

Twisted Taco Nutrition Information

Product:	Serving Size	Calories	Calories/ Fat	Saturated Fat(g)	Trans Fat(g)	Cholesterol(mg)	Sodium(mg)	Total Carbs	Fiber(g)	Sugars(g)	Protein(g)	Vitamin A	Vitamin C	Calcium	Iron
Chicken Tacos															
Tombstone	1	240	115	2	0	56	356	11	0	3	19	2%	2%	4%	6%
Sierra Madre	1	320	120	3	0	30	510	11	2	1	13	15%	4%	8%	15%
Hills Chk	1	250	100	6	0	65	500	17	1	1	21	6%	2%	25%	10%
BBQ Fried	1	300	50	2	0	50	660	39	1	20	22	4%	10%	8%	10%
Fajita Chk	1	260	11	4.5	0	85	490	7	1	2	20	8%	10%	15%	10%
Rowdy Ram	1	410	18	4	1	25	960	49	3	4	15	10%	4%	8%	4%
Buffalo Bill	1	330	140	3	0	25	850	35	2	2	13	10%	0	6%	15%
Beef Tacos															
Hills Beef	1	300	90	4	0	80	630	26	4	1	12	30%	2%	4%	6%
Greek	1	240	130	1.5	0	30	620	18	1	3	10	25%	6%	6%	0%
Carne Asada	1	220	70	3	0	40	480	12	1	1	17	20%	10%	6%	10%
Fajita Steak	1	240	11	5	0	45	480	18	1	2	18	8%	10%	15%	0%
Argentinian	1	220	70	3	0	40	630	19	1	7	17	20%	10%	6%	10%
Seafood Taco															
Down Home	1	320	100	2	0	40	700	43	3	3	11	44%	4%	10%	20%
Alamo	1	350	250	3.5	0	25	350	17	3	4	10	50%	50%	8%	15%
Buffalo Shrimp	1	530	30	12	1.5	100	640	33	2	6	29	0%	0%	20%	25%
Boom Boom	1	390	170	3	0	40	670	45	3	4	9	40%	8%	10%	15%
Veggie Tacos															
Fried Avocado	1	450	240	7	0	20	790	45	6	2	12	10%	10%	20%	15%
Falafel	1	150	60	4.5	0	0	320	19	2	1	5	6%	6%	6%	8%
PorkTacos															
Pulled Pork	1	250	90	2.5	0	50	460	22	1	11	17	6%	15%	6%	8%
Cuban	1	210	25	0.5	0	25	1020	32	3	3	14	4%	6%	6%	10%
Product:	Serving Size	Calories	Calories/ Fat	Saturated Fat(g)	Trans Fat(g)	Cholesterol(mg)	Sodium(mg)	Total Carbs	Fiber(g)	Sugars(g)	Protein(g)	Vitamin A	Vitamin C	Calcium	Iron
Chicken & Veggie Burritos															
Chicken	1	1000	320	18	0	170	2200	116	7	3	55	20%	6%	70%	45%
Chicken Bowl	1	690	260	15	0	170	1460	64	5	3	47	20%	6%	45%	30%
Veg	1	860	280	16	0	75	2110	116	7	3	32	20%	6%	70%	40%
Veg Bowl	1	550	210	13	0	75	1370	64	5	3	24	20%	6	45%	25%
Beef Burritos															
Steak	1	1080	360	20	0	165	2170	116	7	3	63	20	6	70%	50%
Steak Bowl	1	770	300	17	0	165	1430	64	5	3	55	20%	6%	45%	35%
Beef		1080	360	20	0	165	2170	116	7	3	63	20	6	70%	50%
Beef Bowl		770	300	17	0	165	1430	64	5	3	55	20%	6%	45%	35%

Product:	Serving Size	Calories	Calories/ Fat	Saturated Fat(g)	Trans Fat(g)	Cholesterol(mg)	Sodium(mg)	Total Carbs	Fiber(g)	Sugars(g)	Protein(g)	Vitamin A	Vitamin C	Calcium	Iron
Twisted Nachos															
Chicken	1	820	390	16	0	150	960	69	5	3	42	10%	0%	50%	15%
Steak	1	910	430	18	1	145	930	69	5	3	50	10%	0%	50%	20%
Veggie	1	690	350	14	1	55	860	69	5	3	19	10%	0	50%	8%
Fajita Salad															
Chicken	1	230	100	3.5	0	100	320	9	2	2	25	15%	25%	4%	8%
Steak	1	310	140	6	0	100	280	9	2	2	33	10%	25%	4%	15%
Veggie	1	90	50	2	0	5	220	9	2	2	2	10%	25%	4%	2%
Taco Salad															
Chicken		230	100	3.5	0	100	320	9	2	2	25	15%	25%	4%	8%
Steak		310	140	6	0	100	280	9	2	2	33	10%	25%	4%	15%
Veggie		90	50	2	0	5	220	9	2	2	2	10%	25%	4%	2%
Chips & Queso															
Chips & Salsa	1	450	170	3	0	0	700	66	6	3	7	6%	2%	10%	10%
Chips & Guac	1	500	230	3	0	0	510	66	9	1	8	0%	10%	10%	8%
Trad Queso	1	820	480	25	1.5	120	1380	43	3	3	39	20%	0%	120%	6%
Twisted Queso	1	1140	600	28	2.5	175	1600	66	5	3	58	15%	0%	110%	20%
Chips & Queso	1	610	300	11	0.5	40	700	64	5	2	18	6%	0%	50%	8%
Product:	Serving Size	Calories	Calories/ Fat	Saturated Fat(g)	Trans Fat(g)	Cholesterol(mg)	Sodium(mg)	Total Carbs	Fiber(g)	Sugars(g)	Protein(g)	Vitamin A	Vitamin C	Calcium	Iron
Assorted Items															
Burger	1	530	230	12	1.5	100	640	33	2	0	29	15%	4%	20%	25%
Double Burger	1	880	480	24	3	200	980	35	2	7	52	20%	4%	30%	40%
Chipt Chk Sand	1	1140	600	28	2.5	175	1600	66	5	3	58	15%	0%	110%	20%
Chicken Rolls	1	610	300	11	0.5	40	700	64	5	2	18	6%	0%	50%	8%
Buff Chk Sand	1	900	44	8	6	135	2170	93	5	5	33	15%	35%	2%	20%
Brisket Sand	1	620	30	9	3.5	185	740	48	2	0	42	6%	20%	2%	20%
Twisted Fries	1	860	310	35	3	55	2020	115	9	3	22	10%	140%	45%	15%
10 Count Wing	1	550	340	10	0	320	1810	0	0	0	51	2%	0%	4%	8%
Sides															
House Salsa	1	20	0	0	0	0	560	4	1	2	1	4%	15%	0%	2%
Salsa Verde	1	20	0	0	0	0	560	4	1	2	1	4%	15%	0%	2%
Rice	1	200	0	0	0	0	780	46	2	1	5	0%	2%	0%	15%
Black Beans	1	50	0	0	0	0	300	10	4	0	3	0%	2%	2%	6%
Sour Cream	1	110	100	7	0	30	25	2	0	2	1	6%	0%	6%	0%
Pico de Gallo	1	20	0	0	0	0	620	4	0	2	0	8%	0%	0%	0%
Guacamole	1	70	60	0	0	0	430	4	4	0	2	0%	10%	0%	0%
Fries	1	190	60	1.5	0	0	590	29	3	0	2	0%	25%	2%	4%