



# NUTRITION GUIDE

-TEST CUSTOMER-bluTaco-  
170 Commerce Drive | Holts Summit,  
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## BLUTACO LUNCH/DINNER

### NUTRITIONAL INFORMATION

### ALLERGEN INFORMATION

INDIVIDUALS

Item Description	Weight	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)	Egg	Fish	MSG	Milk	Peanut	Shellfish	Soy	Tree Nut	Wheat	
Blue Corn Tortilla		90	20	3	0	0	0	210	15	1	0	3										x
Wheat Flour Tortilla		290	60	7	3	0	0	500	48	2	< 1	7										x
Blue Corn Tortilla Chips	2 oz	350	180	21	4	0	0	990	40	3	0	5										
Black Beans		80	5	1	0	0	0	280	15	4	0	4							x			x
Pinto Beans		80	5	1	0	0	0	230	14	7	0	3							x			x
White Cilantro Lime Rice		120	20	2	0	0	0	290	23	< 1	0	2										
Beef Barbacoa		60	15	2	1	0	20	115	< 1	0	0	9		x					x			x
Diced Chicken		30	5	1	0	0	20	150	0	0	0	6										
Pork Carnitas		80	45	5	2	0	25	170	1	0	0	7										
Lettuce		5	0	0	0	0	0	0	< 1	0	0	0										
Cheese		100	70	7	5	0	20	180	0	0	0	7				x						
Sour Cream		10	0	0	0	0	0	20	2	0	0	0				x						
Verde Salsa		10	0	0	0	0	0	180	3	1	< 1	0										
Honey Habanero Salsa		15	0	0	0	0	0	140	3	0	1	< 1										
Fire Roasted Green Chiles		5	0	0	0	0	0	0	< 1	0	0	0										
Three Cheese Queso		45	30	4	2	0	10	180	1	0	< 1	2				x						x
Green Chile Sauce		15	0	0	0	0	0	105	3	0	< 1	< 1										

**\*PLEASE NOTE:**  
Menu items containing a combination of product offerings or multiple flavor options show all potential allergens. Please check individual products for item specific allergen information.

All data is based upon standard portion sizing and cooking methods. Actual reported values have been calculated using the Genesis R&D Food software and assume average portions as outlined in product specifications. Because of allowed variances in products and actual minor variations in product preparation at each location, portion sizes and subsequent nutritional information may vary slightly.

Effective Date: 10/17/2019