



NUTRITION SURVIVAL GUIDE TO

# CHIPOTLE

CALORIES AND MACRONUTRIENTS

[WWW.PDFITNESSANDNUTRITION.CO.UK](http://WWW.PDFITNESSANDNUTRITION.CO.UK)

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
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## BASE

Flour Tortilla	320	8	50	-	0	9	1.5
3 Soft Flour Tortillas	250	7	40	-	0	8	1.2
3 Crispy Corn Tortillas	200	3	29	-	0	9	0

## BARBACOA & FILLING

Barbacoa & Brown Rice	380	28	38	-	0	13	1.8
Barbacoa & White Rice	380	28	42	-	0	11	2.2
Barbacoa & Black Beans	300	32	24	-	2	9	1.85
Barbacoa & Pinto Beans	300	32	23	-	1	9	1.85
Barbacoa & Fajita Vegetables	190	25	7	-	2	7	1.7

## CARNITAS & FILLING

Carnitas & White Rice	420	27	40	-	0	16	2
Carnitas & Brown Rice	420	27	36	-	0	18	1.6
Carnitas & Black Beans	340	31	22	-	2	14	1.65
Carnitas & Pinto Beans	340	31	21	-	1	14	1.65
Carnitas & Fajita Vegetables	230	24	5	-	2	12	1.5

## CHICKEN & FILLING

Chicken & Brown Rice	390	36	36	-	0	13	1.25
Chicken & White Rice	390	36	40	-	0	11	1.65
Chicken & Black Beans	310	40	22	-	2	9	1.3
Chicken & Pinto Beans	310	40	21	-	1	9	1.3
Chicken & Fajita Vegetables	200	33	5	-	2	7	1.15

## SOFRITAS & FILLING

Sofritas & Brown Rice	360	12	45	-	5	16	1.88
Sofritas & White Rice	360	12	49	-	5	14	2.28
Sofritas & Black Beans	280	16	31	-	7	12	1.93
Sofritas & Pinto Beans	280	16	30	-	6	12	1.93
Sofritas & Fajita Vegetables	170	9	14	-	7	10	1.78

## STEAK & FILLING

Steak & Brown Rice	360	25	37	-	0	12	1.3
Steak & White Rice	360	25	41	-	0	10	1.7
Steak & Black Beans	280	29	23	-	2	8	1.35

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	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Steak & Pinto Beans	280	29	22	-	1	8	1.35
Steak & Fajita Vegetables	170	22	6	-	2	6	1.2

## TOPPINGS

Guacamole	230	2	8	-	1	22	0.92
Queso	120	6	4	-	1	8	0.5
Sour Cream	110	2	2	-	2	9	0.07
Cheese	110	6	1	-	0	8	0.47
Roasted Chili-Corn Salsa	80	3	16	-	4	2	0.83
Tomatillo-Red Chili Salsa	30	0	4	-	0	0	1.25
Fresh Tomato Salsa	25	0	1	-	1	0	1.37
Tomatillo-Green Chili Salsa	15	0	4	-	2	0	0.65
Romaine Lettuce	5	0	1	-	0	0	0

## EXTRAS

Large Chips & Large Queso	1270	36	127	-	7	71	3.48
Large Chips	810	11	110	-	2	38	1.48
Chips & Queso	770	20	82	-	3	41	1.98
Chips & Guacamole	770	9	81	-	2	47	1.9
Chips & Roasted Chili-Corn Salsa	620	10	89	-	5	27	1.8
Chips & Fresh Tomato Salsa	570	7	74	-	2	25	2.35
Chips & Tomatillo-Red Chili Salsa	570	7	77	-	1	25	2.23
Chips & Tomatillo-Green Chili Salsa	560	7	77	-	3	25	1.63
Chips	540	7	73	-	1	25	0.98
Large Queso	460	25	17	-	5	33	2
Queso	230	13	9	-	2	16	1
Guacamole	230	2	8	-	1	22	0.93