Energy		Calories		Protein		Fat (total)		Fat (saturated)		Carbohydrates		Sugars		Sodium		Dietary Fibre	
	Portion	Grams	kJ/serve	kJ/100g	Cal/serve	Cal/100g	g/serve	g/100g	g/serve	g/100g	g/serve	g/100g	g/serve	g/100g	g/serve	g/100g	mg/serve	mg/100g	g/serve	g/100g
2 Crispy Chicken Strips with Chipotle Dip	2 strips	124.6	1302.6	1045.4	311.3	249.9	19.6	15.8	20.9	16.8	1.9	1.6	7.8	6.3	2.3	1.8	869.2	697.6	7.9	6.3
2 Crispy Chicken Strips with Creamy Jalapeno Dip	2 strips	124.6	1318.1	1057.9	315.0	252.8	19.7	15.8	21.2	17.0	2.0	1.6	8.2	6.6	2.3	1.8	861.5	691.4	7.4	6.0
2 Crispy Chicken Strips with Spicy Ranch Dip	2 strips	124.6	1296.8	1040.7	309.9	248.7	19.7	15.8	20.6	16.6	1.9	1.5	7.8	6.3	2.5	2.0	883.3	708.9	8.2	6.6
Assorted Platter	1 platter	429.5	4941.0	1150.4	1180.9	275.0	56.2	13.1	64.1	14.9	19.5	4.5	85.8	20.0	6.2	1.4	2083.9	485.2	17.7	4.1
Bean Cantina Bowl	1 bowl	287.9	1860.0	647.0	444.6	154.6	13.0	4.5	12.1	4.2	3.3	1.1	64.7	22.5	3.4	1.2	809.0	281.0	6.9	2.4
Bean Cali Burrito	1 burrito	259.8	2041.7	785.9	488.0	187.8	15.6	6.0	17.6	6.8	6.8	2.6	61.3	23.6	6.5	2.5	849.7	327.1	6.5	2.5
Bean Cheese Burrito / Loaded Griller	1 burrito	141.2	1475.8	1045.2	352.7	249.8	8.9	6.3	13.8	9.8	4.0	2.9	45.6	32.3	3.6	2.6	599.7	424.7	0.7	0.5
Bean Cheesy Gordita Crunch	1 taco	165.6	2039.8	1232.1	487.5	294.5	20.0	12.1	23.1	14.0	8.5	5.1	45.0	27.2	4.5	2.7	619.1	374.0	7.8	4.7
Bean Crunchwrap Supreme	1 wrap	235.4	2200.6	934.8	526.0	223.4	12.8	5.4	20.4	8.7	8.0	3.4	69.0	29.3	5.9	2.5	751.5	319.2	4.5	1.9
Bean Crunchy Taco	1 wrap	59.8	508.7	851.4	121.6	203.5	4.1	6.9	4.7	7.9	1.3	2.1	13.8	23.0	0.6	1.0	75.5	126.3	1.4	2.3
Bean Crunchy Taco Supreme	1 taco	84.3	691.1	820.3	165.2	196.1	4.8	5.7	8.7	10.3	3.9	4.6	14.8	17.6	1.7	2.0	90.5	107.5	1.5	1.8
Bean Double Crunchwrap Supreme	1 wrap	321.8	2850.8	885.9	681.3	211.7	16.4	5.1	27.5	8.5	8.8	2.7	86.7	26.9	7.4	2.3	995.2	309.3	5.5	1.7
Bean Grande Burrito	1 burrito	355.7	2978.8	837.4	711.9	200.2	19.9	5.6	23.4	6.6	9.7	2.7	97.9	27.5	7.3	2.0	1168.9	328.6	9.0	2.5
Bean Grilled Stuft Burrito	1 burrito	313.3	2624.2	837.6	627.2	200.2	19.6	6.3	20.8	6.6	9.2	2.9	83.2	26.6	6.6	2.1	986.3	314.8	6.3	2.0
Bean Mini Quesadilla	1 quesadilla	87.1	907.7	1042.2	217.0	249.1	7.3	8.3	10.0	11.5	3.4	3.9	22.3	25.6	2.0	2.3	356.1	408.9	2.1	2.4
Bean Power Bowl	1 bowl	333.6	2148.2	643.9	513.4	153.9	15.5	4.7	15.3	4.6	5.3	1.6	70.5	21.1	4.7	1.4	877.5	263.0	7.5	2.2
Bean Quesadilla	1 quesadilla	186.8	2279.3	1220.2	544.8	291.6	26.5	14.2	28.5	15.3	16.0	8.6	41.3	22.1	3.4	1.8	807.3	432.2	5.0	2.7
Bean Soft Taco Supreme	1 taco	103.3	855.0	827.3	204.4	197.7	6.7	6.5	8.6	8.3	5.1	4.9	22.9	22.2	2.5	2.4	261.1	252.7	1.4	1.4
Bean Loaded Fries	1 bowl	428.5	3939.9	919.5	941.7	219.8	16.1	3.8	46.7	10.9	6.8	1.6	105.9	24.7	6.0	1.4	1130.0	263.7	12.0	2.8
Bean Loaded Nachos	1 bowl	272.5	2835.4	1040.5	677.7	248.7	12.2	4.5	35.9	13.2	6.1	2.2	70.2	25.7	5.2	1.9	683.4	250.8	8.2	3.0
Beef Cantina Bowl	1 bowl	315.5	2260.0	716.3	540.2	171.2	22.4	7.1	22.5	7.1	8.1	2.6	59.2	18.8	3.3	1.0	1320.0	418.4	6.9	2.2
Beef Cali Burrito	1 taco	273.4	2239.9	819.3	535.3	195.8	20.3	7.4	22.7	8.3	9.2	3.3	58.4	21.4	6.5	2.4	1106.2	404.6	6.5	2.4
Beef Cheesy Gordita Crunch	1 taco	179.2	2238.0	1249.3	534.9	298.6	24.7	13.8	28.3	15.8	10.9	6.1	42.1	23.5	4.4	2.5	875.6	488.8	7.8	4.3
Beef Crunchwrap Supreme	1 wrap	249.0	2398.8	963.4	573.3	230.3	17.5	7.0	25.6	10.3	10.4	4.2	66.2	26.6	5.9	2.4	1008.0	404.8	4.5	1.8
Beef Crunchy Taco	1 wrap	73.4	706.9	963.8	169.0	230.4	8.8	12.0	9.9	13.5	3.6	5.0	10.9	14.9	0.6	0.8	332.0	452.6	1.4	1.9
Beef Crunchy Taco Supreme	1 taco	95.9	887.1	925.5	212.0	221.2	9.4	9.8	13.9	14.5	6.2	6.5	11.9	12.4	1.5	1.6	347.0	362.0	1.4	1.5
Beef Double Crunchwrap Supreme	1 taco	349.0	3247.2	930.4	776.1	222.4	25.8	7.4	37.8	10.8	13.6	3.9	81.0	23.2	7.3	2.1	1508.1	432.1	5.5	1.6
Beef Grande Burrito	1 burrito	414.7	3507.5	845.8	838.3	202.1	31.4	7.6	33.8	8.2	14.5	3.5	96.7	23.3	7.4	1.8	1729.6	417.1	9.0	2.2
Beef Grilled Stuft Burrito	1 burrito	340.5	3020.7	887.1	722.0	212.0	29.0	8.5	31.2	9.1	13.9	4.1	77.5	22.8	6.5	1.9	1499.3	440.3	6.3	1.9
Beef Loaded Fries	1 bowl	455.7	4336.4	951.6	1036.4	227.4	25.5	5.6	57.0	12.5	11.6	2.5	100.3	22.0	5.9	1.3	1643.0	360.5	12.0	2.6
Beef Loaded Nachos	1 bowl	299.7	3231.9	1078.4	772.4	257.7	21.6	7.2	46.2	15.4	10.8	3.6	64.5	21.5	5.1	1.7	1196.4	399.2	8.2	2.7
Beef Power Bowl	1 bowl	360.8	2544.7	705.3	608.2	168.6	24.9	6.9	25.6	7.1	10.0	2.8	64.9	18.0	4.5	1.3	1390.5	385.4	7.5	2.1
Beef Quesadilla	1 quesadilla	200.4	2477.5	1236.3	592.1	295.5	31.1	15.5	33.7	16.8	18.4	9.2	38.5	19.2	3.4	1.7	1063.8	530.8	5.0	2.5
Beef Soft Taco Supreme	1 taco	116.9	1053.2	900.6	251.7	215.2	11.4	9.7	13.8	11.8	7.5	6.4	20.1	17.2	2.4	2.1	517.6	442.6	1.4	1.2
Beefy Cheese Burrito / Loaded Griller	1 burrito	154.8	1674.0	1081.4	400.1	258.5	13.6	8.8	19.0	12.3	6.4	4.1	42.8	27.6	3.6	2.3	856.2	553.1	0.7	0.5
Chipotle Crunch Burrito (Chicken)	1 burrito	200.9	1990.0	990.5	475.6	236.7	18.4	9.2	18.2	9.1	6.4	3.2	56.7	28.2	3.3	1.6	877.0	436.5	3.6	1.8
Chicken Cantina Bowl	1 bowl	311.7	2010.0	644.9	480.4	154.1	24.6	7.9	13.6	4.4	3.8	1.2	60.5	19.4	3.0	1.0	1080.0	346.5	7.8	2.5
Chicken Cali Burrito	1 burrito	271.7	2116.7	779.1	505.9	186.2	21.4	7.9	18.3	6.7	7.0	2.6	59.1	21.8	6.3	2.3	984.5	362.3	7.0	2.6
Chicken Cheesy Gordita Crunch	1 taco	177.4	2114.8	1191.8	505.5	284.8	25.8	14.5	23.9	13.4	8.8	4.9	42.8	24.1	4.2	2.4	753.9	424.8	8.2	4.6
Chicken Crunchwrap Supreme	1 wrap	247.3	2275.6	920.2	543.9	219.9	18.6	7.5	21.1	8.5	8.2	3.3	66.9	27.0	5.7	2.3	886.2	358.4	4.9	2.0
Chicken Crunchy Taco	1 wrap	71.7	583.7	814.7	139.5	194.7	9.9	13.8	5.5	7.7	1.5	2.1	11.6	16.2	0.4	0.6	210.2	293.4	1.8	2.5
Chicken Crunchy Taco Supreme	1 taco	94.2	763.9	811.4	182.6	193.9	10.6	11.2	9.4	10.0	4.1	4.3	12.6	13.4	1.4	1.5	225.3	239.3	1.9	2.0
Chicken Double Crunchwrap Supreme	1 taco	345.6	3000.8	868.3	717.2	207.5	28.0	8.1	28.9	8.4	9.3	2.7	82.4	23.9	7.0	2.0	1264.7	365.9	6.4	1.9
Chicken Grande Burrito	1 burrito	411.3	3261.1	792.9	779.4	189.5	33.6	8.2	25.0	6.1	10.2	2.5	98.1	23.9	7.2	1.7	1486.1	361.3	9.9	2.4
Chicken Grilled Stuft Burrito	1 burrito	337.1	2774.3	823.0	663.1	196.7	31.2	9.3	22.3	6.6	9.6	2.9	79.0	23.4	6.2	1.8	1255.8	372.5	7.2	2.1
Chicken Loaded Fries	1 bowl	452.3	4090.0	904.3	977.5	216.1	27.7	6.1	48.1	10.6	7.3	1.6	101.7	22.5	5.6	1.2	1399.5	309.4	12.9	2.8
Chicken Loaded Nachos	1 bowl	296.3	2985.5	1007.6	713.6	240.8	23.8	8.0	37.3	12.6	6.5	2.2	65.9	22.2	4.8	1.6	952.9	321.6	9.1	3.1
Chicken Power Bowl	1 bowl	357.4	2298.3	643.0	549.3	153.7	27.1	7.6	16.8	4.7	5.8	1.6	66.3	18.5	4.2	1.2	1147.0	320.9	8.3	2.3
Chicken Quesadilla	1 quesadilla	198.7	2354.3	1184.9	562.7	283.2	32.3	16.2	29.3	14.7	16.2	8.2	39.2	19.7	3.2	1.6	942.0	474.1	5.5	2.7
Chicken Soft Taco Supreme	1 taco	115.3	930.0	807.0	222.3	192.9	12.5	10.8	9.3	8.1	5.3	4.6	20.8	18.0	2.3	2.0	395.9	343.5	1.9	1.6
Chocodilla	1 quesadilla	60.1	993.1	1652.4	237.4	394.9	4.1	6.8	10.1	16.9	5.5	9.1	30.1	50.1	13.6	22.6	171.8	285.9	1.0	1.7
Cinnamon Twists	1 bag	21.8	452.9	2077.7	108.3	496.6	0.9	3.9	4.8	22.0	0.5	2.1	15.2	69.5	7.1	32.7	85.2	391.0	0.4	1.7
Crispy Chicken Taco	1 taco	135.0	1142.2	845.8	273.0	202.1	14.3	10.6	13.0	9.6	3.3	2.4	21.9	16.2	3.2	2.4	634.1	469.5	5.9	4.4
Crispy Chicken Burrito	1 burrito	232.7	2450.0	1052.9	585.6	251.6	29.9	12.8	24.0	10.3	7.3	3.1	57.4	24.7	4.6	2.0	1210.0	520.0	10.4	4.5
Large Chips	1 bag	173.1	2102.5	1214.6	502.5	290.3	7.0	4.0	23.2	13.4	2.1	1.2	63.2	36.5	0.7	0.4	421.5	243.5	6.5	3.7
Large Nachos	1 bowl	107.5	2205.3	2051.4	527.1	490.3	6.6	6.2	28.2	26.2	2.8	2.6	58.6	54.6	0.9	0.9	269.3	250.5	6.7	6.2
Mini Beef Quesadilla	1 quesadilla	100.7	1105.9	1098.3	264.3	262.5	11.9	11.9	15.2	15.1	5.8	5.7	19.5	19.3	2.0	2.0	612.6	608.3	2.1	2.1
Mini Chicken Quesadilla	1 quesadilla	99.0	982.7	992.7	234.9	237.3	13.1	13.2	10.8	10.9	3.6	3.7	20.2	20.4	1.8	1.8	490.9	495.8	2.5	2.5
Mini Pork Quesadilla	1 quesadilla	105.3	1106.9	1051.2	264.6	251.2	12.8	12.2	14.7	14.0	6.3	6.0	19.5	18.5	2.2	2.1	583.4	554.1	2.1	2.0
Pork Cantina Bowl	1 bowl	324.3	2260.0	696.9	540.2	166.6	24.2	7.5	21.4	6.6	9.1	2.8	59.1	18.2	3.7	1.1	1260.0	388.5	6.8	2.1
Pork Cali Burrito	1 burrito	278.0	2240.9	806.1	535.6	192.7	21.2	7.6	22.2	8.0	9.6	3.5	58.4	21.0	6.7	2.4	1077.0	387.4	6.6	2.4
Pork Cheesy Gordita Crunch	1 taco	183.8	2239.0	1218.5	535.1															

Pork Crunchwrap Supreme	1 wrap	253.6	2399.8	946.3	573.6	226.2	18.4	7.2	25.1	9.9	10.9	4.3	66.2	26.1	6.1	2.4	978.8	386.0	4.5	1.8
Pork Crunchy Taco	1 wrap	77.9	707.9	908.2	169.2	217.1	9.7	12.4	9.4	12.1	4.1	5.3	10.9	14.0	0.8	1.0	302.8	388.4	1.4	1.8
Pork Crunchy Taco Supreme	1 taco	100.4	888.1	884.1	212.3	211.3	10.3	10.3	13.4	13.3	6.7	6.7	11.9	11.9	1.8	1.8	317.8	316.4	1.5	1.5
Pork Double Crunchwrap Supreme	1 taco	358.2	3249.2	907.1	776.6	216.8	27.6	7.7	36.8	10.3	14.6	4.1	81.1	22.6	7.7	2.2	1449.8	404.7	5.6	1.6
Pork Grande Burrito	1 burrito	423.9	3509.5	827.9	838.8	197.9	33.1	7.8	32.8	7.7	15.4	3.6	96.7	22.8	7.9	1.9	1671.2	394.2	9.1	2.1
Pork Grilled Stuft Burrito	1 burrito	349.7	3022.6	864.3	722.4	206.6	30.8	8.8	30.1	8.6	14.9	4.3	77.6	22.2	6.9	2.0	1440.9	412.0	6.3	1.8
Pork Loaded Fries	1 bowl	464.9	4338.4	933.2	1036.9	223.0	27.3	5.9	56.0	12.0	12.5	2.7	100.3	21.6	6.3	1.4	1584.6	340.9	12.0	2.6
Pork Loaded Nachos	1 bowl	308.9	3233.9	1046.9	772.9	250.2	23.4	7.6	45.2	14.6	11.8	3.8	64.5	20.9	5.5	1.8	1138.0	368.4	8.3	2.7
Pork Power Bowl	1 bowl	370.0	2546.6	688.3	608.7	164.5	26.7	7.2	24.6	6.6	11.0	3.0	64.9	17.5	5.0	1.3	1332.1	360.0	7.5	2.0
Pork Quesadilla	1 quesadilla	205.0	2478.5	1209.0	592.4	289.0	32.0	15.6	33.2	16.2	18.9	9.2	38.5	18.8	3.6	1.8	1034.6	504.7	5.0	2.5
Pork Soft Taco Supreme	1 taco	121.6	1054.2	867.3	252.0	207.3	12.2	10.1	13.3	10.9	8.0	6.6	20.1	16.5	2.7	2.2	488.4	401.9	1.4	1.2
Regular Chips	1 bag	106.2	1289.9	1214.6	308.3	290.3	4.3	4.0	14.2	13.4	1.3	1.2	38.8	36.5	0.5	0.4	258.6	243.5	4.0	3.7
Regular Nachos	1 bag	46.8	960.1	2051.4	229.5	490.3	2.9	6.2	12.3	26.2	1.2	2.6	25.5	54.6	0.4	0.9	117.2	250.5	2.9	6.2
V.Range Cantina Bowl	1 bowl	334.5	1688.6	504.8	403.6	120.7	11.4	3.4	7.0	2.1	1.3	0.4	66.6	19.9	4.5	1.3	761.5	227.7	8.2	2.5
V.Range Crunchwrap Supreme	1 wrap	256.6	2059.4	802.6	492.2	191.8	14.3	5.6	14.8	5.8	5.4	2.1	69.7	27.2	6.0	2.3	715.9	279.0	6.3	2.4
V.Range Crunchy Taco Supreme	1 taco	85.1	556.6	653.6	133.0	156.2	3.6	4.3	5.5	6.4	0.8	0.9	15.0	17.6	1.5	1.8	124.9	146.7	2.5	2.9
V.Range Grilled Stuft Burrito	1 burrito	344.8	2636.5	764.6	630.1	182.8	17.5	5.1	15.5	4.5	5.8	1.7	97.8	28.4	6.5	1.9	1096.6	318.0	9.0	2.6
V.Range Loaded Fries	1 bowl	437.5	3619.1	827.2	865.0	197.7	15.9	3.6	39.0	8.9	4.2	1.0	103.1	23.6	6.1	1.4	1025.8	234.5	14.4	3.3
V.Range Nachos Supreme	1 bowl	291.3	2675.8	918.6	639.5	219.5	12.2	4.2	32.2	11.0	3.8	1.3	67.7	23.2	5.9	2.0	676.8	232.3	11.3	3.9
V.Range Soft Taco Supreme	1 taco	106.3	722.7	680.2	172.7	162.6	5.5	5.2	5.4	5.1	2.0	1.9	23.1	21.8	2.4	2.3	295.6	278.2	2.5	2.3

Nutrition information above is based on average figures and standard product assembly. Data used is from independent testing facilities and theoretical information from Approved Suppliers. Actual serving sizes and nutrient values may vary due to regional and seasonal difference in ingredients, differences in product assembly and other factors. Product data is based on current formulation, Nutrition Information shown above does not apply to special or custom orders. If you have a particular sensitivity to any specific food or ingredients, or if you have any food allergies, intolerances, specific religious, ethnic or other dietary requirements, we strongly recommend that you contact our Customer Crae team via the 'Contact Us' tab on our website <https://www.tacobell.co.nz/>