

TacoBellMenuOnline

Taco Bell Nutrition Chart 2026

Data collected October 2026 - tacobellmenuonline.com

Prices and recipes vary by location; nutrition values are compiled from published nutrition information. Always confirm prices, availability and allergen information in store.

Item	Calories	Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Black Bean Chalupa Supreme	340	17	3.5	460	36	7	4	10
Black Bean Soft Taco	170	5	4	370	23	3	1	6
Chalupa Supreme	350	20	5	570	32	4	3	12
Chalupa Supreme (Chicken)	330	15	5	560	31	4	3	16
Chalupa Supreme (Steak)	330	16	5	530	32	4	3	15
Cheesy Gordita Crunch	490	28	10	850	42	6	4	20
Cool Ranch Doritos Locos Taco	170	9	-	380	13	-	-	7
Cool Ranch Doritos Locos Taco Supreme	190	11	-	390	15	-	-	8
Crunchy Taco	170	9	4	310	13	3	0	7
Crunchy Taco Supreme	190	11	4.5	320	15	3	1	8
Doritos Cheesy Gordita Crunch - Cool Ranch	490	28	10	910	42	6	4	20
Doritos Cheesy Gordita Crunch - Nacho Cheese	480	26	10	890	43	5	4	20
Double Decker Taco	310	13	-	700	36	-	-	12
Double Decker Taco Supreme	330	14	-	720	38	-	-	13
Double Stacked Taco	320	16	5	610	34	4	2	11
Frank's RedHot Diablo Crispy Chicken Soft Taco	250	11	-	710	27	-	-	11
Fresco Chicken Soft Taco	150	4	-	460	18	-	-	11
Fresco Soft Taco	160	-	-	-	-	-	-	-
Grilled Cheese Dipping Taco (Seasoned Beef)	300	19	-	580	20	-	-	13
Grilled Cheese Dipping Taco (Shredded Beef)	290	16	-	460	20	-	-	15
Grilled Steak Soft Taco	200	-	-	-	-	-	-	-
Nacho Cheese Doritos Cheesy Gordita Crunch	490	26	10	830	44	6	4	20
Nacho Cheese Doritos Locos Tacos	170	10	4	370	13	3	<1	8
Nacho Cheese Doritos Locos Tacos Supreme	190	11	4	380	15	3	<1	8
Naked Chicken Chalupa	430	27	6	1180	28	5	<1	19
Rolled Chicken Tacos (2 Pack)	270	-	-	-	-	-	-	-

Item	Calories	Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Rolled Chicken Tacos (4 Pack)	550	-	-	-	-	-	-	-
Shredded Beef Dipping Taco	290	-	-	-	-	-	-	-
Slow-Roasted Chicken Fajita Street Chalupas (Pair (2 chalupas))	720	37	10	1250	71	7	6	26
Soft Taco	180	8	4	500	18	3	1	9
Soft Taco Supreme	200	10	5	520	20	3	2	9
Spicy Potato Soft Taco	240	12	3	470	28	2	1	5
Steak Fajita Street Chalupas (Pair (2 chalupas))	720	37	10	1320	71	6	6	26
Tajín Cheesy Gordita Crunch	460	22	9	1150	45	6	7	19
Volcano Taco	240	-	-	-	-	-	-	-
7-Layer Burrito	420	15	-	960	58	-	-	13
Bean Burrito	360	10	4.5	1080	54	8	3	13
Beefy 5-Layer Burrito	490	18	8	1290	65	7	4	17
Beefy Crunch Burrito	450	19	6	1050	59	5	3	13
Beefy Fritos Burrito	440	-	-	-	-	-	-	-
Beefy Melt Burrito	620	-	-	-	-	-	-	-
Beefy Potato Loaded Griller	480	23	6	1120	56	5	3	12
Black Bean Grilled Cheese Burrito - Black Beans	690	37	13	1390	68	9	5	23
Burrito Supreme	390	14	6	1160	51	8	4	16
Burrito Supreme (Chicken)	370	11	6	1170	49	8	4	19
Burrito Supreme (Steak)	380	12	6	1180	49	8	4	19
Cheesy Bean and Rice Burrito	420	17	-	940	55	-	-	9
Cheesy Double Beef Burrito	570	26	9	1330	63	7	3	21
Chicken Enchilada Burrito	380	12	5	1150	49	4	3	19
Chili Cheese Burrito	380	17	9	970	41	4	2	15
Chipotle Ranch Grilled Chicken Burrito	510	29	-	930	46	-	-	17
Double Dipping Burritos (Slow Roasted Chicken)	620	37	10	1250	45	5	4	26
Double Dipping Burritos (Steak)	620	37	10	1380	44	4	5	27
Fiesta Veggie Burrito	560	28	-	1000	64	-	-	14
Frank's RedHot Diablo Crispy Chicken Burrito	580	27	-	1680	60	-	-	23
Fritos Flamin' Hot Grilled Cheese Burrito	730	41	-	1570	65	-	-	26
Grande Burrito (Chipotle Chicken)	390	18	-	830	46	-	-	13

Item	Calories	Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Green Burrito	370	10	-	1040	55	-	-	13
Grilled Cheese Burrito	720	40	15	1500	64	7	4	26
Grilled Cheese Burrito Chicken	690	37	15	1510	62	7	4	29
Grilled Cheese Burrito Flamin Hot	730	41	-	1570	65	-	-	26
Grilled Cheese Burrito Steak	700	38	15	1520	62	7	4	28
Shredded Chicken Burrito	420	20	-	900	47	-	-	15
Slow Roasted Chicken Cheesy Dipping Burritos	490	25	-	1220	37	-	-	30
Smothered Burrito (Beef)	710	-	-	-	-	-	-	-
Smothered Burrito (Steak)	670	29	-	2080	68	-	-	35
Spicy Cheesy Core Burrito (Beef)	570	23	-	1760	68	-	-	22
Steak Cheesy Dipping Burritos	480	25	-	1370	35	-	-	29
Veggie Burrito Supreme	320	10	-	870	47	-	-	11
XXL Grilled Stuft Burrito (Chicken)	830	35	-	1940	91	-	-	37
Beefy Mini Quesadilla	210	-	-	-	-	-	-	-
Cheese Quesadilla	470	24	13	1000	41	3	3	18
Chicken Quesadilla	510	26	13	1250	41	3	3	26
Classic Chicken Crunchadilla	280	12	4.5	650	27	2	2	15
Shredded Chicken Mini Quesadilla	180	-	-	-	-	-	-	-
Sriracha Chicken Crunchadilla	280	13	4.5	660	27	2	2	15
Steak & Poblano Rolled Quesadilla	530	28	14	1280	43	-	-	26
Steak Quesadilla	520	27	14	1270	42	3	4	26
3 Cheese Chicken Flatbread Melt	330	15	6	760	29	3	4	20
Avocado Ranch Chicken Stacker	350	15	4.5	890	40	3	3	16
Bacon Club Chalupa	450	29	-	870	29	-	-	20
Black Bean Crunchwrap Supreme	520	17	5	1090	77	8	6	13
Brownie Sandwich	400	18	-	200	55	-	-	3
Cantina Chicken Mexican Pizza	520	27	8	1000	51	8	3	19
Cantina Veggie Mexican Pizza	450	-	-	-	-	-	-	-
Cheesy G Sliders	280	-	-	-	-	-	-	-
Cheesy Roll Up	180	9	5	430	17	1	1	8
Chicken Bacon Ranch Street Chalupas	620	41	-	1220	38	-	-	25

Item	Calories	Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Chipotle Ranch Chicken Loaded Griller	350	-	-	-	-	-	-	-
Crema Brulee Crunchwrap Slider	350	-	-	-	-	-	-	-
Crispalupa	370	17	-	870	37	-	-	17
Crispy Chicken Wings	750	-	-	-	-	-	-	-
Crunchwrap Supreme	530	20	7	1220	73	6	6	15
Diablo Ranch Crispy Chicken Crunchwrap Slider	320	13	3.5	860	35	3	2	16
Gordita Crunch Sliders	320	19	7	750	30	5	3	15
Mexican Pizza	530	28	8	1010	50	8	3	19
MexiMelt	270	-	-	-	-	-	-	-
Quesarito	570	24	-	1270	42	-	-	26
Stacker	400	18	8	1070	42	4	3	17
Toasted Cheddar Street Chalupa (Cantina Chicken)	580	38	-	1030	37	-	-	23
Toasted Cheddar Street Chalupa (Steak)	580	38	-	1090	37	-	-	23
Tostada	250	10	-	530	30	-	-	10
Triple Double Crunchwrap	640	-	-	-	-	-	-	-
Triple Steak Stack	550	24	-	960	57	-	-	27
Veggie Mexican Pizza	460	24	6	750	47	7	3	14
Beefy Nacho Griller	370	15	-	820	48	-	-	12
Boss Nachos (Beef)	1160	62	-	2090	119	-	-	30
Boss Nachos (Chicken)	1120	55	-	2000	117	-	-	38
Boss Nachos (Steak)	1130	-	-	-	-	-	-	-
Grande Nachos (Beef)	1120	-	-	-	-	-	-	-
Grande Nachos (Shredded Chicken)	1100	59	-	1520	113	-	-	28
Grande Nachos (Slow Roasted Chicken)	1010	59	-	1720	111	-	-	32
Grande Nachos (Steak)	1080	56	-	1580	113	-	-	31
Loaded Beef Nachos	450	25	5	930	44	9	2	12
Nachos BellGrande	730	39	6	1180	80	13	4	17
Nachos BellGrande (Beef)	740	38	6	1050	82	13	4	16
Nachos BellGrande (Chicken)	710	35	6	1180	78	13	4	20
Nachos BellGrande (Steak)	720	37	6	1200	78	13	4	20
Triple Layer Nachos	320	15	-	480	40	-	-	5

Item	Calories	Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Volcano Nachos	970	-	-	-	-	-	-	-
Caliente Cantina Chicken Bowl	480	23	-	1160	43	-	-	24
Cantina Chicken Bowl	580	29	8	1320	55	11	4	26
Chicken Power Menu Bowl	460	-	-	-	-	-	-	-
Steak Power Bowl	490	-	-	-	-	-	-	-
Veggie Bowl	510	25	6	1040	60	13	4	13
Veggie Power Menu Bowl	430	-	-	-	-	-	-	-
Caliente Cantina Chicken Burrito	450	21	-	1090	42	-	-	24
Caliente Cantina Chicken Crispy Taco	290	17	6	540	19	4	<1	15
Caliente Cantina Chicken Nacho Fries	540	33	-	1110	45	-	-	14
Caliente Cantina Chicken Quesadilla	560	30	-	1340	43	-	-	29
Caliente Cantina Chicken Soft Taco	200	9	4	520	19	3	1	12
Cantina Chicken Burrito	540	30	9	1170	43	5	4	25
Cantina Chicken Crispy Taco	260	15	6	520	19	4	<1	15
Cantina Chicken Quesadilla	570	32	-	1330	43	-	-	29
Cantina Chicken Rolled Quesadilla	570	28	13	1410	46	5	3	33
Cantina Chicken Soft Taco	210	10	3.5	520	19	3	2	12
Cantina Crispy Chicken Taco (with Avocado Ranch)	270	13	-	700	26	-	-	13
Cantina Crispy Chicken Taco (with Chipotle)	270	13	-	690	25	-	-	13
Breakfast Burrito	350	16	5	900	38	2	3	13
Breakfast Burrito Fiesta Potato	340	14	3.5	770	44	3	3	9
Breakfast California Crunchwrap	640	38	12	1330	53	5	3	21
Breakfast Crunchwrap	670	40	13	1370	54	5	3	21
Breakfast Crunchwrap (Bacon)	670	40	13	1300	52	5	3	21
Breakfast Crunchwrap (Sausage)	660	40	13	1370	54	5	3	21
Breakfast Crunchwrap (Steak)	660	38	13	1300	51	5	3	24
Breakfast Crunchwrap Combo	660	40	13	1370	54	5	3	21
Breakfast Quesadilla	490	23	11	1240	44	4	3	26
Breakfast Quesadilla (Bacon)	510	27	11	1260	40	4	3	25
Breakfast Quesadilla (Sausage)	510	23	11	1240	44	4	3	26
Breakfast Quesadilla (Steak)	510	25	11	1310	41	4	3	28

Item	Calories	Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Breakfast Salsa	0	0	0	50	<1	0	0	0
Cheesy Toasted Breakfast Burrito	350	16	5	900	38	2	3	13
Cheesy Toasted Breakfast Burrito (Bacon)	350	16	5	900	38	2	3	13
Cheesy Toasted Breakfast Burrito (Potato)	340	14	5	780	43	2	3	10
Cheesy Toasted Breakfast Burrito (Sausage)	340	16	5	900	38	2	3	13
Cheesy Toasted Breakfast Burrito Fiesta Potato	340	14	3.5	770	44	3	3	9
Grande Breakfast Crunchwrap	660	40	13	1370	54	5	3	21
Grande Toasted Breakfast Burrito	570	29	11	1310	52	4	3	23
Grande Toasted Breakfast Burrito (Bacon)	570	30	11	1320	51	4	3	23
Grande Toasted Breakfast Burrito (Sausage)	560	29	11	1310	52	4	3	23
Grande Toasted Breakfast Burrito (Steak)	570	28	10	1370	52	4	4	27
Grande Toasted Breakfast Burrito Combo	570	29	11	1310	52	4	3	23
Hash Brown	160	11	1	280	14	2	<1	1
Mini Skillet Bowl	180	-	-	-	-	-	-	-
Naked Egg Taco (Bacon)	310	-	-	-	-	-	-	-
Naked Egg Taco (Sausage)	300	21	-	520	15	-	-	12
Steak and Egg Breakfast Burrito	450	23	9	960	37	3	2	24
3 Crunchy Tacos Combo	170	9	4	310	13	3	0	7
3 Crunchy Tacos Supreme Combo	170	9	4	310	13	3	0	7
Cantina Chicken Burrito Combo	530	28	9	1190	44	5	4	24
Cantina Chicken Crispy Taco Combo	270	15	6	520	19	4	<1	15
Cantina Chicken Rolled Quesadilla Combo	490	23	11	1240	44	4	3	26
Chicken Quesadilla Combo	490	23	11	1240	44	4	3	26
Crunchwrap Supreme Combo	530	20	7	1210	74	6	6	15
Mexican Pizza Combo	530	27	8	1000	51	8	3	19
Nacho Party Pack (Beef)	2060	-	-	-	-	-	-	-
Nacho Party Pack (Chicken)	1970	-	-	-	-	-	-	-
Nacho Party Pack (Shredded Chicken)	2020	-	-	-	-	-	-	-
Nacho Party Pack (Steak)	1990	-	-	-	-	-	-	-
Nacho Party Pack (Veggie)	1770	93	-	2510	206	-	-	28
Soft Taco Party Pack	180	8	4	500	18	3	1	9

Item	Calories	Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Supreme Soft Taco Party Pack	180	8	4	500	18	3	1	9
Avocado Ranch Sauce	220	-	-	-	-	-	-	-
Avocado Verde Salsa Sauce Packet	50	-	-	-	-	-	-	-
Bell Sauce Dip Sauce	210	-	-	-	-	-	-	-
Black Beans	50	1.5	0	140	7	4	0	3
Black Beans and Rice	160	4.5	0	370	25	5	<1	4
Caramel Apple Empanada	280	13	4.5	260	38	1	15	3
Cheesy Fiesta Potatoes	240	12	1.5	520	29	3	1	3
Chicken Fajita Nacho Fries	540	34	5	1290	45	6	4	14
Chipotle Sauce	200	-	-	-	-	-	-	-
Chips & Pico De Gallo	180	9	-	100	22	-	-	2
Chips and Fiesta Salsa	180	-	-	-	-	-	-	-
Chips and Guacamole	250	16	-	240	22	-	-	3
Chips and Nacho Cheese Sauce	220	13	1.5	280	24	2	1	3
Chips and Nacho Supreme Dip	360	19	4.5	720	37	7	3	10
Chocolate Fudge & Caramel Empanadas	320	15	-	290	42	-	-	3
Cilantro Dressing	90	-	-	-	-	-	-	-
Cinnabon Delights (12 Pack)	1010	68	22	430	88	5	52	11
Cinnabon Delights (2 Pack)	170	11	3.5	70	15	<1	9	2
Cinnabon Delights (4 Pack)	310	18	-	160	35	-	-	3
Cinnamon Twists	170	6	0.5	115	27	<1	10	1
Creamy Jalapeño Sauce	70	7	-	50	1	-	-	0
Creamy Sriracha Chicken Nacho Fries	500	32	4.5	1170	40	5	3	13
Crispy Chicken Nuggets (10 Piece)	640	26	3	2140	50	5	0	51
Crispy Chicken Nuggets (5 Piece)	330	13	1.5	1080	25	3	0	26
Diablo Dusted Crispy Chicken Nuggets (10 Piece)	660	-	-	-	-	-	-	-
Diablo Dusted Crispy Chicken Nuggets (5 Piece)	340	-	-	-	-	-	-	-
Diablo Sauce Packet	0	0	0	30	0	0	0	0
Fiesta Taco Salad (Beef)	780	-	-	-	-	-	-	-
Fiesta Taco Salad (Chicken)	720	-	-	-	-	-	-	-
Fiesta Taco Salad (Steak)	720	-	-	-	-	-	-	-

Item	Calories	Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Fire Sauce Packet	0	0	0	55	0	0	0	0
Frank's RedHot Diablo Chicken Nacho Fries	450	-	-	-	-	-	-	-
Green Tomatillo Sauce	10	-	-	-	-	-	-	-
Guacamole	35	-	-	-	-	-	-	-
Hidden Valley Diablo Ranch Dip Sauce	210	-	-	-	-	-	-	-
Hot Sauce Packet	0	0	0	45	0	0	0	0
Jalapeño Honey Mustard Dip Sauce	200	-	-	-	-	-	-	-
Loaded Steak and Jalapeño Fries	470	27	-	1420	39	-	-	13
Mexican Pizza Sauce	15	-	-	-	-	-	-	-
Mexican Rice	120	4	-	200	20	-	-	2
Mild Sauce Packet	0	0	0	30	0	0	0	0
Milk Bar Birthday Cake Churro	280	19	-	120	24	-	-	3
Milk Bar Birthday Cake Empanada	290	10	5	210	45	<1	23	3
Mini Taco Salad	280	15	4	490	27	6	2	9
MTN DEW Baja Blast Pie	320	13	8	200	46	2	32	5
Nacho Cheese Dip	150	12	-	250	2	-	-	9
Nacho Cheese Sauce	60	-	-	-	-	-	-	-
Nacho Fries	330	19	2	770	36	3	1	4
Nacho Fries (Large)	500	29	2.5	1090	52	5	1	6
Nacho Fries BellGrande	740	-	-	-	-	-	-	-
Nugget Dipping Sauce	200-210	19-22	-	-	-	-	-	0
Pepper Jack Sauce	70	-	-	-	-	-	-	-
Pico de Gallo	5	0	-	35	1	-	-	0
Pintos N Cheese	170	7	3	690	19	7	1	9
Pizza Sauce	10	0	-	80	2	-	-	0
Premium Guacamole Dip	70	6	-	210	3	-	-	1
Red Sauce	10	-	-	-	-	-	-	-
Reduced-Fat Sour Cream	30	-	-	-	-	-	-	-
Reduced-Fat Sour Cream Dip	60	-	-	-	-	-	-	-
Salsa	5	0	0	50	<1	0	0	0
Salsa Dip	10	-	-	-	-	-	-	-

Item	Calories	Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Salsa Verde	5	-	-	-	-	-	-	-
Salted Caramel Churros	230	16	5	100	20	1	12	2
Shredded Beef Nacho Fries	480	-	-	-	-	-	-	-
Spicy Ranch	200	-	-	-	-	-	-	-
Spicy Ranch Dip	230	-	-	-	-	-	-	-
Zab's Ranch Sauce	180	-	-	-	-	-	-	-
Zab's Chicken Ranch Nacho Fries	490	-	-	-	-	-	-	-
Aquafina Sparkling Berry Breeze (20 oz)	0	0	-	105	0	-	-	0
Aquafina Sparkling Berry Breeze (30 oz)	0	0	-	160	0	-	-	0
Aquafina Sparkling Berry Breeze (Small)	0	0	-	-	-	-	-	0
Blue Raspberry Breeze Freeze (Large)	160	0	-	-	-	-	-	0
Blue Raspberry Breeze Freeze (Regular)	130	0	-	-	-	-	-	0
Blue Raspberry Freeze	150	0	0	35	30	0	30	0
Blue Raspberry Freeze (16 oz)	120	0	0	35	30	0	30	0
Blue Raspberry Freeze (20 oz)	150	0	0	40	38	0	30	0
Bottled Water	0	0	0	0	0	0	0	0
Brisk Mango Fiesta	110	1	0.5	55	33	0	31	0
Brisk Mango Fiesta (20 oz)	120	0	0.5	60	32	0	31	0
Brisk Mango Fiesta (30 oz)	180	0	-	90	48	-	-	0
Brisk Mango Fiesta (40 oz)	250	0	-	-	-	-	-	0
Brisk Mango Fiesta (Small)	100	0	-	-	-	-	-	0
Cherry Pepsi	390	-	-	-	-	-	-	-
Cherry Pepsi (16 oz)	210	0	-	40	56	-	-	0
Cherry Pepsi (20 oz)	260	0	-	50	70	-	-	0
Cherry Pepsi (Large)	390	0	-	-	-	-	-	0
Diet Dr Pepper	0	0	-	-	-	-	-	0
Diet Mountain Dew (16 oz)	5	0	-	75	1	-	-	0
Diet Mountain Dew (20 oz)	10	0	-	90	1	-	-	0
Diet Mountain Dew (30 oz)	10	0	-	140	1	-	-	0
Diet Mountain Dew Baja Blast (16 oz)	0	0	-	70	0	-	-	0
Diet Mountain Dew Baja Blast (30 oz)	0	0	-	130	0	-	-	0

Item	Calories	Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Diet Mountain Dew Baja Blast (Medium)	0	0	-	-	-	-	-	0
Diet Pepsi	45	1	0.5	80	9	0	7	0
Diet Pepsi (16 oz)	0	0	-	75	0	-	-	0
Diet Pepsi (20 oz)	0	0	-	95	0	-	-	0
Diet Pepsi (40 oz)	0	0	-	125	0	-	-	0
Diet Pepsi (Large)	0	0	-	-	-	-	-	0
Dirty Soda with BAJA BLAST Zero Sugar	60	-	-	-	-	-	-	-
Dr Pepper (20 oz)	240	0	-	75	65	-	-	0
Dr Pepper (30 oz)	360	0	-	110	98	-	-	0
Dr Pepper (40 oz)	500	0	-	-	-	-	-	0
Dr Pepper (Small)	190	0	-	-	-	-	-	0
Dragonfruit Berry Agua Refresca	170	0	0	40	45	0	43	0
G2 Gatorade Fruit Punch	80	-	-	-	-	-	-	-
G2 Gatorade Fruit Punch (16 oz)	30	0	-	140	7	-	-	0
G2 Gatorade Fruit Punch (20 oz)	35	0	-	180	9	-	-	0
G2 Gatorade Fruit Punch (Large)	50	0	-	-	-	-	-	0
Hot Cinnabon Delights Coffee	160	-	-	-	-	-	-	-
Hot Cinnabon Delights Coffee (Hot)	160	2	-	75	34	-	-	1
Hot Cinnabon Delights Coffee (Iced)	160	2	-	85	34	-	-	1
Lipton Unsweetened Iced Tea (16 oz)	0	0	-	160	0	-	-	0
Lipton Unsweetened Iced Tea (20 oz)	0	0	-	200	0	-	-	0
Lipton Unsweetened Iced Tea (30 oz)	0	0	-	300	0	-	-	0
Lipton Unsweetened Iced Tea (40 oz)	200	0	-	125	55	-	-	0
Mango Peach Agua Refresca	170	0	0	40	43	0	42	0
MOUNTAIN DEW BAJA BLAST Dirty Soda	460	-	-	-	-	-	-	-
MOUNTAIN DEW BAJA BLAST Dirty Soda Freeze	230	-	-	-	-	-	-	-
MOUNTAIN DEW BAJA MIDNIGHT Dirty Soda	420	-	-	-	-	-	-	-
MTN DEW	420	-	-	-	-	-	-	-
MTN DEW (30 oz)	410	0	-	125	110	-	-	0
MTN DEW (40 oz)	550	0	-	-	-	-	-	0
MTN DEW (Medium)	270	0	-	-	-	-	-	0

Item	Calories	Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
MTN DEW (Small)	220	0	-	-	-	-	-	0
MTN DEW Baja Blast	420	-	-	-	-	-	-	-
MTN DEW Baja Blast (20 oz)	280	0	-	80	74	-	-	0
MTN DEW Baja Blast (30 oz)	420	0	-	120	110	-	-	0
MTN DEW Baja Blast (40 oz)	550	0	-	-	-	-	-	0
MTN DEW Baja Blast (Small)	220	0	-	-	-	-	-	0
MTN DEW Baja Blast Freeze	190	0	0	55	51	0	51	0
MTN DEW Baja Blast Freeze (16 oz)	150	0	0	45	41	0	41	0
MTN DEW Baja Blast Freeze (20 oz)	190	0	0	55	51	0	51	0
MTN DEW Baja Blast Zero Sugar	15	-	-	-	-	-	-	-
MTN DEW Baja Blast Zero Sugar (20 oz)	10	0	-	85	0	-	-	0
MTN DEW Baja Blast Zero Sugar (30 oz)	15	0	-	125	0	-	-	0
MTN DEW Baja Blast Zero Sugar (Small)	5	0	-	-	-	-	-	0
MTN DEW Zero	50	1	0.5	65	9	0	8	0
Mug Root Beer	360	-	-	-	-	-	-	-
Mug Root Beer (40 oz)	500	0	-	75	130	-	-	0
Mug Root Beer (Large)	360	0	-	-	-	-	-	0
Mug Root Beer (Medium)	240	0	0.5	80	60	0	58	0
Mug Root Beer (Small)	190	0	-	-	-	-	-	0
Orange Cream Pop Freeze (Large)	160	0	0	35	41	0	41	0
Orange Cream Pop Freeze (Regular)	130	0	-	30	34	-	-	0
Pepsi	380	-	-	-	-	-	-	-
Pepsi (16 oz)	200	0	-	45	55	-	-	0
Pepsi (40 oz)	500	0	-	100	140	-	-	0
Pepsi (Large)	380	0	-	-	-	-	-	0
Pepsi (Medium)	250	0	-	-	-	-	-	0
PEPSI Dirty Soda	210	-	-	-	-	-	-	-
Pepsi Zero Sugar	0	0	-	-	-	-	-	0
Pineapple Dragonfruit Dream Refresca	330	1	0.5	260	83	0	80	<1
Pineapple Dragonfruit Dream Refresca Freeze (16 oz)	210	1	0.5	55	52	0	49	<1
Pineapple Dragonfruit Dream Refresca Freeze (20 oz)	250	1	0.5	70	62	0	59	<1

Item	Calories	Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Pineapple Lime Rockstar Energy Refresca	50	-	-	-	-	-	-	-
Pink Passionfruit Refresca Freeze	200	0	0	95	53	0	52	0
Premium Hot Coffee	30	2	-	0	3	-	-	2
Regular Iced Coffee	10	0	-	0	0	-	-	2
Sierra Mist (16 oz)	200	0	-	40	54	-	-	0
Sierra Mist (20 oz)	250	0	-	50	68	-	-	0
Sierra Mist (30 oz)	380	0	-	-	-	-	-	0
Sierra Mist (40 oz)	500	0	-	100	135	-	-	0
Starry	370	-	-	-	-	-	-	-
Strawberry Dream Refresca	320	1	0.5	270	82	0	79	0
Strawberry Lime Refresca Freeze	220	0	0	40	51	0	49	0
Strawberry Passionfruit Agua Refresca	170	0	0	40	43	0	41	0
Tropical Punch Rockstar Energy Refresca	80	-	-	-	-	-	-	-
Tropicana Orange Juice	140	0	0	20	33	<1	28	2
TROPICANA Original Dirty Lemonade	170	-	-	-	-	-	-	-
Tropicana Original Lemonade	120	-	-	-	-	-	-	-
Tropicana Pink Lemonade (40 oz)	500	0	-	-	-	-	-	0
Tropicana Pink Lemonade (Large)	390	0	-	-	-	-	-	0
Tropicana Pink Lemonade (Medium)	260	0	-	-	-	-	-	0
Tropicana Pink Lemonade (Small)	210	0	-	-	-	-	-	0
Watermelon Berry Freeze (16 oz)	150	0	-	65	40	-	-	0
Watermelon Berry Freeze (20 oz)	190	0	-	85	50	-	-	0
Wild Cherry Breeze Freeze (Large)	210	0	-	-	-	-	-	0
Wild Cherry Breeze Freeze (Regular)	170	0	-	-	-	-	-	0
Wild Cherry Freeze (Large)	190	0	-	-	-	-	-	0
Wild Cherry Freeze (Regular)	150	0	-	-	-	-	-	0
Wild Strawberry Creme Delight Freeze (Large)	240	1	-	-	-	-	-	0
Wild Strawberry Creme Delight Freeze (Regular)	200	1	-	-	-	-	-	0
Wild Strawberry Freeze (16 oz)	150	0	-	40	41	-	-	0
Wild Strawberry Freeze (20 oz)	190	0	-	55	51	-	-	0
You Seem Pretty Pink for a Baja Blast (16 oz)	250	0	0	60	66	0	64	0

Item	Calories	Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
You Seem Pretty Pink for a Baja Blast (20 oz)	310	0	0	80	80	0	79	0
You Seem Pretty Pink for a Baja Blast (30 oz)	480	0	0	115	124	0	120	0
You Seem Pretty Pink for a Baja Blast Freeze (16 oz)	180	0	0	45	48	0	46	0
You Seem Pretty Pink for a Baja Blast Freeze (20 oz)	220	0	0	55	58	0	56	0