



Counting carbs? Watching the waist line? Just curious?

Don't worry, we have you covered. Just below this useless text box is a breakdown of the Pancheros menu, and a full list of nutritional information just for you. Piece together your burrito build, salad sculpture or quesadilla...assembly and add up all of the necessary components to see the total nutritional details of your meal.

	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Large Tortilla	1 ea.	320	80	9	2	1.5	0	650	49	2	2	10	0	0	6	15
Small Tortilla	1 ea.	60	15	2	0	0	0	125	10	0	0	2	0	0	0	2
Cilantro Lime Rice	4.1	180	40	4.5	1	1	0	700	32	<1	<1	3	8	0	0	15
Black Beans	3.4	130	0	0	0	0	0	440	23	8	0	8	0	0	6	15
Pinto Beans	3.4	140	5	0.5	0	0	0	400	25	8	0	8	0	0	4	10
Steak	1.4	60	30	3	1	0	25	130	0	0	0	8	0	0	0	4
Steak	2.8	120	60	6	2.5	0	50	260	0	0	0	16	0	0	0	8
Chicken	1.4	45	15	2	0	0	20	160	<1	0	0	7	0	0	0	0
Chicken	2.8	90	30	3.5	1	0	35	320	1	0	<1	13	0	0	0	2
Carnitas	2	70	25	3	1	0	30	450	2	<1	1	10	0	0	0	4
Carnitas	4	150	50	6	2.5	0	60	910	3	1	2	20	0	0	0	6
Veggies	1.7	20	5	0.5	0	0	0	80	3	<1	1	0	6	35	0	0
Veggies	3.4	35	10	1	0	0	0	160	6	1	3	<1	10	70	0	0
Grated Cheese	0.6	70	50	6	3.5	0	15	115	0	0	0	4	4	0	10	0
Grated Cheese	2.3	260	190	21	13	0	65	440	<1	0	0	16	15	0	45	0
Pico de Gallo	1.5	10	0	0	0	0	0	85	2	<1	1	0	6	8	0	0
Pico de Gallo	4.6	30	0	0	0	0	0	260	6	2	3	1	20	25	0	2
Mild Ancho Salsa	1.5	10	0	0	0	0	0	270	2	<1	2	0	4	4	0	0
Mild Ancho Salsa	4.6	40	0	0	0	0	0	840	8	2	5	1	10	10	0	2
Hot Tomatillo Salsa	1.5	15	0	0	0	0	0	240	2	<1	2	0	8	6	0	0
Hot Tomatillo Salsa	4.6	45	10	1	0	0	0	730	8	2	5	1	20	20	0	6
Roasted Corn Salsa	1.5	60	20	2.5	0	0	0	135	9	1	3	1	8	10	0	0
Roasted Corn Salsa	4.6	190	60	7	1	0	0	420	27	4	9	4	25	40	2	4
Lettuce	0.3	0	0	0	0	0	0	0	0	0	0	0	15	0	0	0
Lettuce	4.3	25	0	0	0	0	0	0	4	3	1	1	210	8	4	6
Guacamole	2	100	80	9	1.5	0	0	250	4	3	<1	<1	6	90	0	2
Guacamole	5.5	270	220	24	4	0	0	700	10	7	2	3	20	240	0	8
Queso Sauce	1.7	140	100	11	7	0	35	180	1	0	<1	8	8	0	25	0
Queso Sauce	4.6	370	260	29	19	0.5	90	480	4	0	2	22	25	0	60	2
Sour Cream	1.4	80	70	7	4.5	0	30	65	3	0	2	1	6	0	4	0
Chips	3.2	460	200	23	3	0	0	340	58	6	0	6	0	6	6	6