RICK BAYLESS

TORTAZO

Tortazo Nutritionals

	Items	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Protein (g)	Sugar (g)
Tortas	Crispy Chicken Milanesa	1 sandwich	640	24	3.5	15	2110	67	5	77	7
	Smoked Pork Cubana	1 sandwich	840	47	16	65	2220	60	7	41	7
	Chipotle Chicken	1 sandwich	710	33	10	85	1590	64	7	32	7
	Short Rib Pepito	1 sandwich	750	54	15	120	2260	61	6	70	7
	Roasted Mushrooms	1 sandwich	500	18	4	10	1120	67	7	16	6
Kids Tortas	Grilled Cheese	1 sandwich	430	17	8	30	850	48	2	17	2
	Crispy Chicken	1 sandwich	670	28	8	30	1210	55	2	45	2
	Items	**Serving Size**	**Calories**	**Total Fat (g)**	**Sat. Fat (g)**	**Cholesterol (mg)**	**Sodium (mg)**	**Total Carb (g)**	**Fiber (g)**	**Protein (g)**	**Sugar (g)**
Bowls	DIY Chicken Chilaquiles	1 bowl	1020	63	22	125	2440	69	10	40	2
	Garlicky Mushroom & Black Beans	1 bowl	670	40	10	15	1030	60	13	18	5
	Chipotle Chicken & Black Beans	1 bowl	610	37	7	60	1100	45	12	22	4
	Items	**Serving Size**	**Calories**	**Total Fat (g)**	**Sat. Fat (g)**	**Cholesterol (mg)**	**Sodium (mg)**	**Total Carb (g)**	**Fiber (g)**	**Protein (g)**	**Sugar (g)**
Salad	Taqueria Salad	1 bowl	490	37	6	5	800	39	9	7	8
	Loaded Guacamole Salad	1 bowl	490	33	9	25	1190	40	11	14	7
	Crispy Chicken Milanesa Salad	1 bowl	410	23	4	20	1600	21	2	70	6
	Add Chipotle Chicken	1 serving	80	0	0	45	260	2	0	12	2
	Add Crispy Chicken	1 serving	250	11	0	5	370	7	0	280	0
	Items	**Serving Size**	**Calories**	**Total Fat (g)**	**Sat. Fat (g)**	**Cholesterol (mg)**	**Sodium (mg)**	**Total Carb (g)**	**Fiber (g)**	**Protein (g)**	**Sugar (g)**
Soup	Tortilla Soup	1 bowl	310	19	7	15	2920	25	5	9	2
	Tortilla Soup w/chicken	1 bowl	380	19	19	65	3180	27	5	21	4
	Corn Chowder	1 bowl	510	40	20	105	1300	34	4	9	12
	Add Chipotle Chicken	1 serving	80	0	0	45	260	2	0	12	2
	Items	**Serving Size**	**Calories**	**Total Fat (g)**	**Sat. Fat (g)**	**Cholesterol (mg)**	**Sodium (mg)**	**Total Carb (g)**	**Fiber (g)**	**Protein (g)**	**Sugar (g)**
Sides	Guacamole Almost Naked	1 serving	690	36	6	0	2430	87	16	10	5
	Guacamole Fully Dressed	1 serving	790	46	9	15	2630	89	16	14	6
	Chips & Salsa	1 serving	530	25	3.5	0	1790	74	9	7	2
	Items	**Serving Size**	**Calories**	**Total Fat (g)**	**Sat. Fat (g)**	**Cholesterol (mg)**	**Sodium (mg)**	**Total Carb (g)**	**Fiber (g)**	**Protein (g)**	**Sugar (g)**
Dessert	Coconut Alfajor	1 piece	**280**	**11**	**6**	**50**	**80**	**43**	**1**	**2**	**24**
	Chocolate Alfajor	1 piece	**290**	**11**	**7**	**30**	**40**	**41**	**1**	**3**	**26**
	Items	**Serving Size**	**Calories**	**Total Fat (g)**	**Sat. Fat (g)**	**Cholesterol (mg)**	**Sodium (mg)**	**Total Carb (g)**	**Fiber (g)**	**Protein (g)**	**Sugar (g)**
Beverages	Lime Agua Fresca w/ Ice	1 Cup	210	0	0	0	5	58	3	1	48
	Jamaica Agua Fresca w/ Ice	1 Cup	90	0	0	0	40	24	0	0	24
	Mango Lime Agua Fresca w/ Ice	1 Cup	220	0	0	0	10	61	4	1	50
	Mexican Coke	12 fl oz	150	0	0	0	85	39	0	0	39
	Mexican Squirt	12 fl oz	160	0	0	0	10	38	0	0	38
	Orange Fanta	12 fl oz	160	0	0	0	75	42	0	0	42
	Diet Coke	12 fl oz	0	0	0	0	40	0	0	0	0
	Rishi Black Iced Tea w/ Ice	1 Cup	0	0	0	0	0	0	0	0	0
	Topo Chico	12 fl oz	0	0	0	0	15	0	0	0	0
	Open Water	12 fl oz	0	0	0	0	0	0	0	0	0