

| <b>Food Item</b>    | <b>Calories Per Serving</b> | <b>Grams of Fat</b> | <b>Calories From Fat</b> | <b>Cholesterol mg/Serving</b> |
|---------------------|-----------------------------|---------------------|--------------------------|-------------------------------|
| Taco                | 224                         | 12.93               | 116                      | 68                            |
| Chicken Taco        | 164                         | 6.93                | 62                       | 45                            |
| Soft Shell Taco     | 255                         | 13.92               | 125                      | 68                            |
| Chicken Soft Taco   | 196                         | 6.60                | 59                       | 45                            |
| Tostada             | 253                         | 13.43               | 121                      | 32                            |
| Meaty Tostada       | 447                         | 22.54               | 203                      | 89                            |
| Bean Burrito        | 397                         | 12.39               | 112                      | 21                            |
| Meat Burrito        | 528                         | 25.33               | 228                      | 135                           |
| Combo Burrito       | 463                         | 18.80               | 169                      | 78                            |
| Deluxe Burrito      | 531                         | 24.84               | 224                      | 90                            |
| Bean Enchilada      | 332                         | 14.06               | 127                      | 32                            |
| Meat Enchilada      | 437                         | 26.35               | 237                      | 146                           |
| Combo Enchilada     | 385                         | 20.20               | 182                      | 89                            |
| Frijoles            | 280                         | 10.73               | 97                       | 21                            |
| Regular Salad       | 43                          | 0.98                | 9                        | 0                             |
| Deluxe Salad        | 361                         | 23.09               | 208                      | 99                            |
| Super Salad         | 734                         | 47.62               | 429                      | 101                           |
| Chicken Super Salad | 565                         | 34.66               | 312                      | 81                            |
| Seafood Salad       | 543                         | 32.67               | 294                      | 110                           |
| Rice                | 155                         | 0.98                | na                       | 0                             |
| Roger Special       | 380                         | 5.63                | na                       | 0                             |

# How To Count Calories Guide

**S Ashworth**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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