Tios Mexican: Burritos, Bowls, Nachos, & Quesadillas

Updated Spring 2023

Burritos	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber (g)	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Bean Burrito (Tortilla, Beans)	1 Burrito	435	9	79.5	1.5	9				Wheat, Soy
Bean Burrito (basic burrito recipe) (Tortilla, Beans, Cheese)	1 Burrito	545	18	80.5	1.5	16				
Ground Beef Burrito (Tortilla, Beans, Cheese, Beef)	1 Burrito	746.8	33.8	80.5	1.5	31				
Chicken Burrito (Tortilla, Beans, Cheese, Chicken)	1 Burrito	635.1	23.3	81.8	1.5	25.3				Wheat, Milk, Soy
Fajita Steak Burrito (Tortilla, Beans, Cheese, Fajita Beef)	1 Burrito	641.9	23.3	81.8	2.5	27				
Bean Burrito Bowl (basic recipe)(Beans, Rice, Lettuce, Cheese)		309.1	11.3	43.5	1	9.3				
Sides										
Refried Beans	2oz	152	2	32.5	0.3	1	✓	✓	✓	
Mexican Rice	2oz	38.3	0.3	8.3	0	0.8	✓	✓		Wheat, Milk, Soy
Lettuce	2oz	8.8	0	1.7	0.7	0.5	✓	✓	✓	
Shredded Cheese	1oz	110	9	1	0	7		✓	✓	Milk
Bowls	**Serving Size**	**Calories**	**Fat (g)**	**Carbs (g)**	**Fiber (g)**	**Protien (g)**	**Vegan**	**Vegetarian**	**Gluten Free**	**Allergy/Contains**
Ground Beef Bowl (Rice, Beans, Lettuce, Cheese, Beef)	1 Bowl	511	27	43.5	1	29				Milk, Soy (May contain Wheat Mexican Rice)
Ground Beef Burrito Bowl (Beans, Rice, Lettuce, Cheese, Ground Beef)		510.9	27.1	43.5	1	24.3				
Chicken Carnita Bowl (Rice, Beans, Lettuce, Cheese, Chicken)	1 Bowl	445.1	19.3	45.5	1	23.3				Milk, Soy (May contain Wheat Mexican Rice)
Steak Fajita Bowl (Rice, Beans, Lettuce, Cheese, Steak)	1 Bowl	406	16.6	44.8	2	20.3				
Nachos	**Serving Size**	**Calories**	**Fat (g)**	**Carbs (g)**	**Fiber (g)**	**Protien (g)**	**Vegan**	**Vegetarian**	**Gluten Free**	**Allergy/Contains**
Sincillo Nachos (Queso, Chips)	1 Serving	563	27	58	4	22		✓	✓	Milk
Ground Beef Nachos (Ground Beef, Queso, Chips)	1 Serving	756.8	42.8	56	3	37				
Chicken Nachos (Chicken, Queso, Chips)	1 Serving	691	35	58	3	36				Milk, Soy
Steak Fajita Nachos (Beef Fajita, Queso, Chips)	1 Serving	651.9	32.3	57.3	4	33				
Quesadillas	**Serving Size**	**Calories**	**Fat (g)**	**Carbs (g)**	**Fiber (g)**	**Protien (g)**	**Vegan**	**Vegetarian**	**Gluten Free**	**Allergy/Contains**
Cheese Quesadilla (Tortilla and Cheese)(Basic recipe)	1 Serving	622	34	50	1	29				
Bean & Cheese Quesadilla (Tortilla, Cheese, and Beans)	1 Serving	774	36	82.5	1.3	30		✓		Wheat,Milk
Ground Beef Quesadilla (Tortilla, Cheese, Ground Beef)	1 Serving	823.8	49.8	50	1	44				
Chicken Quesadilla (Tortilla, Cheese, and Chicken Carnita)	1 Serving	712.1	39.3	51.3	1	38.3				Wheat,Milk,Soy
Steak Fajita Quesadilla (Tortilla, Cheese, and Steak)	1 Serving	718.9	39.3	51.3	2	40				Wheat,Milk
Toppings	**Serving Size**	**Calories**	**Fat (g)**	**Carbs (g)**	**Fiber (g)**	**Protein (g)**	**Vegan**	**Vegetarian**	**Gluten Free**	**Allergy/Contains**
Shredded Cheese	1oz	110	9	1	0	7		✓	✓	Milk
Cilantro	1 Tablespoon	5	0	1	0	0				
Jalapenos	1oz	8	0	2	1	0	✓	✓	✓	
Mushrooms	1oz	7	0	1	1	0	✓	✓	✓	
Lettuce	1oz	5	0	1	1	0	✓	✓	✓	
Onions	1oz	10	0	2	1	0	✓	✓	✓	
Tomatoes	1oz	5	0	1	1	0	✓	✓	✓	
Salsa	1oz	5	0	1	0	0	✓	✓	✓	
Pico de Gallo	1oz	7	0	1.5	0	0	✓	✓	✓	
Sauces/Sides	**Serving Size**	**Calories**	**Fat (g)**	**Carbs (g)**	**Fiber (g)**	**Protein (g)**	**Vegan**	**Vegetarian**	**Gluten Free**	**Allergy/Contains**
Sour Cream	1oz	60	6	2	0	1		✓	✓	Milk
Salsa	1oz	5	0	1	0	0	✓	✓	✓	
Pico de Gallo	1oz	7	0	1.5	0	0	✓	✓	✓	
Guacamole	1oz	45	4	2	1	1	✓	✓	✓	
Refried Beans	4oz	304	4	65	0.6	2	✓	✓	✓	
Spanish Rice	4oz	76.6	0.6	16.6	0	1.6	✓	✓		May contain:Wheat, Soy
Chips & Salsa	4oz	212	7	33	2	4	✓	✓	✓	Soy
Chips & Queso	4oz	519	31	40	2	10	✓	✓	✓	Soy, Milk
Tortilla's										
Corn Tortilla (based on request only)	2 tortilla	130	1.5	25	2	3	✓	✓	✓	
12" Flour Tortilla	1 tortilla	283	7	47	1	8				Wheat, Soy

Yes = ✓

Indicates a "Smart Choice" lower in fat and packed with nutrients.

Allergy/Contains Column lists foods that may contain one of the big eight food allergies. Wheat, Milk, Soy, Eggs, Fish, Shell Fish, Peanuts, Tree Nuts, Pork, and Sesame