

Cocina Mexicana Nutritional Information

Item Name	Serving Size	Calories	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Added Sugars (g)	Prot (g)
<b>Burritos</b>												
Beef Burrito	1 burrito	470	17	4.5	0	65	560	51	0.05	1	0.1	27
Chicken Burrito	1 burrito	470	16	5	0	60	930	52	--	0	--	27
Pork Burrito	1 burrito	460	15	5	0	60	570	53	--	1	--	26
Tofu Chorizo Burrito	1 burrito	440	17	4	0	0	610	54	0.11	1	0.01	16
<b>Burrito Bowls</b>												
Beef Burrito Bowl with Chili Lime Rice	1 burrito bowl	530	12	3	0	70	1930	72	--	2	--	31
Beef Burrito Bowl with Cilantro Rice	1 burrito bowl	530	14	2	0	60	1190	70	--	0	--	26
Chicken Burrito Bowl with Chili Lime Rice	1 burrito bowl	530	13	2	0	75	1560	71	0.05	2	0.1	30
Chicken Burrito Bowl with Cilantro Rice	1 burrito bowl	530	15	1.5	0	65	810	70	0.05	1	0.1	25
Pork Burrito Bowl with Chili Lime Rice	1 burrito bowl	520	12	3	0	70	1570	73	--	3	--	30
Pork Burrito Bowl with Cilantro Rice	1 burrito bowl	520	13	2	0	60	830	72	--	1	--	25
Tofu Chorizo Burrito Bowl with Chili Lime Rice	1 burrito bowl	490	13	2	0	10	1610	74	0.11	3	0.01	20
Tofu Chorizo Burrito Bowl with Cilantro Rice	1 burrito bowl	490	15	1	0	0	870	72	0.11	1	0.01	15
<b>Street Tacos</b>												
Beef Street Tacos	3 tacos	560	19	6	0	90	1220	54	--	0	--	38
Chicken Street Tacos	3 tacos	550	20	5	0	100	650	53	0.07	1	0.16	37
Pork Street Tacos	3 tacos	540	18	6	0	90	680	56	--	2	--	36
Tofu Chorizo Street Tacos	3 tacos	500	21	4.5	0	0	740	57	0.16	2	0.01	22
<b>Quesadillas</b>												
Beef Quesadilla	1 quesadilla	470	16	5	0	60	930	52	--	0	--	27
Chicken Quesadilla	1 quesadilla	470	17	4.5	0	65	560	51	0.05	1	0.1	27
Pork Quesadilla	1 quesadilla	460	15	5	0	60	570	53	--	1	--	26
Tofu Chorizo Quesadilla	1 quesadilla	440	17	4	0	0	610	54	0.11	1	0.01	16
<b>Toppings</b>												
Cilantro Rice	4 oz	180	3.5	0	0	0	310	33	--	0	--	2
Chili Lime Rice	4 oz	180	3	0	0	5	680	34	--	1	--	5
Black Beans	4 oz	100	0	0	0	0	115	18	4.31	1	0	6
Pinto Beans	4 oz	100	0	0	0	0	360	17	6.98	1	0	6
Shredded Romaine Lettuce	1 oz	5	0	0	0	0	10	1	--	0	--	0
Chihuahua Cheese	1 oz	100	9	5	0	20	160	0	--	0	--	6
Shredded Monterey Cheddar Cheese	1 oz	110	9	5	0	25	170	0	0	0	0	6
Diced Jalapeno	1 oz	10	0	0	0	0	0	2	0.75	1	0	0
Diced Sweet Peppers	1 oz	5	0	0	0	0	0	1	0.48	1	0	0
Tomato	1 oz	5	0	0	0	0	0	1	0.34	1	0	0
Diced Red Onion	1 oz	10	0	0	0	0	0	3	0.48	1	0	0
Chopped Cilantro	1 oz	5	0	0	0	0	15	1	0.79	0	0	1
Pico de Gallo	1 oz	5	0	0	0	0	10	1	0.36	1	0	0
Fire-Roasted Tomato Salsa	1 oz	10	0	0	0	0	160	2	0.15	0	0.06	0
Corn Salsa	1 oz	25	0.5	0	0	0	100	5	0.97	2	0.8	1
Pineapple Mango Salsa	1 oz	10	0	0	0	0	50	3	0.34	2	0	0

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Salsa Verde	1 oz	10	0	0	0	0	180	2	--	1	0	0
Sour Cream	1 oz	60	6	4	0	15	45	2	0	1	0	0
Lime Wedge	1 wedge	5	0	0	0	0	0	1	--	0	--	0
<b>Add Ons</b>												
Fajita Vegetables	2 oz	30	2	0	0	0	140	4	0.98	2	0	1
Guacamole	1 oz	60	6	1	0	0	125	1	--	0	--	1
Diced Avocado	1 oz	45	4	0.5	0	0	0	2	1.9	0	0	1
Extra Queso	1 oz	45	3	1	0	5	210	4	0	1	0	1
Salsa Con Queso Monterey Jack Dip	1 oz	45	3	1	0	5	210	4	0	1	0	1
Extra Beef	2 oz	90	3.5	1	--	30	290	2	--	0	--	11
Extra Chicken	2 oz	80	4	0.5	0	35	100	2	0.02	0	0.05	10
Extra Pork	2 oz	80	3	1	--	30	105	3	--	1	--	10
Extra Tofu Chorizo	2 oz	70	4	0	0	0	125	3	0.05	1	0	5
<b>Extras</b>												
Chips and Fire-Roasted Tomato Salsa	5 oz chips, 4 oz salsa	710	47	8	0	0	890	62	0.59	2	0.23	8
Chips and Corn Salsa	5 oz chips, 4 oz salsa	790	49	8	0	0	640	75	3.9	8	3.22	10
Chips and Pineapple Mango Salsa	5 oz chips, 4 oz salsa	720	47	8	0	0	440	66	1.38	7	0	8
Chips and Salsa Verde	5 oz chips, 4 oz salsa	720	47	8	0	0	950	64	0	4	0	7
Chips and Guacamole	5 oz chips, 4 oz guacamole	910	69	12	0	0	720	60	0	0	0	11
Chips and Queso	5 oz chips, 4 oz queso	850	58	12	0	20	1060	71	0	4	0	11