

Taco Bell Calorie Counter

Have you heard of the calorie shifting diet? Quick prep menus customized for you.

Food	Serving	Prot	Carb	Fat	Pts	Cals	
Menu Category: Fresco Style							
Crunchy Taco	92 g	7	14	7	3.5	150	MORE
Soft Taco - Beef	113 g	9	22	8	4.5	190	MORE
Ranchero Chicken Soft Taco	135 g	12	22	4	3.5	170	MORE
Grilled Steak Soft Taco	128 g	11	21	5	3.5	170	MORE
Gordita Baja - Beef	153 g	12	31	9	5.5	250	MORE
Gordita Baja - Chicken	153 g	15	29	6	5	230	MORE
Gordita Baja - Steak	153 g	13	29	7	5	230	MORE
Bean Burrito	213 g	13	56	8	7	350	MORE
Burrito Supreme - Chicken	241 g	19	50	8	7	350	MORE
Burrito Supreme - Steak	241 g	17	50	9	7	350	MORE
Fiesta Burrito - Chicken	198 g	16	50	8	7	340	MORE
Tostada	177 g	8	30	6	4	200	MORE
Enchirito - Beef	206 g	12	35	9	5.5	270	MORE
Enchirito - Chicken	206 g	16	34	5	5	250	MORE
Enchirito - Steak	206 g	14	34	7	5	250	MORE
Menu Category: Big Bell Value Menu							
Grande Soft Taco	206 g	19	44	21	10.5	450	MORE
Double Decker Taco	156 g	14	39	14	7.5	340	MORE
Spicy Chicken Soft Taco	114 g	10	21	7	4	180	MORE
Spicy Chicken Burrito	191 g	14	51	19	9.5	420	MORE
1/2 lb Beef Combo Burrito	241 g	22	52	19	10.5	470	MORE
1/2 lb Beef & Potato Burrito	252 g	15	66	25	12.5	540	MORE
1/2 lb Cheesy Bean & Rice Burrito	227 g	13	61	21	11	490	MORE
Cheesy Fiesta Potatoes	138 g	4	28	18	7	290	MORE
Caramel Apple Empanada	85 g	2	37	15	7	290	MORE
Menu Category: Tacos							
Taco	78 g	8	13	10	4.5	170	MORE
Taco Supreme	113 g	9	14	14	5.5	220	MORE
Double Decker Taco Supreme	191 g	15	41	18	8.5	380	MORE
Soft Taco - Beef	99 g	10	21	10	5.5	210	MORE
Soft Taco Supreme - Beef	135 g	11	23	14	6.5	260	MORE
Ranchero Chicken Soft Taco	135 g	14	21	14	6.5	270	MORE
Grilled Steak Soft Taco	128 g	12	21	17	7	280	MORE

Menu Category: Gorditas

Gordita Supreme - Beef	153 g	14	30	16	7.5	310	MORE
Gordita Supreme - Chicken	153 g	17	28	12	6.5	290	MORE
Gordita Supreme - Steak	153 g	16	28	13	6.5	290	MORE
Gordita Baja - Beef	153 g	13	31	19	8.5	350	MORE
Gordita Baja - Chicken	153 g	17	29	15	7.5	320	MORE
Gordita Baja - Steak	153 g	15	29	16	7.5	320	MORE
Gordita Nacho Cheese - Beef	153 g	12	32	13	7	300	MORE
Gordita Nacho Cheese - Chicken	153 g	16	30	10	6	270	MORE
Gordita Nacho Cheese - Steak	153 g	14	30	11	6	270	MORE

Menu Category: Chalupas

Chalupa Supreme - Beef	153 g	13	31	24	10	400	MORE
Chalupa Supreme - Chicken	153 g	17	29	21	9	370	MORE
Chalupa Supreme - Steak	153 g	15	29	22	9	370	MORE
Chalupa Baja - Beef	153 g	13	32	28	11	430	MORE
Chalupa Baja - Chicken	153 g	17	30	24	10	400	MORE
Chalupa Baja - Steak	153 g	15	30	25	10	410	MORE
Chalupa Nacho Cheese - Beef	153 g	12	33	22	9.5	380	MORE
Chalupa Nacho Cheese - Chicken	153 g	16	31	18	8.5	350	MORE
Chalupa Nacho Cheese - Steak	153 g	14	31	20	8.5	360	MORE

Menu Category: Burritos

Bean Burrito	198 g	14	55	10	7.5	370	MORE
7-Layer Burrito	283 g	18	68	21	12	530	MORE
Chili Cheese Burrito	156 g	16	40	18	9	390	MORE
Burrito Supreme - Beef	248 g	17	52	18	9.5	440	MORE
Burrito Supreme - Chicken	248 g	21	50	14	9	410	MORE
Burrito Supreme - Steak	248 g	19	50	16	9	420	MORE
Fiesta Burrito - Beef	184 g	14	51	14	8.5	390	MORE
Fiesta Burrito - Chicken	184 g	18	49	11	8	370	MORE
Fiesta Burrito - Steak	184 g	16	49	12	8	370	MORE
Grilled Stuff Burrito - Beef	325 g	27	80	32	16.5	720	MORE
Grilled Stuff Burrito - Chicken	325 g	35	77	25	15	670	MORE
Grilled Stuff Burrito - Steak	325 g	31	77	27	15.5	680	MORE

Menu Category: Specialities

Tostada	170 g	11	29	10	5.5	250	MORE
Crunchwrap Supreme™	254 g	17	70	24	12.5	560	MORE
Mexican Pizza	216 g	20	47	31	13	540	MORE
Enchirito - Beef	213 g	19	35	18	8.5	380	MORE
Enchirito - Chicken	213 g	23	33	14	7.5	350	MORE
Enchirito - Steak	213 g	21	33	16	8	360	MORE

MexiMelt	128 g	15	23	16	7	290	MORE
Fiesta Taco Salad	548 g	31	82	46	20.5	860	MORE
Fiesta Taco Salad (w/o Shell)	479 g	24	43	25	11.5	490	MORE
Fiesta Taco Salad (w/o Shell or Red Strips)	464 g	24	34	21	9.5	420	MORE
Express Taco Salad	479 g	26	58	34	15	630	MORE
Express Taco Salad (w/o Chips)	436 g	23	32	21	9.5	410	MORE
Cheese Quesadilla	142 g	19	39	28	12	490	MORE
Chicken Quesadilla	184 g	28	40	30	13	540	MORE
Steak Quesadilla	184 g	26	40	31	13	540	MORE
Zesty Chicken Border Bowl	418 g	23	69	40	17.5	730	MORE
Zesty Chicken Border Bowl (w/o Dressing)	376 g	22	64	16	10.5	490	MORE
Southwest Steak Border Bowl	443 g	30	79	28	15.5	690	MORE

Menu Category: Nachos and Sides

Nachos	98 g	4	32	20	8	320	MORE
Nachos Supreme	195 g	13	42	26	11	460	MORE
Nachos BellGrande	308 g	19	79	44	19	790	MORE
Pintos 'n Cheese	128 g	10	20	7	3.5	180	MORE
Mexican Rice	131 g	6	26	9	4.5	200	MORE
Cinnamon Twists	35 g	1	27	5	4	160	MORE

Menu Category: Express Menu Items

Grilled Stuft Burrito - Beef	325 g	27	81	32	16.5	720	MORE
Grilled Stuft Burrito - Chicken	325 g	35	78	24	15	670	MORE
Grilled Stuft Burrito - Steak	325 g	31	77	27	15	670	MORE
Zesty Chicken Border Bowl	418 g	23	70	38	17	710	MORE
Zesty Chicken Border Bowl (w/o Dressing)	376 g	22	65	14	10	470	MORE
Southwest Steak Border Bowl	443 g	30	81	25	14.5	660	MORE
Express Taco Salad	479 g	26	58	33	15	630	MORE
Nachos	99 g	5	36	16	7.5	310	MORE
Nachos Supreme	195 g	13	45	22	10	440	MORE
Nachos BellGrande	308 g	20	86	36	17.5	750	MORE