

	Calories (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)	Fiber (g)
Tacos									
Beef, hard shell	214	12	5	0	16	11	294	50	1
Beef, soft shell	371	21	7.5	0	19	27	536	50	1
Black Bean, hard shell	170	7	0.5	0	7	19	257	13	4
Black Bean, soft shell	327	16	6	0	10	35	499	13	4
Chicken, hard shell	206	11	4.5	0	14	12	440	48	1
Chicken, soft shell	363	20	7	0	17	28	682	48	1
Pork, hard shell	214	13	5.5	0	10	14	241	39	1
Pork, soft shell	371	22	8	0	13	30	483	39	1
Tilapia (2)	657	41	9	0	20	52	902	31	3
Burritos									
Bean	511	23	11	0	20	56	1358	39	8
Beef	626	30	13.5	0	41	47	1366	112	5
Chicken	611	30	12.5	0	36	49	1657	107	5
Pork	627	34	14.5	0	29	51	1259	90	5
Quesadillas									
Bean	329	16	9	0	16	30	567	38	5
Beef	334	19	10	0	21	20	426	63	1
Cheese	276	16	9	0	13	20	401	38	1
Chicken	329	19	10	0	19	21	581	61	1
Pork	334	20	10	0	17	21	449	55	1
Sandwiches									
Cuban	567	29	9.5	0	29	46	1197	83	2
Jamaican	440	16	3.5	0	31	41.5	610	68	2

	Calories (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)	Fiber (g)
Nachos									
Macho w/ Beans	441	15	6	0	12	65	1069	15	11
Macho w/ Beef	479	19	7.5	0	21	56	1055	51	8
Macho w/ Chicken	471	19	7	0	19	57	1201	49	8
Macho w/ Pork	479	21	8	0	15	58	1002	40	8
Nachos	275	8	2	0	5	46	773	2	5
Salsa									
Bean and Corn (4 oz)	107	0.5	0	0	6	20	331	0	7
Roja (3 oz)	20	0	0	0	1	4	248	0	1
Verde (2 oz)	42	3	1	0	0.5	3	61	1	1
Sides									
Black Beans (5 oz)	147	1	0	0	9	26	293	0	9
Guacamole (1 oz)	88	9	2	0	0.5	2	102	5	1
Pinto Beans (5 oz)	100	2	1	0	5	16	405	1	5
Red Rice (5 oz)	70	1.5	0	0	2	12	262	0	1
Sour Cream (1 oz)	61	6	4	0	1	1	15	12	0
Tortilla Chips (3 oz)	190	2	0	0	4	39	381	0	4
Dessert									
Banana/Chocolate									
Quesadilla (1)	354	20	12	0	7	37	280	39	2
Double Chocolate									
Chip Cookie (1)	120	5	2.5	0	1	18	115	5	0

Nutrition Numbers

To calculate the percentage of calories from fat of a particular item, use the formula below. A healthy percentage to aim for is 30% for the day or lower.

$$\frac{9 \times \text{Total Grams of Fat}}{\text{Total Calories of Food}} \times 100 = \text{Percent of calories from fat}$$

Some fat calories do need to be included in your daily diet to maintain good health. To calculate the percentage of fat calories in a 2,000 calorie diet use the following formula:

$$\frac{9 \times \text{Total Grams of Fat}}{2,000} \times 100 = \text{Percent of calories in a 2,000 calorie diet}$$

- 1 gram of Fat = 9 Calories**
- 1 gram of Protein = 4 Calories**
- 1 gram of Carbohydrates = 4 Calories**

Note: The values in the nutrition facts brochures have been rounded to the nearest whole number. This may cause slight discrepancies in the results of these formulas.

For more information on nutrition concerns, counseling or programs contact your dining hall manager.

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Nutrition Facts

