

Taco Station Nutritional Facts

	Calories	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Protein (g)	Fiber (g)
Ground Taco Meat 3.5 oz.	302	20	87	650	0	23	0
Chicken Taco Meat 3.5 oz.	174	4	77	655	0	29	0
Refried Beans 1/2 cup	109	3	1	497	20	6	6
Hard Taco Shell 3 shells	150	7	0	0	21	2	2
Sour Cream 1 T.	26	3	5	6	1	0	0
Tomatoes 1/2 cup	13	0	0	6	.3	0	.7
Onions 1/2 cup	30	0	0	2	.4	.9	1.4
Cheddar Cheese 1 oz.	114	9	30	176	0	7	0
Salsa 2 T.	10	0	0	180	2	0	0

