

**Taco Palenque Nutrition Information**

A 2,000 calorie daily diet is used for general nutritional advice. Individual calorie needs may vary. Some items included on this list may not be available at all restaurants.

**TACOS. Served on flour tortilla except Matamoros and Crispy Taco served on corn tortilla**

	Serving Size (g)	Calories	Fat Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A %	Vit C %	Calcium%	Iron %
Chorreado	147	380	180	20g	7g	0.5g	15mg	830mg	28g	9g	< 1g	22g	0%	0%	4%	15%
Casero	176	380	150	16g	5g	0g	10mg	1050mg	41g	10g	1g	16g	0%	0%	6%	15%
Matamoros	140	340	150	17g	7g	0g	25mg	410mg	23g	4g	0g	19g	4%	4%	10%	10%
Al Pastor	122	310	150	17g	7g	0g	30mg	710mg	25g	2g	2g	16g	80%	15%	2%	10%
Pirata	224	680	350	39g	17g	1g	60mg	1300mg	47g	10g	1g	35g	8%	0%	35%	20%
Pirata Jr.	147	420	220	25g	11g	0g	40mg	860mg	29g	8g	< 1g	21g	6%	0%	25%	10%
Fajitas	105	310	140	15g	5g	0.5g	15mg	580mg	19g	2g	< 1g	24g	0%	0%	2%	15%
Picadillo	181	380	150	16g	6g	1g	45mg	620mg	39g	3g	< 1g	19g	2%	4%	4%	15%
Guisada	178	330	100	11g	3.5g	0g	75mg	300mg	24g	3g	2g	32g	40%	6%	4%	25%
Chicken Fajitas	105	260	80	9g	2.5g	0g	20mg	780mg	19g	2g	< 1g	24g	0%	0%	2%	6%
Sirloin	105	260	80	9g	3g	0g	10mg	590mg	19g	2g	< 1g	25g	0%	0%	2%	15%
Bean & Cheese	196	600	300	34g	15g	0g	50mg	1150mg	52g	13g	< 1g	20g	8%	0%	35%	15%
Crispy Taco Picadillo	140	200	90	11g	4.5g	0g	35mg	220mg	13g	2g	1g	11g	20%	6%	10%	8%
Taco Beans	153	420	180	20g	7g	0g	10mg	870mg	51g	13g	< 1g	10g	0%	0%	6%	15%

**TACOS. Served on corn tortilla**

	Serving Size (g)	Calories	Fat Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A %	Vit C %	Calcium%	Iron %
Chorreado	176	330	140	16g	5g	0g	10mg	2410mg	27g	9g	< 1g	21g	0	0%	4%	15%
Casero	205	330	110	12g	3.5g	0g	10mg	2630mg	40g	10g	1g	15g	0%	0%	4%	15%
Al Pastor	151	270	110	13g	5g	0g	30mg	2290mg	24g	2g	2g	15g	80%	15%	2%	6%
Pirata	282	590	280	31g	13g	0g	55mg	4450mg	45g	10g	1g	33g	8%	0%	35%	15%
Pirata Jr.	176	380	190	21g	9g	0g	35mg	2430mg	28g	9g	< 1g	20g	6%	0%	25%	10%
Fajitas	134	260	100	11g	3.5g	0.5g	10mg	2160mg	18g	2g	< 1g	22g	0%	0%	2%	10%
Picadillo	239	290	70	8g	2.5g	0g	40mg	3770mg	37g	3g	1g	16g	2%	4%	2%	10%
Guisada	207	280	60	7g	2g	0g	75mg	1880mg	23g	3g	2g	31g	40%	6%	2%	20%
Chicken Fajitas	134	210	45	5g	1g	0g	20mg	2360mg	18g	2g	< 1g	23g	0%	0%	2%	4%
Sirloin	134	210	45	5g	1.5g	0g	10mg	2170mg	18g	2g	< 1g	24g	0%	0%	2%	15%
Bean & Cheese	254	500	230	26g	12g	0g	50mg	4300mg	50g	14g	1g	18g	8%	0%	35%	10%
Taco Beans	211	330	110	12g	3.5g	0g	< 5mg	4030mg	49g	14g	1g	8g	0%	0%	6%	10%

**QUESADILLAS. Super Quesadillas includes guacamole. Values do not include sour cream**

	Serving Size (g)	Calories	Fat Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A %	Vit C %	Calcium%	Iron %
Single Plain	91	340	190	22g	13g	0g	55mg	550mg	19g	1g	< 1g	16g	10%	0%	40%	6%
Double Plain	153	570	310	36g	20g	0g	85mg	920mg	37g	3g	1g	26g	15%	0%	60%	10%
Super Plain	635	2050	1020	115g	53g	2g	185mg	3460mg	184g	29g	4g	72g	35%	10%	140%	50%
Single Pastor	119	410	240	27g	14g	0g	70mg	760mg	21g	1g	< 1g	21g	45%	0%	45%	8%
Double Pastor	196	680	380	43g	22g	0g	100mg	1230mg	40g	3g	2g	33g	60%	0%	60%	15%
Super Pastor	720	2230	1150	129g	60g	2g	230mg	3950mg	183g	28g	6g	85g	130%	10%	140%	50%
Single Fajitas	119	410	230	26g	14g	0g	60mg	710mg	19g	1g	< 1g	25g	10%	0%	40%	10%
Double Fajitas	196	680	370	42g	22g	1g	90mg	1160mg	38g	3g	2g	38g	15%	0%	60%	15%
Super Fajitas	720	2230	1130	127g	58g	2.5g	210mg	3790mg	178g	28g	6g	94g	40%	10%	140%	60%
Single Chicken Fajitas	119	390	210	24g	13g	0g	65mg	790mg	19g	1g	< 1g	25g	10%	0%	45%	6%
Double Chicken Fajitas	196	650	340	38g	20g	0g	95mg	1270mg	38g	3g	2g	39g	20%	0%	60%	10%
Super Chicken Fajitas	720	2170	1060	120g	55g	2g	220mg	4030mg	178g	28g	6g	96g	40%	10%	140%	50%

The nutritional and ingredients information is based on standard recipes and product formulations. Slight variations may occur due to season of the year, use of an alternative supplier, recipe variation, among other factors.

**Taco Palenque Nutrition Information**

A 2,000 calorie daily diet is used for general nutritional advice. Individual calorie needs may vary. Some items included on this list may not be available at all restaurants.

**QUESADILLAS.** Super Quesadillas includes guacamole. Values do not include sour cream

	Serving Size (g)	Calories	Fat Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A %	Vit C %	Calcium%	Iron %
Single Sirloin	119	390	210	24g	13g	0g	60mg	710mg	19g	1g	< 1g	25g	10%	0%	40%	10%
Double Sirloin	196	650	340	38g	20g	0.5g	90mg	1160mg	38g	3g	2g	39g	15%	0%	60%	15%
Super Sirloin	720	2180	1060	120g	55g	2g	205mg	3800mg	179g	28g	6g	97g	40%	10%	140%	60%
Choriquesadilla Single	108	380	220	25g	13g	0g	60mg	760mg	20g	1g	< 1g	20g	30%	0%	45%	8%

**ANTOJITOS.** Super Papa Fajitas value does not include sour cream

	Serving Size (g)	Calories	Fat Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A %	Vit C %	Calcium%	Iron %
Nachos	303	640	270	31g	6g	5g	10mg	700mg	75g	7g	2g	9g	0%	0%	8%	15%
Panchitos Fajitas	436	1030	680	78g	17g	6g	25mg	1580mg	62g	20g	3g	24g	2%	8%	15%	20%
Panchos Fajitas	787	1770	1140	132g	30g	11g	45mg	3100mg	106g	37g	6g	45g	2%	10%	30%	40%
Super Papa Fajitas	428	1470	1180	131g	35g	0g	80mg	1590mg	38g	4g	3g	35g	110%	40%	45%	20%
Tostada Chicken (Guisado)	310	470	230	26g	10g	0g	95mg	800mg	26g	10g	3g	31g	110%	20%	25%	15%
Tostada Beef (Picadillo)	310	430	220	25g	11g	0g	70mg	760mg	25g	10g	2g	24g	100%	20%	25%	20%
Tostada Beans & Cheese	282	600	370	41g	20g	0g	90mg	1060mg	29g	13g	2g	26g	110%	15%	60%	10%

**Parrilladas.** Includes rice, refried beans, charrros beans and guacamole. Values do not include tortillas

	Serving Size (g)	Calories	Fat Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A %	Vit C %	Calcium%	Iron %
Al Pastor For 2	1276	2010	1050	118g	36g	0g	135mg	5820mg	169g	58g	16g	74g	420%	60%	30%	60%
Al Pastor For 3	1432	2360	1270	142g	46g	0g	190mg	6780mg	180g	60g	17g	97g	570%	70%	35%	70%
Al Pastor For 4	2552	3630	1840	207g	63g	0g	270mg	10920mg	310g	87g	31g	143g	850%	130%	60%	110%
Fajitas For 2	1276	2010	1000	113g	32g	2g	70mg	5360mg	153g	58g	16g	102g	140%	60%	30%	80%
Fajitas For 3	1432	2370	1200	136g	39g	3g	90mg	6090mg	156g	60g	17g	139g	140%	70%	30%	100%
Fajitas For 4	2552	3650	1760	198g	54g	4g	140mg	10000mg	278g	87g	31g	200g	280%	130%	50%	150%
Sirloin For 2	1276	1850	800	90g	24g	0.5g	65mg	5390mg	156g	58g	16g	109g	140%	60%	30%	90%
Sirloin For 3	1432	2130	900	101g	27g	1g	85mg	6130mg	160g	60g	17g	150g	140%	70%	30%	110%
Sirloin For 4	2552	3320	1350	152g	38g	1.5g	130mg	10050mg	283g	87g	31g	214g	280%	130%	50%	160%
Chicken Fajitas For 2	1276	1830	800	90g	23g	0g	105mg	6080mg	154g	58g	16g	105g	140%	60%	30%	50%
Chicken Fajitas For 3	1432	2100	900	101g	25g	0g	140mg	7170mg	158g	60g	17g	145g	140%	70%	35%	60%
Chicken Fajitas For 4	2552	3280	1350	153g	35g	0g	205mg	11430mg	280g	87g	31g	207g	280%	130%	50%	90%

**Burritos.** Includes flour tortilla, refried beans, rice, lettuce, cheddar cheese, avocado sauce and an Anaheim pepper strip

	Serving Size (g)	Calories	Fat Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A %	Vit C %	Calcium%	Iron %
Chicken Fajitas	400	980	380	43g	14g	1g	50mg	2400mg	104g	15g	2g	47g	50%	10%	20%	30%
Picadillo	400	920	380	42g	15g	1g	60mg	1860mg	104g	15g	2g	30g	50%	15%	20%	30%
Al Pastor	400	1040	460	52g	19g	1g	60mg	2310mg	109g	15g	2g	36g	140%	10%	20%	30%
Sirloin	400	990	380	42g	15g	1g	40mg	2170mg	104g	15g	2g	48g	50%	10%	20%	40%
Fajitas	400	1040	450	50g	17g	1.5g	40mg	2160mg	103g	15g	2g	46g	50%	10%	20%	40%

**Plates.** Includes rice and refried beans. Values do not include tortillas and sour cream

	Serving Size (g)	Calories	Fat Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A %	Vit C %	Calcium%	Iron %
Al Pastor	564	620	320	36g	11g	0g	55mg	1810mg	45g	15g	8g	32g	190%	60%	10%	20%
Fajitas	477	810	410	47g	13g	1g	30mg	2000mg	56g	22g	5g	43g	45%	25%	10%	30%
Sirloin	477	730	320	36g	10g	0g	25mg	2010mg	57g	22g	5g	46g	45%	25%	10%	35%
Chicken Fajitas	477	720	320	36g	9g	0g	45mg	2320mg	56g	22g	5g	45g	50%	25%	10%	20%
Guisada	531	790	280	31g	10g	0g	160mg	1530mg	56g	21g	5g	67g	100%	15%	10%	50%
Tampiqueña	898	1600	870	99g	36g	2g	170mg	4370mg	107g	42g	7g	78g	150%	30%	80%	60%
Flautas (Chicken)	725	850	320	36g	9g	0g	90mg	1800mg	90g	28g	6g	39g	360%	45%	20%	40%

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**Taco Palenque Nutrition Information**

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**Plates.** Includes rice and refried beans. Values do not include tortillas and sour cream

	Serving Size (g)	Calories	Fat Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A %	Vit C %	Calcium%	Iron %
Crispy Tacos Picadillo	662	980	450	51g	19g	0.5g	115mg	1980mg	83g	22g	5g	42g	90%	25%	40%	35%
Child Plate Enchilada Roja	199	430	250	28g	13g	0g	55mg	1050mg	26g	9g	< 1g	17g	45%	4%	40%	10%
Child Plate Crispy Taco Picadillo	272	410	190	21g	7g	0g	40mg	930mg	37g	11g	2g	16g	70%	10%	15%	15%

**Soups.** Values do not include tortillas

	Serving Size (g)	Calories	Fat Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A %	Vit C %	Calcium%	Iron %
Caldo de Res Regular	425	380	110	12g	3g	0g	45mg	1810mg	47g	11g	2g	21g	60%	0%	8%	15%
Caldo de Res Large	992	920	270	30g	8g	0.5g	95mg	4370mg	116g	26g	6g	47g	130%	0%	20%	35%
Menudo Regular	369	260	60	7g	3g	2g	105mg	1410mg	19g	10g	3g	32g	10%	0%	6%	6%
Menudo Large	595	420	100	11g	4.5g	3.5g	160mg	2270mg	33g	16g	4g	50g	20%	0%	10%	10%
Fideo Regular	312	120	20	2.5g	0g	0g	15mg	2280mg	25g	6g	2g	< 1g	0%	0%	4%	8%
Fideo Large	680	270	50	5g	1g	0g	35mg	4970mg	55g	12g	5g	1g	0%	0%	8%	15%
Super Fideo Regular	397	230	70	8g	2.5g	0g	35mg	2150mg	29g	8g	2g	11g	2%	6%	6%	15%
Super Fideo Large	680	420	130	14g	5g	0g	65mg	3480mg	48g	14g	4g	21g	4%	10%	10%	25%

**Enchiladas.** Includes three enchiladas, rice and refried beans. Callejeras includes potatoes with carrots and refried beans. Values do not include sour cream

	Serving Size (g)	Calories	Fat Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A %	Vit C %	Calcium%	Iron %
Callejeras (Panela Cheese)	629	1170	560	64g	32g	0g	115mg	4160mg	88g	23g	4g	43g	180%	30%	110%	25%
Rojas (Cheddar Cheese)	512	1080	650	74g	36g	0g	170mg	3430mg	57g	19g	2g	48g	90%	4%	110%	20%
Entomatadas (Panela Cheese)	649	1150	600	68g	32g	0g	115mg	3090mg	85g	23g	7g	43g	80%	40%	110%	25%
Verdes (Chicken)	635	870	350	39g	9g	0g	90mg	3080mg	85g	23g	6g	38g	30%	10%	10%	35%
Mole (Chicken)	468	830	340	39g	9g	0g	90mg	1690mg	80g	22g	3g	36g	30%	10%	10%	30%

**Breakfast Tacos.** Served on flour tortilla

	Serving Size (g)	Calories	Fat Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A %	Vit C %	Calcium%	Iron %
Potato & Egg	190	440	240	27g	7g	0g	290mg	1260mg	31g	3g	1g	14g	8%	15%	8%	15%
Chorizo & Egg	176	400	230	26g	7g	0g	425mg	630mg	20g	1g	< 1g	21g	35%	0%	8%	15%
Ham & Egg	183	440	270	30g	7g	0g	425mg	510mg	20g	1g	< 1g	21g	10%	0%	8%	15%
Bacon & Egg	183	620	470	52g	14g	0g	440mg	360mg	19g	1g	< 1g	17g	10%	0%	8%	15%
Potato & Chorizo	119	300	110	13g	4g	0g	10mg	460mg	31g	3g	< 1g	8g	20%	15%	2%	8%
Bean & Chorizo	153	430	180	21g	7g	0g	10mg	950mg	50g	12g	< 1g	12g	15%	0%	6%	15%
Bean & Egg	238	510	290	32g	10g	0g	425mg	840mg	34g	12g	1g	21g	10%	0%	10%	20%
Bean & Bacon	119	390	240	27g	9g	0g	20mg	600mg	31g	10g	< 1g	6g	0%	0%	4%	10%
Potato	133	360	170	19g	4.5g	0g	0mg	220mg	35g	3g	1g	5g	0%	20%	2%	6%
Potato a la Mexicana	162	350	180	21g	4.5g	0g	0mg	440mg	32g	3g	2g	5g	6%	35%	2%	6%
Potato & Bacon	126	410	230	26g	8g	0g	15mg	220mg	33g	3g	1g	5g	0%	15%	2%	6%
Chicharron	153	380	170	19g	6g	0g	10mg	980mg	38g	3g	1g	14g	20%	2%	4%	10%
Picadillo	181	380	150	16g	6g	1g	45mg	620mg	39g	3g	< 1g	19g	2%	4%	4%	15%
Barbacoa Jr.	105	320	180	19g	6g	1g	15mg	500mg	18g	2g	< 1g	17g	0%	0%	4%	15%
Barbacoa	181	560	300	33g	10g	1.5g	25mg	880mg	36g	3g	< 1g	29g	0%	0%	8%	30%

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**Breakfast Tacos. Served on corn tortilla**

	Serving Size (g)	Calories	Fat Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A %	Vit C %	Calcium%	Iron %
Potato & Egg	219	400	200	23g	5g	0g	290mg	2830mg	30g	3g	1g	13g	8%	15%	6%	10%
Chorizo & Egg	148	350	200	22g	6g	0g	425mg	2200mg	19g	2g	< 1g	20g	35%	0%	8%	15%
Ham & Egg	212	390	230	26g	6g	0g	425mg	2090mg	19g	2g	1g	20g	10%	0%	8%	15%
Bacon & Egg	212	570	430	48g	13g	0g	440mg	1940mg	18g	2g	< 1g	16g	10%	0%	8%	15%
Potato & Chorizo	148	250	80	9g	2.5g	0g	5mg	2030mg	30g	3g	1g	7g	20%	15%	2%	6%
Bean & Chorizo	211	260	100	11g	3.5g	0.5g	10mg	2160mg	18g	2g	< 1g	22g	0%	0%	2%	10%
Bean & Egg	267	470	250	28g	8g	0g	420mg	2420mg	33g	12g	1g	20g	10%	0%	10%	20%
Bean & Bacon	148	350	210	23g	7g	0g	15mg	2180mg	30g	10g	< 1g	5g	0%	0%	4%	6%
Potato	162	320	130	15g	3g	0g	0mg	1800mg	35g	4g	1g	4g	0%	20%	0%	4%
Potato a la Mexicana	191	310	150	17g	3g	0g	0mg	2010mg	31g	4g	3g	4g	6%	35%	2%	4%
Potato & Bacon	155	360	200	22g	6g	0g	15mg	1800mg	32g	3g	1g	4g	0%	15%	0%	4%
Chicharron	211	290	100	11g	2.5g	0g	10mg	4140mg	36g	3g	2g	11g	20%	2%	4%	6%
Picadillo	239	290	70	8g	2.5g	0g	40mg	3770mg	37g	3g	1g	16g	2%	4%	2%	10%
Barbacoa Jr.	134	270	140	15g	4.5g	1g	15mg	2080mg	17g	2g	< 1g	16g	0%	0%	4%	15%
Barbacoa	239	470	230	25g	7g	1g	20mg	4030mg	35g	4g	1g	27g	0%	0%	8%	25%

**Breakfast Piratas. Served on flour tortilla**

	Serving Size (g)	Calories	Fat Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A %	Vit C %	Calcium%	Iron %
Potato & Egg	155	440	240	28g	11g	0g	130mg	900mg	30g	5g	< 1g	15g	8%	6%	25%	10%
Potato & Chorizo	147	410	200	23g	10g	0g	35mg	710mg	32g	6g	< 1g	15g	20%	10%	20%	8%

**Breakfast Piratas. Served on corn tortilla**

	Serving Size (g)	Calories	Fat Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A %	Vit C %	Calcium%	Iron %
Potato & Egg	183	390	210	23g	9g	0g	125mg	2470mg	29g	6g	1g	14g	8%	6%	25%	8%
Potato & Chorizo	176	360	170	19g	8g	0g	35mg	2290mg	31g	6g	1g	14g	20%	10%	20%	6%

**Breakfast Plates. Values do not include tortillas**

	Serving Size (g)	Calories	Fat Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A %	Vit C %	Calcium%	Iron %
Chilaquiles	522	1350	840	96g	28g	0g	485mg	1680mg	73g	20g	3g	42g	50%	15%	50%	35%
Rancheros (3 eggs)	428	940	580	66g	16g	0g	635mg	1170mg	47g	17g	2g	33g	40%	15%	15%	30%
Migas	476	1040	580	66g	16g	0g	635mg	1200mg	67g	19g	2g	35g	40%	15%	15%	35%
Ham & Egg	545	1060	650	74g	18g	0g	875mg	1840mg	41g	16g	4g	53g	45%	15%	20%	35%
Potato & Egg	463	960	530	60g	16g	0g	400mg	2340mg	61g	19g	3g	27g	35%	40%	15%	25%
Chorizo & Egg	531	1040	610	69g	20g	0g	870mg	2250mg	42g	16g	3g	55g	140%	15%	20%	45%
Potato & Chorizo	448	920	430	49g	14g	0g	20mg	1380mg	75g	20g	4g	22g	60%	60%	6%	20%
Bacon & Egg	545	1730	1390	156g	45g	0g	930mg	1250mg	38g	16g	2g	39g	45%	15%	20%	35%
Barbacoa	455	1010	610	68g	21g	2.5g	55mg	1890mg	37g	17g	3g	57g	45%	20%	15%	50%

**Salads & Bowls. Salads do not include salad dressing. P Bowls do not include tortillas**

	Serving Size (g)	Calories	Fat Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A %	Vit C %	Calcium%	Iron %
Caesar Salad Chicken	241	270	120	14g	4.5g	0g	35mg	830mg	9g	4g	2g	27g	250%	10%	15%	10%
Palenque Salad Chicken	349	330	160	18g	7g	0g	50mg	810mg	13g	4g	4g	31g	240%	30%	30%	10%
P Bowl Chicken	524	580	190	21g	5g	0g	40mg	2670mg	61g	13g	3g	36g	6%	8%	10%	20%
P Bowl Fajitas	524	630	240	27g	8g	0.5g	30mg	2470mg	61g	13g	3g	35g	4%	8%	8%	25%
P Bowl Picadillo	567	570	210	23g	6g	0g	60mg	2310mg	63g	13g	3g	27g	6%	10%	10%	25%

**Taco Palenque Nutrition Information**

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<b>Sides</b>																
	Serving Size (g)	Calories	Fat Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A %	Vit C %	Calcium%	Iron %
Refried Beans Small	113	220	120	13g	4.5g	0g	5mg	650mg	20g	14g	< 1g	5g	0%	0%	4%	8%
Refried Beans RG	227	430	230	26g	9g	0g	10mg	1290mg	39g	28g	1g	11g	0%	0%	10%	15%
Rice Small	99	150	50	6g	1g	0g	< 5mg	650mg	22g	2g	< 1g	3g	0%	0%	2%	4%
Rice Regular	198	300	100	11g	2g	0g	10mg	1310mg	43g	5g	2g	5g	0%	0%	2%	8%
Charros Small	113	80	25	3g	1g	0g	< 5mg	380mg	9g	4g	0g	4g	2%	4%	2%	4%
Charros Regular	266	190	60	7g	2g	0g	10mg	900mg	22g	8g	1g	9g	4%	8%	6%	10%
Guacamole Small	96	140	110	13g	2g	**	0mg	110mg	8g	6g	< 1g	2g	4%	15%	2%	2%
Guacamole Regular	181	270	210	25g	3.5g	**	0mg	200mg	15g	11g	1g	3g	8%	30%	2%	6%
Chips & Queso Small	206	550	390	44g	25g	0g	100mg	1910mg	7g	< 1g	< 1g	25g	30%	8%	60%	2%
Chips & Queso Large	411	1090	780	88g	51g	0g	200mg	3810mg	14g	2g	2g	50g	60%	15%	120%	4%
<b>Desserts</b>																
	Serving Size (g)	Calories	Fat Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A %	Vit C %	Calcium%	Iron %
Gelatin	189	140	0	0g	0g	**	0mg	160mg	33g	0g	31g	3g	0%	0%	0%	0%
Cookie	78	350	150	17g	7g	**	5mg	250mg	48g	1g	**	3g	0%	0%	2%	8%
Chocolate Cake	219	870	410	46g	15g	0.5g	35mg	850mg	105g	3g	79g	14g	20%	4%	40%	20%
Cheesecake	174	520	310	34g	18g	0g	70mg	370mg	48g	< 1g	37g	6g	30%	0%	10%	6%
Tres Leches Cake	181	460	190	21g	12g	0g	135mg	330mg	57g	6g	20g	11g	15%	0%	30%	10%
Flan	170	370	120	13g	6g	0g	150mg	170mg	49g	2g	22g	14g	8%	0%	35%	6%
Arroz con Leche	58	160	25	2.5g	1.5g	0g	15mg	40mg	31g	0g	26g	3g	2%	2%	8%	0%
Empanada (1 serving)	190	110	43	2g	1g	**	5mg	6mg	15g	5g	.05g	1.5g	**	**	**	**
Buñuelitos	149	1000	470	53g	12g	1g	10mg	970mg	119g	7g	28g	15g	0%	0%	8%	20%
<b>Kids Meal.</b> Values do not include extra tortillas and kid drink																
<i>1,200 to 1,400 calories a day is used for general nutrition advice for children ages 4 to 8 years and 1,400 to 2,000 calories a day for children 9 to 13 years, but calorie needs vary.</i>																
	Serving Size (g)	Calories	Fat Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A %	Vit C %	Calcium%	Iron %
Kid Bowl	227	350	160	18g	6g	0g	30mg	1160mg	34g	13g	1g	13g	0%	2%	6%	15%
Kid Bean & Cheese w/Fideo	423	690	320	36g	15g	0g	60mg	2810mg	70g	17g	2g	21g	8%	0%	40%	20%
Kid Bean & Cheese w/o Fideo	196	600	370	41g	20g	0g	90mg	1060mg	29g	13g	2g	26g	110%	15%	60%	10%
Kid Plate Quesadilla	226	540	280	32g	15g	0g	60mg	1250mg	42g	10g	2g	21g	35%	4%	45%	15%
<b>Additional</b>																
	Serving Size (g)	Calories	Fat Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A %	Vit C %	Calcium%	Iron %
Flour Tortilla 1 pc	34	130	45	5g	1.5g	0g	0mg	190mg	18g	1g	0g	3g	0%	0%	2%	4%
Corn Tortilla 1 pc	63	80	10	1g	0g	0g	0mg	1770mg	17g	2g	0g	2g	0%	0%	0%	2%
Sour Cream 1 pkt	28	60	45	5g	3.5g	0g	20mg	15mg	< 1g	0g	< 1g	< 1g	4%	0%	2%	0%
Ranch 1 pkt	43	210	190	21g	3.5g	0g	10mg	300mg	5g	0g	3g	0g	0%	0%	0%	0%
Thousand Island 1 pkt	43	180	150	7g	2.5g	0g	10mg	200mg	6g	0g	5g	0g	0%	2%	0%	0%
Caesar 1 pkt	43	230	230	25g	4g	0g	30mg	470mg	1g	0g	0g	1g	0%	2%	2%	2%
Fideo Side (Combos)	227	90	15	2g	0g	0g	10mg	1660mg	18g	4g	2g	0g	0%	0%	2%	6%
Taco Light Chkn w/guacamole	162	250	80	9g	1.5g	0g	20mg	2390mg	20g	4g	< 1g	24g	2%	4%	2%	4%
Single Quesadilla Al Pastor <small>corn Totilla</small>	148	360	200	23g	13g	0g	65mg	2340mg	20g	2g	1g	20g	45%	0%	40%	4%
Side Salad	96	15	0	0g	0g	**	0mg	10mg	3g	1g	1g	< 1g	70%	10%	2%	4%
Add Beans (1 oz)	28	50	30	3g	1g	0g	0mg	160mg	5g	4g	0g	1g	0%	0%	2%	2%
Add Guacamole (1 oz)	28	40	30	4g	0.5g	**	0mg	30mg	2g	2g	0g	< 1g	2%	4%	0%	0%
Add Cheddar Cheese (1 oz)	28	120	80	10g	5g	**	30mg	180mg	0g	0g	0g	7g	6%	0%	20%	0%

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**Taco Palenque Nutrition Information**

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<b>Additional</b>																
	Serving Size (g)	Calories	Fat Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A %	Vit C %	Calcium%	Iron %
Add Muenster Cheese (1 oz)	28	100	70	9g	5g	**	25mg	180mg	0g	0g	0g	7g	6%	0%	20%	0%
Add Nacho Cheese (1 oz)	28	35	25	3g	0.5g	1g	< 5mg	140mg	2g	0g	0g	0g	0%	0%	2%	0%
Add Cotija Cheese (1 oz)	28	110	80	9g	5g	0g	30mg	450mg	0g	0g	0g	7g	6%	0%	20%	0%
Add Fresco Cheese (1 oz)	28	100	70	8g	5g	0g	20mg	210mg	0g	0g	0g	6g	8%	0%	20%	0%
Tortilla de Paquete 1 pc	24	50	0	0g	0g	0g	0mg	15mg	10g	< 1g	0g	< 1g	0%	0%	0%	2%

## Taco Palenque Nutrition Information

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Drinks																
	Serving Size	Calories	Fat Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A %	Vit C %	Calcium%	Iron %
Mexican Coke (bottle)		150	0	0g	0g	0g	0mg	85mg	39g	0g	39g	0g	**	**	**	**
<b>Coca Cola</b>																
Kids	12 fl oz	150	0	0g	0g	0g	0mg	35mg	40g	0g	40g	0g	**	**	**	**
Regular	22 fl oz	270	0	0g	0g	0g	0mg	65mg	73g	0g	73g	0g	**	**	**	**
Large	32 fl oz	390	0	0g	0g	0g	0mg	95mg	107g	0g	107g	0g	**	**	**	**
<b>Diet Coke</b>																
Kids	12 fl oz	0	0	0g	0g	0g	0mg	50mg	0g	0g	0g	0g	**	**	**	**
Regular	22 fl oz	0	0	0g	0g	0g	0mg	90mg	< 1g	0g	0g	0g	**	**	**	**
Large	32 fl oz	0	0	0g	0g	0g	0mg	130mg	< 1g	0g	0g	0g	**	**	**	**
<b>Fanta Apple</b>																
Kids	12 fl oz	160	0	0g	0g	0g	0mg	60mg	44g	0g	44g	0g	**	**	**	**
Regular	22 fl oz	300	0	0g	0g	0g	0mg	110mg	81g	0g	80g	0g	**	**	**	**
Large	32 fl oz	440	0	0g	0g	0g	0mg	160mg	118g	0g	117g	0g	**	**	**	**
<b>Fanta Orange</b>																
Kids	12 fl oz	160	0	0g	0g	0g	0mg	40mg	44g	0g	43g	0g	**	**	**	**
Regular	22 fl oz	290	0	0g	0g	0g	0mg	75mg	80g	0g	79g	0g	**	**	**	**
Large	32 fl oz	420	0	0g	0g	0g	0mg	105mg	116g	0g	114g	0g	**	**	**	**
<b>HIC Poppin' Pink Lemonade</b>																
Kids	12 fl oz	140	0	0g	0g	0g	0mg	120mg	39g	0g	38g	0g	**	**	**	**
Regular	22 fl oz	260	0	0g	0g	0g	0mg	220mg	72g	0g	69g	0g	**	**	**	**
Large	32 fl oz	380	0	0g	0g	0g	0mg	320mg	105g	0g	100g	0g	**	**	**	**
<b>PIBB XTRA</b>																
Kids	12 fl oz	140	0	0g	0g	0g	0mg	55mg	38g	0g	38g	0g	**	**	**	**
Regular	22 fl oz	250	0	0g	0g	0g	0mg	100mg	69g	0g	69g	0g	**	**	**	**
Large	32 fl oz	370	0	0g	0g	0g	0mg	140mg	101g	0g	101g	0g	**	**	**	**
<b>Powerade Mountain Berry Blast</b>																
Kids	12 fl oz	80	0	0g	0g	0g	0mg	110mg	22g	0g	22g	0g	**	**	**	**
Regular	22 fl oz	150	0	0g	0g	0g	0mg	210mg	40g	0g	40g	0g	**	**	**	**
Large	32 fl oz	220	0	0g	0g	0g	0mg	300mg	58g	0g	58g	0g	**	**	**	**
<b>Sprite</b>																
Kids	12 fl oz	140	0	0g	0g	0g	0mg	70mg	39g	0g	38g	0g	**	**	**	**
Regular	22 fl oz	260	0	0g	0g	0g	0mg	125mg	71g	0g	70g	0g	**	**	**	**
Large	32 fl oz	380	0	0g	0g	0g	0mg	180mg	103g	0g	102g	0g	**	**	**	**
<b>Jamica</b>																
Kids	12 fl oz	150	0	0g	0g	0g	0mg	35mg	40g	0g	40g	0g	**	**	**	**
Regular	22 fl oz	270	0	0g	0g	0g	0mg	65mg	73g	0g	73g	0g	**	**	**	**
Large	32 fl oz	390	0	0g	0g	0g	0mg	95mg	107g	0g	107g	0g	**	**	**	**
<b>Horchata</b>																
Kids	12 fl oz	150	0	0g	0g	0g	0mg	35mg	40g	0g	40g	0g	**	**	**	**
Regular	22 fl oz	270	0	0g	0g	0g	0mg	65mg	73g	0g	73g	0g	**	**	**	**
Large	32 fl oz	390	0	0g	0g	0g	0mg	95mg	107g	0g	107g	0g	**	**	**	**
<b>FUZE Peach Tea</b>																
Kids	12 fl oz	80	0	0g	0g	0g	0mg	50mg	23g	0g	22g	0g	**	**	**	**
Regular	22 fl oz	160	0	0g	0g	0g	0mg	95mg	42g	0g	40g	0g	**	**	**	**
Large	32 fl oz	230	0	0g	0g	0g	0mg	135mg	61g	0g	59g	0g	**	**	**	**

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## Taco Palenque Nutrition Information

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Drinks																
	Serving Size	Calories	Fat Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit A %	Vit C %	Calcium%	Iron %
<b>FUZE Raspberry Tea</b>																
Kids	12 fl oz	80	0	0g	0g	0g	0mg	50mg	23g	0g	22g	0g	**	**	**	**
Regular	22 fl oz	150	0	0g	0g	0g	0mg	90mg	42g	0g	41g	0g	**	**	**	**
Large	32 fl oz	220	0	0g	0g	0g	0mg	135mg	61g	0g	59g	0g	**	**	**	**
<b>Gold Peak Peach Tea</b>																
Kids	12 fl oz	80	0	0g	0g	0g	0mg	50mg	23g	0g	22g	0g	**	**	**	**
Regular	22 fl oz	160	0	0g	0g	0g	0mg	95mg	42g	0g	41g	0g	**	**	**	**
Large	32 fl oz	230	0	0g	0g	0g	0mg	135mg	61g	0g	59g	0g	**	**	**	**
<b>Gold Peak Premium Unsweetened Tea</b>																
Kids	12 fl oz	0	0	0g	0g	0g	0mg	50mg	0g	0g	0g	0g	**	**	**	**
Regular	22 fl oz	0	0	0g	0g	0g	0mg	90mg	0g	0g	0g	0g	**	**	**	**
Large	32 fl oz	0	0	0g	0g	0g	0mg	130mg	0g	0g	0g	0g	**	**	**	**
<b>Gold Peak Raspberry Tea</b>																
Kids	12 fl oz	80	0	0g	0g	0g	0mg	50mg	23g	0g	22g	0g	**	**	**	**
Regular	22 fl oz	150	0	0g	0g	0g	0mg	90mg	42g	0g	41g	0g	**	**	**	**
Large	32 fl oz	220	0	0g	0g	0g	0mg	135mg	61g	0g	59g	0g	**	**	**	**
<b>Gold Peak Southern Style Tea</b>																
Kids	12 fl oz	140	0	0g	0g	0g	0mg	50mg	37g	0g	37g	0g	**	**	**	**
Regular	22 fl oz	260	0	0g	0g	0g	0mg	90mg	68g	0g	68g	0g	**	**	**	**
Large	32 fl oz	380	0	0g	0g	0g	0mg	130mg	99g	0g	99g	0g	**	**	**	**
<b>Gold Peak Sweetened Black Tea</b>																
Kids	12 fl oz	110	0	0g	0g	0g	0mg	45mg	31g	0g	31g	0g	**	**	**	**
Regular	22 fl oz	210	0	0g	0g	0g	0mg	85mg	57g	0g	57g	0g	**	**	**	**
Large	32 fl oz	300	0	0g	0g	0g	0mg	125mg	83g	0g	83g	0g	**	**	**	**
<b>Gold Peak Sweetened Green Tea</b>																
Kids	12 fl oz	90	0	0g	0g	0g	0mg	50mg	24g	0g	24g	0g	**	**	**	**
Regular	22 fl oz	170	0	0g	0g	0g	0mg	90mg	44g	0g	43g	0g	**	**	**	**
Large	32 fl oz	240	0	0g	0g	0g	0mg	130mg	64g	0g	63g	0g	**	**	**	**
<b>Michelada* adds the beer</b>																
Milk 2% (1 servings)	240 ml	130	**	5g	3g	0g	20mg	130mg	12g	0g	12g	8g	10%	4%	30%	0%
Chocolate Whole Milk (1 Servig)	240 ml	220	**	0g	5g	0g	35mg	180mg	29g	0g	27g	8g	10%	0%	25%	0%
Orange Juice (1 servings)	240 ml	110	**	0g	0g	0g	0g	15mg	27g	0g	21g	2g	0%	120%	2%	0%
Coffe (16 oz)	16 fl oz	10	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g	0%	0%	0%	0%
Decaf Coffe (16 oz)	16 fl oz	0	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g	0%	0%	0%	0%
Frozen Margarita no salt (small)	10 fl oz	250	0	0g	0g	0g	0mg	0mg	20g	0g	20g	0g	0%	10%	0%	0%
Frozen Margarita no salt (large)	32 fl oz	800	0	0g	0g	0g	0mg	0mg	64g	0g	64g	0g	0%	32%	0%	0%
Frozen Margarita no salt (20 oz)	20 fl oz	500	0	0g	0g	0g	0mg	0mg	40g	0g	40g	0g	0%	20%	0%	0%
Michelada no beer *	1 serving	25	0	0g	0g	0g	0mg	610mg	6g	0g	4g	0g	2%	15%	0%	0%

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