

Buffets Inc. Nutrition Information
Taco Bar

Subject to change without notice.
Items vary daily.

Menu Item	Serving Size, grams	Calories	Fat, grams	Saturated Fat, grams	Trans Fat, grams	Cholesterol, milligrams	Protein, grams	Carbohydrate, grams	Total Sugars, grams	Fiber, grams	Sodium, milligrams
Beef Taco Meat	57 (1 spoon)	50	2.5	1	0	15	6	2	<1	0	160
Chicken Chilaquiles	100 (1 spoon)	240	13	4	0	20	7	9	2	1	590
Chicken Fajita	85 (1 spoon)	150	12	2.5	0	30	9	3	1	1	830
Chicken Quesadillas	49 (1 wedge)	110	7	2.5	0	15	5	6	<1	<1	200
Chicken Taco Meat	57 (1 spoon)	70	3	1	0	30	9	1	<1	0	160
Diced Onions	15 (1 spoon)	5	0	0	0	0	0	2	0	0	0
Diced Tomatoes	15 (1 spoon)	5	0	0	0	0	0	1	0	0	0
Enchiladas, all	148 (1 enchilada)	250	18	9	0	45	13	12	1	1	560
Fried Jalapeños	14 (1 tongs)	10	1	0	0	0	0	1	0	0	125
Jalapeños	11 (1 spoon)	2	0	0	0	0	0	<1	0	0	0
King's Ranch Chicken	100 (1 spoon)	200	10	2.5	0	25	10	21	1	2	500
Lettuce, shredded	14 (1/4 cup)	0	0	0	0	0	0	0	0	0	0
Mexican Rice	70 (1 spoon)	60	0	0	0	0	2	13	2	0	290
Nacho Chips	14 (1 tongs)	70	3.5	0.5	0	0	1	9	<1	<1	90
Pico de Gallo	30 (1 ladle)	10	0	0	0	0	0	3	2	0	150
Pinto Beans w/Bacon	85 (1 spoon)	70	2	0.5	0	2	4	13	0	4	380
Potato Con Queso	100 (1 spoon)	120	6	1.5	0	2	2	17	2	1	460
Red Beans w/Ham	85 (1 spoon)	50	1.5	0	0	5	4	8	2	3	360
Refried Beans	85 (1 spoon)	80	2.5	1.5	0	5	6	12	0	4	390
Salsa	30 (1 ladle)	10	0	0	0	0	0	2	0	0	150
Shredded Cheddar Cheese	10 (1 spoon)	40	3.5	2	0	10	3	0	0	0	60
Sliced Tomatoes	15 (1 spoon)	2	0	0	0	0	0	<1	0	0	0
Sour Cream	12 (1 spoon)	25	2.5	1.5	0	5	0	<1	0	0	5
Steak Fajita	85 (1 spoon)	120	6	2	0	40	14	2	1	<1	300
Taco Shell Baskets	32 (1 basket)	160	8	1.5	0	0	3	20	<1	1	240
Taco Shells	11 (1 shell)	50	2.5	0.5	0	0	<1	7	0	<1	45
Tostadas	32 (1 tostada)	110	6	0.5	0	0	1	14	0	1	85



Nutritional information does not apply to restaurants compliant with trans fat legislation in their city or county: #756 Philadelphia, PA; #271 Gaithersburg, MD; #223 Levittown, NY; #197 Bellevue, WA; #310 Federal Way, WA; #814 Kent, WA; #172 Catonsville, MD. For a typical adult who consumes 2,000 calories a day, the recommended limits are 20 grams of saturated fat and 2,400 milligrams of sodium. Nutritional data calculated using standardized recipes and a combination of laboratory analysis and nutrition software analysis and is rounded according to FDA labeling guidelines. Nutrition information presented is based on the individual piece or serving utensil measure for each menu item. There may be variations in nutrient content across servings, due to preparation, variable serving sizes, ingredients, or custom orders. Any changes in amount or type of ingredients or preparation that deviates from the standardized recipe invalidates the nutrient content as listed. Please be advised that not all foods on this list are offered every day, nor are all foods offered at all locations.