

AMIGOS NUTRITION INFORMATION		Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Protein (g)
TACOS	Taco	82	180	100	11	20	530	11	1	11
	Soft Taco	164	390	160	17.5	30	960	41	3	20
	Taco-Rito Supreme	162	330	140	16	15	830	34	5	16
	Chicken Soft	164	350	110	12	35	870	37	3	28
	Southwest Chicken	189	550	250	27.5	40	980	54	5	22
	Homestyle Soft	95	210	90	10.5	15	660	19	2	12
BURRITO	Soft Meat	206	500	220	23.5	40	1560	44	3	30
	Soft Pinto	234	410	80	9	15	860	67	13	17
	Veggie	253	500	150	17	15	1190	68	11	18
	Combo	220	460	170	18.5	30	1190	53	7	23
	Crisp Meat	103	300	140	15	15	380	25	3	16
	Crisp Chicken	124	340	170	18.5	20	300	24	3	20
	Crisp Pinto	108	250	70	7.5	10	340	37	11	8
	Taquito	64	190	80	9	5	190	18	4	8
	Cheesy	121	370	150	16.5	45	600	40	4	17
	Steak 'N' Tater	296	710	480	32.5	45	1810	76	9	30
ROLL-UP	Grilled Chicken	246	530	210	23	45	1520	54	5	30
	Southwest Chicken	246	590	240	27	40	1430	64	5	25
ENCHILADA	Cheese Enchilada	241	510	220	27	60	1230	47	3	22
	Cheese Enchilada Platter	440	730	270	30	60	1830	88	13	29
	Meat Enchilada	298	630	310	34.5	70	1790	51	3	32
	Meat Enchilada Platter	497	860	340	37.5	70	2390	92	13	39
SALADS	Taco Salad w/ Bowl	369	750	360	40	40	1870	67	5	32
	Taco Salad w/o Bowl	298	400	230	25.5	40	1350	19	2	26
	Chicken Fajita w/ Bowl	312	590	240	26.5	35	1230	60	5	30
	Chicken Fajita w/o Bowl	241	250	110	12.5	35	710	12	2	24
	Southwest Chicken Fiesta	326	470	180	20	35	770	50	4	25
	Tex-Mex Fiesta	425	540	240	27	40	1140	51	10	26
	Nut 'N' Berry	319	470	180	20.5	60	980	39	5	35
	Side Salad	113	20	0	0	0	10	4	1	1
DRESSINGS (1oz)	Hidden Valley Ranch	28	90	80	8.5	0	160	2	0	1
	Zesty Ranch	28	70	60	7	0	160	2	0	1
	Ott's Poppy Seed	28	150	100	5	5	120	8	0	0
	Dorothy Lynch	28	110	50	6	0	170	12	0	0
	Amigos Spicy Sauce	28	10	0	0	0	160	2	1	0
	Spicy Cheese Sauce	28	20	20	1.5	0	150	2	0	0
	Pico De Gallo	28	10	0	0	0	90	2	0	0
	Fat Free Hidden Valley Ranch	28	10	0	0	0	250	3	0	0
	Fat Free Italian	28	30	0	0	0	300	7	0	0

NACHOS	Small Nachos	227	600	330	37	60	600	51	6	21
	Large Nachos	369	940	510	56.5	90	1000	80	11	33
	Small Meat	283	730	400	44.5	75	1160	54	6	31
	Large Meat	425	1060	580	64	105	1560	84	11	42
	Small Works	354	790	440	49	70	1390	58	7	32
	Large Works	496	1120	620	68.5	105	1790	87	12	43
	Chicken Ranch	305	770	410	46	80	1160	52	7	39
	Mexi Fry Nachos	439	920	540	59.5	15	2020	79	9	18
	Chips 'N' Cheese	198	760	410	45.5	90	690	63	3	27
QUESADILLAS	3 Cheese w/ garnish	289	690	390	43	105	1240	47	5	33
	3 Cheese w/o garnish	218	620	330	36.5	105	1150	44	4	31
	Fajita Chicken w/ garnish	296	630	300	33.5	85	1490	46	5	38
	Fajita Chicken w/o garnish	225	550	240	27	85	1400	43	4	36
	Southwest Chicken w/ garnish	338	810	420	46.5	80	1900	67	6	36
	Southwest Chicken w/o garnish	267	740	360	40.0	80	1810	63	5	34
	Garnish	71	70	60	6.5	0	89	3	1	2
SIDES	Chips	85	400	150	16.5	0	5	58	3	5
	Spanish Rice	170	250	50	5.5	0	700	45	8	5
	Refritos	156	190	30	3	10	490	30	10	10
	Rice and Beans	206	280	50	5.5	10	730	46	12	10
	Jr. Mexi Fries	64	180	90	10.5	0	250	19	2	2
	Reg Mexi Fries	128	360	190	21.5	0	510	38	4	3
	Lg. Mexi Fries	191	530	290	32.0	0	760	57	5	5

Product Data is derived from testing in accredited laboratories, published resources, and information provided by suppliers. Numbers are rounded to meet current US FDA NLEA guidelines. Numbers are based on standard portion guidelines and current ingredients. Variations can occur due to individual product assembly and ingredient changes or substitutions. Content and nutrition facts are subject to change. January, 2011.