

JUAN POLLO

NUTRITION FACTS

		Serving Size (oz)	Total Calories (cal.)	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
CHICKEN	Chicken Leg	1.8	92	34	4	2	0	45	276	0	0	0	14
	Chicken Thigh	3.5	179	66	7	4	0	88	537	0	0	0	28
	Chicken Breast	5.4	256	87	10	5	0	119	416	0	0	0	42
	1/2 Chicken	10.7	526	188	21	11	0	252	1229	0	0	0	85
	Whole Chicken	21.4	1052	376	42	22	0	504	2458	0	0	0	170
SIDES (small)	Rice	4.5	116	21	2	2	0	7	1245	19	0	2	4
	Beans	6.0	134	73	8	2	6	3	1062	12	3	0	4
	Potato Salad	6.0	233	149	17	2	14	0	200	19	2	1	2
	Green Salad	4.0	44	0	0	0	0	0	0	9	3	0	2
ENTREES	Taco	3.1	196	95	11	4	4	50	320	14	2	1	18
	Burrito	17.3	805	287	32	16	10	169	2921	92	4	4	64
	Chicken Salad	18.2	335	290	32	19	7	194	1009	10	4	6	61
	Chicken Bowl	18.8	879	237	26	13	6	187	3418	92	4	3	72
SALSA & TORTILLAS	Salsa	3.3	19	2	0.2	0	0	0	348	4	1	2	1
	Flour Tortillas (3 ct.)	4.1	360	84	9	3	6	0	774	60	0	3	7
	Corn Tortillas (3 ct.)	2.8	177	18	3	0	3	0	54	36	3	0	3
MISC.	Mini Pecan Pie	1.0	460	28	28	15	0	95	135	45	4	21	6
	Cinnamon Crisps (2 ct.)	1.2	181	91	10	2.5	0	0	212	17	.75	4.4	5.7
	Italian Dressing	1.0	110	11	11	1.5	0	0	520	3	0	1	0
	Ranch Dressing	1.0	130	13	13	2	0	10	200	3	0	1	1
BEVERAGES	Pollo Del Infierno	0.17	5	5	0	0	0	0	55	0	0	0	0
	Pepsi	16.0	200	0	0	0	0	0	40	55	0	55	0
	Diet Pepsi	16.0	0	0	0	0	0	0	50	0	0	0	0
	Mist Twist	16.0	190	0	0	0	0	0	45	52	0	52	0
	Sierra Mist	16.0	200	0	0	0	0	0	50	42	0	42	0
	Brisk Raspberry Tea	16.0	180	0	0	0	0	0	50	46	0	46	0
	Brisk Unsweetened Tea	16.0	0	0	0	0	0	0	60	0	0	0	0
	Tropicana Pink Lemonade	16.0	210	0	0	0	0	0	210	50	0	50	0
	Tropicana Fruit Punch	16.0	260	0	0	0	0	0	20	66	0	60	0
	Mug Root Beer	16.0	210	0	0	0	0	0	85	57	0	57	0
	Dr Pepper	16.0	200	0	0	0	0	0	70	53	0	53	0
	Diet Dr Pepper	16.0	0	0	0	0	0	0	70	0	0	0	0
	Rica Horchata	16.0	196	0	0	0	0	0	12	50	0	50	0
	Rica Jamaica	16.0	60	0	0	0	0	0	12	50	0	50	0
	Orange Crush	16.0	260	0	0	0	0	0	100	70	0	68	0
	Mountain Dew	16.0	220	0	0	0	0	0	80	72	0	62	0
	Lipton Unsweetened Tea	16.0	0	0	0	0	0	0	0	0	0	0	0
	Lipton Sweetened Tea	16.0	140	0	0	0	0	0	10	36	0	36	0
	Lipton Green Tea	16.0	95	0	0	0	0	0	142	26.5	0	25.6	0
	Sobe Pomegranate	16.0	0	0	0	0	0	0	50	12	0	0	0

