

Amigos[®] Nutritional Information for Salads and Wraps

Amigos chooses to offer delicious, nutritious food made from high quality ingredients. Most Mexican food is tasty, colorful, and high in fiber. This is especially true of our salads—which give you plenty of vegetables and protein. By understanding our menu options and choosing wisely you can meet your dietary needs while eating at Amigos.

Healthy Hints

- **Customize.** Amigos food is made-to-order, so you can easily ask to have certain items held. Many items may be substituted, some at an additional cost.
- **Hold the cheese.** Our salads all have generous portions of meat. If you'd like to lower the amount of fat and calories, you can hold the cheese and still get plenty of flavor and protein from the meat.
- **Use our salsa bar.** Green onion, pico de gallo, jalapeno peppers, and Spicy Sauce are low in calories and add distinctive flavors. You may find you need less dressing with the added spiciness.
- **Go light on the dressing.** To save calories and fat grams, choose Spicy Sauce as your dressing or try mixing it with your favorite dressing. (Try Spicy and Fat Free Ranch.) Each Wrap has 1 – 1.5 oz. of dressing inside. If you hold the dressing in a Wrap, the total calories and fat grams are greatly reduced.
- **Limit the crunch.** Enjoy just part of the salad bowl or the tortilla strips. You can order your salad without them to ease temptation and still have a great tasting meal while you save on calories, carbs, and fat.
- **Substitute Fajita Chicken** for any other meat on any salad at no charge. (If you switch from the breaded chicken to grilled fajita chicken on your salad, you will save about 73 calories and 10 grams of fat.) Amigos Fajita Chicken is a healthy choice when you desire low fat and low calorie menu options.

Salad Nutrition Information

Salads (without dressing)	Calories	Protein	Carbs	Fiber	Fat	Chol	Sodium
Taco Salad with Bowl	771	29	49	6	51	67	1722
Taco Salad w/o Bowl	399	24	16	4	26	67	1458
Chicken Fajita Salad with Bowl	644	27	44	4	38	51	942
Chicken Fajita Salad w/o Bowl	272	22	11	3	13	51	728
Southwest Chicken Fiesta Salad	356	20	33	5	23	32	933
Nut & Berry Chicken Fiesta Salad	482	35	38	5	19	74	878
Tex-Mex Taco Fiesta Salad	525	25	40	9	28	56	1269
Aztec Chicken Fiesta Salad	484	22	43	7	24	32	882
Apple Nut Chicken Fiesta Salad	396	32	25	5	16	70	1052

Salads Wraps	Calories	Protein	Carbs	Fiber	Fat	Chol	Sodium
Southwest Chicken Wrap	652	21	66	6	32	38	1697
Nut & Berry Chicken Wrap	773	31	87	10	32	45	1277
Aztec Chicken Wrap	742	24	77	8	36	40	1797
Apple Nut Chicken Wrap	732	29	78	9	32	43	1609

Dressings (1 oz. or 2 Tablespoons)	Calories	Carbs	Fat	Sodium
Hidden Valley Ranch	110	1	11	230
Zesty Ranch	90	1	9	220
Spicy Sauce	8	2	0	170
Dorothy Lynch	110	12	6	170
Ott's Poppy Seed	150	7	14	130
Ott's Raspberry Vinaigrette	120	8	10	250
Chipotle Ranch	108	2	11	257
Fat Free Hidden Valley Ranch	23	5	0	273
Fat Free Italian	17	5	0	228

If you have specific questions about nutritional information when certain ingredients are held or substituted, call Amigos Marketing Department at 800-825-0012 or 488-8500. All nutritional information is approximate and may vary slightly based on portioning, preparation procedures, and product variances. Sources: USDA Food Charts, Distributor information, and UNL Food Processing Lab. April 2009

AMIGOS NUTRITION INFORMATION		Calories	Protein	Carbohydrates	Fiber	Fat	Cholesterol	Sodium
TACOS	TACO	165	10	7	1	11	30	545
	SOFT TACO	372	18	36	2	17	41	943
	TACO-RITO SUPREME	343	14	30	1	17	30	970
	CHICKEN SOFT	358	25	33	2	11	51	782
BURRITOS	SOFT MEAT	473	27	38	2	23	67	1470
	SOFT PINTO	391	17	59	8	10	15	733
	VEGGIE	608	22	65	4	29	30	948
	COMBO	455	21	47	4	20	41	1141
	CRISP MEAT*	297	12	25	2	16	23	627
	CRISP CHICKEN*	313	14	27	2	16	40	618
	CRISP PINTO*	252	7	32	3	10	10	364
	CHEESY	357	17	35	2	17	45	533
RL-UP	GRILLED CHICKEN	578	26	47	0	29	67	1149
	SW CHICKEN	614	20	54	1	34	49	874
QUESADILLA	QUESADILLA	505	34	35	2	23	92	1323
	3 CHEESE	569	30	34	2	34	103	1021
	GARNISH	102	0	5	1	8	0	198
ENCHILADA	CHEESE	494	21	39	2	30	54	636
	MEAT	610	30	42	2	37	80	1207
	PLATTER	101	4	21	1	0	0	347
SALADS	TACO SALAD with bowl	655	20	46	4	44	41	1141
	TACO SALAD w/o bowl	283	15	13	3	19	41	877
	CHICKEN FAJITA with bowl	644	27	44	4	38	51	982
	CHICKEN FAJITA w/o bowl	272	22	11	3	13	51	718
	SW CHICKEN FIESTA	426	18	35	5	23	29	300
	TEX MEX FIESTA	663	29	57	12	35	56	1471
DRESSINGS-1 OUNCE	HIDDEN VALLEY RANCH	110	0	1	0	11	10	230
	ZESTY RANCH	90	0	1	0	9	8	220
	OTT'S POPPY SEED	150	0	7	0	14	0	130
	DOROTHY LYNCH	110	0	12	0	6	0	170
	AMIGOS SPICY SAUCE	8	0	2	0	0	0	180
	FAT FREE HV RANCH	23	1	5	0	0	0	273
	FAT FREE ITALIAN	17	0	5	1	0	0	228
NACHOS	SM. NACHOS	662	20	46	2	43	59	636
	LG. NACHOS	1026	31	73	5	66	88	1021
	SM. WORKS NACHOS	817	30	53	4	53	85	1463
	LG. WORKS NACHOS	1181	40	79	6	77	114	1847
	CHICKEN RANCH	897	37	52	4	55	105	1348
	MEXI FRY NACHOS	871	17	69	8	58	41	2389
	CHIPS 'N CHEESE	802	27	54	0	53	88	545
* Taken from old nutrition chart-some measurements have changed								

AMIGOS NUTRITION INFORMATION		Calories	Protein	Carbohydrate	Fiber	Fat	Cholesterol	Sodium
BURRITOS	Monster	809	39	59	1	47	404	1728
	Chorizo & Egg	410	20	43	8	18	136	1065
	Steak & Egg	415	37	40	7	17	150	734
	Steak Carne Asada & Egg	415	37	40	6	17	150	820
	Bacon & Egg	430	19	40	7	22	143	1009
	Sausage & Egg	424	17	40	7	23	144	795
sandwich	Egg & Cheese	255	14	26	1	10	228	718
	Bacon & Egg	322	18	26	1	16	239	958
	Sausage & Egg	415	20	26	1	26	258	998
Biscuits	Sausage	420	12	35	1	27	30	1180
	Sausage & Egg	556	21	36	1	37	258	1528
	Bacon & Egg	462	19	36	1	27	238	1488
	Pancake	170	3	34	1	2	0	545
	Biscuit & Gravy	383	7	46	1	3	6	1398