

Basic Report 18360, Taco shells, baked [a](#)
Report Date: August 18, 2019 09:11 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 shell 12.9g	1 taco 12.7g	1 medium (approx 5" dia) 13.3g	1 large (6-1/2" dia) 21g	1 miniature (3" dia) 5g	1 oz 28.35g
Proximates								
Water	g	6.40	0.83	0.81	0.85	1.34	0.32	1.81
Energy	kcal	476	61	60	63	100	24	135
Protein	g	6.41	0.83	0.81	0.85	1.35	0.32	1.82
Total lipid (fat)	g	21.79	2.81	2.77	2.90	4.58	1.09	6.18
Carbohydrate, by difference	g	63.49	8.19	8.06	8.44	13.33	3.17	18.00
Fiber, total dietary	g	6.7	0.9	0.9	0.9	1.4	0.3	1.9
Sugars, total	g	1.50	0.19	0.19	0.20	0.32	0.07	0.43
Minerals								
Calcium, Ca	mg	100	13	13	13	21	5	28
Iron, Fe	mg	1.64	0.21	0.21	0.22	0.34	0.08	0.46
Magnesium, Mg	mg	83	11	11	11	17	4	24
Phosphorus, P	mg	233	30	30	31	49	12	66
Potassium, K	mg	231	30	29	31	49	12	65
Sodium, Na	mg	324	42	41	43	68	16	92
Zinc, Zn	mg	1.61	0.21	0.20	0.21	0.34	0.08	0.46
Vitamins								
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Thiamin	mg	0.216	0.028	0.027	0.029	0.045	0.011	0.061
Riboflavin	mg	0.080	0.010	0.010	0.011	0.017	0.004	0.023
Niacin	mg	1.867	0.241	0.237	0.248	0.392	0.093	0.529
Vitamin B-6	mg	0.203	0.026	0.026	0.027	0.043	0.010	0.058
Folate, DFE	µg	85	11	11	11	18	4	24
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	1	0	0	0	0	0	0
Vitamin A, IU	IU	17	2	2	2	4	1	5

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Vitamin E (alpha-tocopherol)	mg	0.69	0.09	0.09	0.09	0.14	0.03	0.20
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0	0	0
Vitamin K (phylloquinone)	µg	8.6	1.1	1.1	1.1	1.8	0.4	2.4
Lipids								
Fatty acids, total saturated	g	7.105	0.917	0.902	0.945	1.492	0.355	2.014
Fatty acids, total monounsaturated	g	6.935	0.895	0.881	0.922	1.456	0.347	1.966
Fatty acids, total polyunsaturated	g	5.495	0.709	0.698	0.731	1.154	0.275	1.558
Fatty acids, total trans	g	0.172	0.022	0.022	0.023	0.036	0.009	0.049
Cholesterol	mg	0	0	0	0	0	0	0
Amino Acids								
Other								
Caffeine	mg	0	0	0	0	0	0	0

Footnotes

^a Item includes both regular corn and whole grain corn tortilla shells.