

Chipotle



Category	Ingredient	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugar	Protein	Vit. A (%DV)	Vit. C (%DV)	Calcium (%DV)	Iron (%DV)
1. Start Here	Burrito – Soft Flour Tortilla	1	290	9	3	0	0	670	44	2	0	7	0%	0%	20%	15%
	Burrito Bowl	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	Tacos – Hard Corn Tortillas	3	180	6	1.5	0	0	30	27	3	3	3	0%	0%	6%	6%
	Tacos – Soft Corn Tortillas	3	210	3	0	0	0	45	42	3	0	3	0%	0%	0%	6%
	Tacos – Soft Flour Tortillas	3	270	7.5	3	0	0	600	39	3	0	6	0%	0%	18%	12%
2. Meat	Chicken	4 oz.	190	6.5	2	0	115	370	1	0	1	32	10%	2%	2%	8%
	Steak	4 oz.	190	6.5	2	0	65	320	2	0	1	30	2%	0%	2%	15%
	Barbacoa	4 oz.	170	7	2.5	0	60	510	2	0	0	24	6%	0%	2%	15%
	Carnitas	4 oz.	190	8	2.5	0	70	540	1	0	0	27	2%	0%	2%	8%
3. Toppings/Sides	White Rice	4 oz.	170	4	1	0	0	200	31	0	0	2.5	0%	2%	2%	2%
	Brown Rice	4 oz.	160	4	1	0	0	150	31	2	0	3	0%	0%	2%	2%
	Black Beans	4 oz.	120	1	0	0	0	250	23	11	0	7	2%	2%	4%	10%
	Pinto Beans	4 oz.	120	1	0	0	5	330	22	10	0	7	2%	2%	4%	10%
	Fajita Veggies	2.5 oz.	20	0.5	0	0	0	170	4	1	2	1	4%	30%	2%	2%
	Sour Cream	2 oz.	120	10	7	0	40	30	2	0	2	2	8%	0%	4%	0%
	Cheese	1 oz.	100	8.5	5	0	30	180	0	0	0	8	8%	0%	20%	0%
	Guacamole	3.5 oz.	150	13	2	0	0	190	8	6	1	2	4%	20%	2%	2%
	Lettuce	1 oz.	5	0	0	0	0	0	1	1	0	0	10%	2%	0%	0%
	Tomato Salsa	3.5 oz.	20	0	0	0	0	470	4	0	3	1	12%	6%	2%	2%
	Corn Salsa	3.5 oz.	80	1.5	0	0	0	410	15	3	4	3	4%	10%	0%	4%
	Green Tomatilla Salsa	2 fl oz.	15	0	0	0	0	230	3	1	2	1	2%	15%	2%	2%
	Red Tomatilla Salsa	2 fl oz.	40	1	0	0	0	510	8	4	4	2	40%	10%	2%	6%
Chips	4 oz.	570	27	3.5	0	0	420	73	8	4	8	0%	2%	4%	6%	

LeanItUP Recommended