

# NUTRITION INFORMATION



	servings	calories	fat (g)	protein (g)	carbs (g)	fiber (g)	sodium (mg)
--	----------	----------	---------	-------------	-----------	-----------	-------------

## PRIMO TACOS served with 4 oz of rice

Veggie	2 tacos	475	19	15	64	5	1280
Chicken	2 tacos	657	31	38	57	4	1225
Carnitas	2 tacos	552	24	46	57	4	1209
Steak	2 tacos	549	22	32	58	4	1568

## BAJA STYLE TACOS served with 4 oz of rice

Veggie	2 tacos	377	10	12	65	6	1343
Chicken	2 tacos	573	23	34	60	4	1287
Carnitas	2 tacos	468	16	42	61	4	1272
Steak	2 tacos	465	14	28	61	4	1631
Fish	2 tacos	693	22	32	95	6	1095

## GRANDE BURRITOS

Veggie	1 burrito	878	29	34	128	15	2328
Chicken	1 burrito	1128	47	63	119	12	2178
Carnitas	1 burrito	989	36	74	120	12	2158
Steak	1 burrito	984	34	56	120	12	2636

## SOL BOL

Veggie	1 order	478	19	22	56	11	1328
Chicken	1 order	728	37	51	47	8	1178
Carnitas	1 order	589	26	62	48	8	1158
Steak	1 order	584	24	44	48	8	1636

	servings	calories	fat (g)	protein (g)	carbs (g)	fiber (g)	sodium (mg)
--	----------	----------	---------	-------------	-----------	-----------	-------------

## SALADS

Veggie	1 salad	1034	64	30	87	15	1735
Chicken	1 salad	1284	81	59	78	13	1586
Carnitas	1 salad	1145	71	69	78	13	1565
Steak	1 salad	1140	69	52	79	13	2044

## QUESADILLAS

Cheese	1 order	1001	64	33	79	6	1703
Veggie	1 order	1064	66	36	89	9	2078
Chicken	1 order	1314	83	65	80	7	1928
Carnitas	1 order	1174	73	76	80	6	1907
Steak	1 order	1169	70	58	81	6	2386

## NACHOS

Cheese	1 order	998	58	36	88	15	1804
Veggie	1 order	1062	60	39	98	17	2179
Chicken	1 order	1311	77	68	89	15	2030
Carnitas	1 order	1172	67	79	89	15	2009
Steak	1 order	1167	64	61	90	15	2488

## SANDWICH

Sierra	1 serving	818	38	23	105	8	2294
--------	-----------	-----	----	----	-----	---	------

## DAILY SPECIALS-BURRITOS

Chicken Caesar	1 burrito	1108	65	59	78	6	2425
----------------	-----------	------	----	----	----	---	------

## ENCHILADAS served with 4 oz of rice and 4 oz beans

Cheese	1 order	982	54	41	85	14	1706
Veggie	1 order	853	42	32	91	16	1658
Chicken	1 order	1049	55	54	86	14	1602
Carnitas	1 order	945	48	62	86	14	1586
Steak	1 order	941	46	48	86	14	1945

## FAJITAS

Veggie	1 order	656	32	20	77	9	1688
Chicken	1 order	917	49	49	71	8	1613
Carnitas	1 order	778	39	60	71	8	1688
Steak	1 order	773	37	42	72	8	2071



University Dining Services

UNIVERSITY OF MINNESOTA

Driven to Discover<sup>SM</sup>

[www.dining.umn.edu](http://www.dining.umn.edu)