

## George Lopez Tacos

*2,000 calories a day is used for general nutrition advice, but calorie needs vary.*

| Menu Items/List                                   | Total Calories kcal | Calories from Fat (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrates (g) | Fibers (g) | Sugars (g) | Protein (g) |
|---|---------------------|--------------------------|---------------|-------------------|---------------|------------------|-------------|-------------------------|------------|------------|-------------|
| (George Lopez Tacos) Tater Tots                   | 593                 | 370                      | 41.53         | 6.81              | 0.05          | 1.8              | 1,060       | 49.83                   | 5.8        | 0.70       | 4.84        |
| (George Lopez Tacos) Tortilla Chips               | 869                 | 380                      | 42.63         | 7.24              | 0.05          | 1.7              | 63          | 110.43                  | 9.4        | 2.43       | 10.84       |
| (George Lopez Tacos) Guacamole                    | 170.59              | 123.97                   | 13.61         | 1.51              | 0.0           | 0.0              | 12.30       | 13.10                   | 6.34       | 0.0        | 170.6       |
| (George Lopez Tacos) Salsa Roja                   | 47.83               | 1.10                     | 0.00          | 0.00              | 0.0           | 0.0              | 1,653.38    | 9.60                    | 0.05       | 3.84       | 0.03        |
| (George Lopez Tacos) Churro Bites                 | 487                 | 250                      | 28.22         | 4.99              | 0.04          | 35.5             | 416         | 53.83                   | 2.5        | 0.44       | 4.45        |
| (George Lopez Tacos) Chocolate Dipping Sauce      | 163.17              | 47.59                    | 5.44          | 4.08              | 0.0           | 0.0              | 108.78      | 27.19                   | 1.36       | 21.76      | 1.36        |
| (GLT) La Chingona - Beef Ranchero Verde           | 263.25              | 121.50                   | 14.17         | 6.07              | 0.0           | 91.12            | 708.74      | 2.02                    | 2.65       | 2.0        | 32.40       |
| (GLT) La Chingona - Carnitas                      | 340.19              | 120.07                   | 14.01         | 5.00              |               | 130.07           | 1,000.57    | 4.0                     | 0.0        | 2.0        | 44.03       |
| (GLT) La Chingona - Chicken Tinga                 | 202.50              | 81.00                    | 9.11          | 3.04              | 0.0           | 101.25           | 769.49      | 6.07                    | 0.0        | 4.1        | 202.50      |
| (GLT) La Chingona Combo - Beef Ranchero Verde     | 263.25              | 121.05                   | 14.17         | 6.07              | 0.0           | 91.12            | 708.74      | 2.02                    | 2.65       | 2.02       | 32.40       |
| (GLT) La Chingona Combo - Carnitas                | 340.19              | 120.07                   | 14.01         | 5.0               | -             | 130.07           | 1,000.57    | 4.0                     | 0.0        | 2.0        | 44.03       |
| (GLT) La Chingona Combo - Chicken Tinga           | 202.50              | 81.0                     | 9.11          | 3.04              | 0.0           | 101.25           | 769.49      | 6.07                    | 0.0        | 4.05       | 22.27       |
| (GLT) La Gran Fiesta for 4 - Beef Ranchero Verde  | 1,052.98            | 485.99                   | 56.7          | 24.3              | 0.0           | 364.49           | 2,834.95    | 8.1                     | 10.61      | 8.1        | 129.60      |
| (GLT) La Gran Fiesta for 4 - Carnitas             | 1,360.78            | 480.27                   | 56.03         | 20.01             | -             | 520.3            | 4,002.28    | 16.01                   | 0.0        | 8.0        | 176.1       |
| (GLT) La Gran Fiesta for 4 - Chicken Tinga        | 809.99              | 323.99                   | 36.45         | 12.15             | 0.0           | 404.99           | 3,077.95    | 24.3                    | 0.0        | 16.2       | 89.1        |
| (GLT) La Gran Fiesta for 8 - Beef Ranchero Verde  | 2,105.96            | 971.98                   | 113.4         | 48.6              | 0.0           | 728.99           | 5,669.9     | 16.2                    | 21.22      | 16.2       | 259.2       |
| (GLT) La Gran Fiesta for 8 - Carnitas             | 2,727.55            | 960.55                   | 112.06        | 40.02             | -             | 1,040.59         | 8,004.56    | 32.02                   | 0.0        | 16.01      | 352.2       |
| (GLT) La Gran Fiesta for 8 - Chicken Tinga        | 1,619.97            | 647.99                   | 72.9          | 24.3              | 0.0           | 809.99           | 6,155.89    | 48.6                    | 0.0        | 32.4       | 178.2       |
| (GLT) La Gran Reunion for 4 - Beef Ranchero Verde | 1,052.98            | 485.99                   | 56.7          | 24.3              | 0.0           | 364.49           | 2,834.95    | 8.1                     | 10.61      | 8.1        | 129.6       |
| (GLT) La Gran Reunion for 4 - Carnitas            | 1,360.78            | 480.27                   | 56.03         | 20.01             | -             | 520.3            | 4,002.28    | 16.01                   | 0.0        | 8.0        | 176.1       |
| (GLT) La Gran Reunion for 4 - Chicken Tinga       | 809.99              | 323.99                   | 36.45         | 12.15             | 0.0           | 404.99           | 3,077.95    | 24.3                    | 0.0        | 16.2       | 89.1        |
| (GLT) La Gran Reunion for 8 - Beef Ranchero Verde | 2,105.96            | 971.98                   | 113.40        | 48.6              | 0.0           | 728.99           | 5,669.9     | 16.2                    | 21.22      | 16.2       | 259.2       |
| (GLT) La Gran Reunion for 8 - Carnitas            | 2,721.55            | 960.55                   | 112.06        | 40.02             | -             | 1,040.59         | 8,004.56    | 32.02                   | 0.0        | 16.01      | 352.2       |
| (GLT) La Gran Reunion for 8 - Chicken Tinga       | 1,619.97            | 647.99                   | 72.9          | 24.3              | 0.0           | 809.99           | 6,155.89    | 48.6                    | 0.0        | 32.4       | 178.2       |
| (GLT) La Mas Cabrana - Beef Ranchero Verde        | 263.25              | 121.5                    | 14.17         | 6.07              | 0.0           | 91.12            | 708.74      | 2.02                    | 2.65       | 2.02       | 32.4        |
| (GLT) La Mas Cabrana - Carnitas                   | 340.19              | 120.07                   | 14.01         | 5.0               | -             | 130.07           | 1,000.57    | 4.0                     | 0.0        | 2.0        | 44.03       |
| (GLT) La Mas Cabrana - Chicken Tinga              | 202.50              | 81.0                     | 9.11          | 3.04              | 0.0           | 101.25           | 769.49      | 6.07                    | 0.0        | 4.05       | 22.27       |

*Written nutrition information is available upon request.*