

# currito NUTRITIONAL GUIDE

ITEM NAME	QUANTITY	MEASURE	CALS	FAT CALS	FAT (G)	SAT FAT (G)	TRANSFAT (G)	CHOL (MG)	SOD (MG)	CARB (G)	FIB (G)	SUGAR (G)	PROT (G)	VIT A-IU %	VIT C %	CALC %	IRON %
WHITE FLOUR TORTILLA 10"	1	each	210	60	6	2.5	0	0	340	33	2	0	5	0	0	10%	9%
WHITE FLOUR TORTILLA 12"	1	each	310	70	8	4	0	0	574	48	2	1	8	0	0	12%	17%
WHOLE WHEAT FLOUR TORTILLA 12"	1	each	310	80	9	2.5	0	0	520	49	6	1	8	0	10%	15%	4%
CHICKEN	3.5	ounce	150	70	8	1	0	85	300	<1	0	0	18	4%	0	2%	4%
STEAK	4	ounce	270	190	22	5	0	65	310	<1	0	0	19	4%	0	2%	15%
TOFU	4	ounce	140	80	9	1	0	0	170	3	3	0	10	2%	0	15%	10%
CILANTRO LIME RICE	4.5	ounce	270	70	9	<1	0	0	90	43	0	0	4	0	0	0	10%
BROWN RICE	1.5	ounce	60	7	1	0	0	0	30	12	0	0	1	2%	0	0	0
TRI-COLORED QUINOA	4.5	ounce	240	60	7	0	0	0	330	81	8	1	14	2%	0	6%	30%
FARRO	4	ounce	230	0	3	0	0	0	350	43	3	0	8	0	0	4%	8%
SWEET POTATO	4	ounce	90	0	0	0	0	0	30	21	4.5	12	1.5	0	0	0	0
CURRY CHICKPEAS	4	ounce	100	35	4	1	0	5	280	13	4	1	4	2%	2%	4%	6%
BLACK BEANS	4	ounce	90	0	0	0	0	0	420	15	5	1	6	0	0	15%	35%
PEANUT SAUCE	1	ounce	74	41	4.1	0	0	0	395	7	0	5	1.65	0	0	0	0
TIKKA SAUCE	1	ounce	50	35	4	1.5	0	5	150	1	0	0	0	2%	2%	2%	2%
BUFFALO SAUCE	1	ounce	62	47	5	<1	0	0	397	3	2	0	<1	20%	6%	0	0
ROMAINE LETTUCE	4	ounce	35	5	<1	0	0	0	15	7	4	3	3	370%	90%	8%	10%
KALE	3	ounce	45	0	0	0	0	0	40	9	1	0	3	270%	250%	15%	8%
ARUGULA	3	ounce	20	5	<1	0	0	0	25	3	1	2	2	40%	20%	15%	6%
ASIAN CABBAGE	1.5	ounce	10	0	0	0	0	0	15	3	1	1	<1	6%	30%	2%	0
FETA CHEESE	2	ounce	158	115	13	9	0	53	670	2	0	2	9	5%	0	30%	2%
JACK CHEESE	2	ounce	220	160	18	12	0	60	360	2	0	0	14	12%	0	40%	0
CARROTS	1.5	ounce	17	0	0	0	0	0	32	5	2	3.3	<1	40%	3%	7%	<1
CUCUMBER	2	ounce	5.6	0	0	0	0	0	0	1	<1	<1	<1	2%	6%	1%	1%
EDAMAME	2	ounce	67	23	3	<1	0	0	3	4	3	1.4	6	4%	10%	4%	7%
SCALLIONS	1	ounce	9	0	0	0	0	0	4.5	2	<1	<1	<1	6%	9%	2%	2%
APPLES	1	ounce	20	0	0	0	0	0	272	4.5	<1	3.5	0	0	0	0	0
CHICKPEAS	1	ounce	24	0	0	0	0	0	72	4	1	<1	1	0	0	0	0
PICO DE GALLO	2.5	ounce	10	0	0	0	0	0	140	2	<1	1	0	6%	10%	0	0
WHITE CORN SALSA	3	ounce	110	45	4.5	0	0	0	290	15	2	3	2	4%	10%	0	6%
MANGO SALSA	3	ounce	45	0	0	0	0	0	270	12	2	10	<1	10%	45%	2%	2%
ROASTED TOMATO SALSA	3	ounce	20	0	0	0	0	0	430	4	1	2	<1	2%	8%	0	2%
HUMMUS	3	ounce	250	210	23	2	0	0	95	37	7	6	12	0	6%	4%	15%
GUACAMOLE	4	ounce	150	110	13	2	0	0	390	9	6	<1	2	6%	20%	2%	4%
LEMON HERB RANCH	1	ounce	110	110	12	2	<1	5	190	1	0	0	0	0	0	0	0
SPICY CASHW VINAIGRETTE	1	ounce	110	60	6	1	0	0	140	13	0	10	4	0	2%	0	2%
HOUSE VINAIGRETTE	1	ounce	130	120	13	1	0	0	100	4	0	4	0	0	2%	0	0
CUCUMBER TAHINI VINAIGRETTE	1	ounce	50	45	4.5	0	0	0	90	2	0	1	1	0	6%	2%	2%
APPLE CIDER VINAIGRETTE	1	ounce	130	90	10	.5	0	0	210	8	0	7	0	0	0	2%	0
CREAMY LIME DRESSING	1	ounce	100	90	9	5	0	30	330	6	0	4	1	2%	2%	4%	0
HOUSE HOT SAUCE	0.5	ounce	0	0	0	0	0	0	240	0	0	0	0	0	0	0	0
CAROLINA BBQ	1	ounce	130	90	10	.5	0	0	210	8	0	7	0	0	0	2%	0
SOUR CREAM	2.5	ounce	140	105	12	9	0	48	35	2	0	2	2	8%	0	4%	0
RICE NOODLES	1	ounce	130	35	4	<1	0	0	380	20	1	1	2	0	0	0	4%
SLIVERED ALMONDS	1	ounce	160	130	14	1	0	0	10	6	3	1	6	0	0	6%	6%
GOLDEN RAISINS	1	ounce	91	3.5	<1	0	0	0	7	22	1.4	20	<1	0	0	2%	6%
SESAME SEEDS	0.1	ounce	15	10	1.5	0	0	0	0	<1	0	0	<1	0	0	2%	2%
PUMPKIN SEEDS	3.5	ounce	559	49	0	9	0	0	7	11	6	1.5	30	0	0	4.5	0
CRISPY ONION	7	gram	40	65	0	20	0	300	2400	300	25	0	1	0	0	0	0
BBQ SPICE	1.1	gram	0	0	0	0	0	0	180	0	0	0	0	0	0	0	0
SIDES	QUANTITY	MEASURE	CALS	FAT CALS	FAT (G)	SAT FAT (G)	TRANSFAT (G)	CHOL (MG)	SOD (MG)	CARB (G)	FIB (G)	SUGAR (G)	PROT (G)	VIT A-IU %	VIT C %	CALC %	IRON %
TORTILLA CHIPS	3.5	ounce	500	214	21	4	0	0	125	68	7	0	7	0	0	7%	7%
SMOOTHIES	QUANTITY	MEASURE	CALS	FAT CALS	FAT (G)	SAT FAT (G)	TRANSFAT (G)	CHOL (MG)	SOD (MG)	CARB (G)	FIB (G)	SUGAR (G)	PROT (G)	VIT A-IU %	VIT C %	CALC %	IRON %
BERRY BLEND	1	16 oz	230	20	2	0	0	0	150	53	4	45	2	10%	110%	40%	10%
SUPERGREEN	1	16 oz	380	200	22	18	0	0	180	45	4	29	3	70%	70%	50%	8%
HEALTH NUT	1	16 oz	640	370	43	5	0	0	135	57	11	30	18	8%	60%	50%	30%
STRAWBANA 2.0	1	16 oz	270	0	0	0	0	0	10	66	5	50	4	2%	220%	6%	6%
VITABOOST	1	16 oz	360	10	1	0	0	0	5	87	4	61	3	137%	100%	10%	6%
SHAKES	QUANTITY	MEASURE	CALS	FAT CALS	FAT (G)	SAT FAT (G)	TRANSFAT (G)	CHOL (MG)	SOD (MG)	CARB (G)	FIB (G)	SUGAR (G)	PROT (G)	VIT A-IU %	VIT C %	CALC %	IRON %
NUTELLA	1	16 oz	750	430	47	27	0	185	220	69	<1	68	15	30%	0	50%	4%
JIMMY CARTER	1	16 oz	660	360	40	20	0	135	240	63	3	51	18	25%	10%	45%	4%
SWEETS	QUANTITY	MEASURE	CALS	FAT CALS	FAT (G)	SAT FAT (G)	TRANSFAT (G)	CHOL (MG)	SOD (MG)	CARB (G)	FIB (G)	SUGAR (G)	PROT (G)	VIT A-IU %	VIT C %	CALC %	IRON %
CHOCOLATE CHIP COOKIE	1	cookie	640	280	32	20	0	70	540	82	2	46	6	12%	2%	2%	10%

