

Basic Report 21265, TACO BELL, BURRITO SUPREME with beef

Report Date: January 28, 2015 04:12 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 burrito 241g
Proximates			
Water	g	60.90	146.77
Energy	kcal	183	441
Protein	g	7.03	16.94
Total lipid (fat)	g	6.80	16.39
Carbohydrate, by difference	g	23.37	56.32
Fiber, total dietary	g	3.7	8.9
Sugars, total	g	2.10	5.06
Minerals			
Calcium, Ca	mg	90	217
Iron, Fe	mg	1.82	4.39
Magnesium, Mg	mg	23	55
Phosphorus, P	mg	131	316
Potassium, K	mg	204	492
Sodium, Na	mg	451	1087
Zinc, Zn	mg	0.88	2.12
Vitamins			
Thiamin	mg	0.213	0.513
Riboflavin	mg	0.223	0.537
Niacin	mg	2.090	5.037
Vitamin B-6	mg	0.097	0.234
Folate, DFE	µg	68	164
Vitamin B-12	µg	0.27	0.65
Vitamin A, RAE	µg	52	125
Vitamin A, IU	IU	277	668
Vitamin E (alpha-tocopherol)	mg	0.28	0.67
Vitamin K (phylloquinone)	µg	5.4	13.0

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Lipids			
Fatty acids, total saturated	g	2.733	6.587
Fatty acids, total monounsaturated	g	1.803	4.345
Fatty acids, total polyunsaturated	g	1.575	3.796
Cholesterol	mg	12	29