

taco bell beefy 5 layer burrito nutrition facts

taco bell beefy 5 layer burrito nutrition facts offer valuable insight into the composition and dietary impact of this popular menu item. Understanding these nutrition facts is essential for consumers who want to make informed choices about their fast food options. The Beefy 5 Layer Burrito from Taco Bell combines seasoned beef, layered with beans, cheese, sour cream, and a flour tortilla, creating a flavorful and filling meal. However, its rich ingredients contribute to its calorie, fat, sodium, and protein content, all of which are important to consider when managing dietary goals. This article will provide a comprehensive breakdown of the Taco Bell Beefy 5 Layer Burrito nutrition facts, covering calories, macronutrients, vitamins, minerals, and potential dietary considerations. It will also discuss how this burrito fits into various diet plans and highlight healthier alternatives available at Taco Bell.

- Caloric Content and Macronutrients
- Detailed Breakdown of Ingredients
- Vitamins and Minerals Profile
- Dietary Considerations and Allergen Information
- Comparisons and Healthier Alternatives

Caloric Content and Macronutrients

Analyzing the caloric content and macronutrient distribution of the Taco Bell Beefy 5 Layer Burrito provides essential information about its energy contribution and nutritional balance. This burrito is known for being a substantial meal option, with calories coming primarily from protein, carbohydrates, and fats.

Calories

The Beefy 5 Layer Burrito contains approximately 480 calories per serving. This moderate-to-high calorie count reflects the combination of beef, cheese, sour cream, and beans wrapped in a flour tortilla. For individuals monitoring their caloric intake, this number represents a significant portion of the daily recommended calories based on a 2,000-calorie diet.

Protein

Protein content in the burrito is relatively high, with around 21 grams per serving. The seasoned ground beef and refried beans contribute to this protein level, making it a good source for muscle maintenance and satiety. This high protein content is beneficial for those seeking to increase their protein intake through convenient fast food options.

Carbohydrates

This burrito contains approximately 47 grams of carbohydrates, mainly derived from the flour tortilla and beans. Carbohydrates serve as the primary energy source, though the fiber content from beans adds nutritional value by promoting digestive health.

Fats

Fat content is notable in the Beefy 5 Layer Burrito, with about 20 grams total fat. This includes saturated fat, which is approximately 8 grams. Both the cheese and sour cream contribute significantly to the fat content, which should be considered by those managing cholesterol or cardiovascular health risks.

Detailed Breakdown of Ingredients

Understanding the specific ingredients in the Taco Bell Beefy 5 Layer Burrito helps clarify the source of its nutrition facts and flavor profile. Each component adds distinct nutritional values and potential dietary impacts.

Seasoned Ground Beef

The seasoned ground beef is the primary protein source in the burrito. It provides essential amino acids but also contributes to the fat and sodium content. The beef is seasoned with various spices to enhance flavor, which may include salt and preservatives.

Refried Beans

Refried beans add both protein and carbohydrates, along with dietary fiber. They are an important ingredient for increasing the overall nutritional density of the burrito. Beans also supply iron, magnesium, and other minerals.

Cheese and Sour Cream

Cheese and sour cream contribute to the creamy texture and rich taste, while increasing the fat, saturated fat, and calorie content. These dairy ingredients also supply calcium and small amounts of vitamin A.

Flour Tortilla

The flour tortilla acts as the burrito's base, providing the majority of the carbohydrate content. It also adds some protein and small quantities of fat. The tortilla contains gluten, which is relevant for those with gluten sensitivities or celiac disease.

- Seasoned ground beef: protein and fat source
- Refried beans: protein, fiber, and carbohydrates
- Cheese: fat and calcium
- Sour cream: fat and calories
- Flour tortilla: carbohydrates and gluten

Vitamins and Minerals Profile

The Taco Bell Beefy 5 Layer Burrito provides various vitamins and minerals essential for overall health. While it is not a significant source of all micronutrients, it does contribute to daily intake of several important elements.

Calcium

Calcium is present due to the cheese and sour cream, contributing approximately 15-20% of the recommended daily intake. Adequate calcium is important for bone health and muscle function.

Iron

Iron content is moderate, primarily from the beef and beans. This mineral is crucial for oxygen transport in the blood and energy metabolism.

Sodium

The burrito contains a relatively high sodium level, estimated at around 1,200 milligrams per serving. This represents more than half of the recommended daily limit for sodium intake, making it a factor for individuals monitoring blood pressure or cardiovascular health.

Other Nutrients

The burrito also provides smaller amounts of magnesium, potassium, vitamin A, and vitamin C. However, these are not primary sources of these nutrients compared to other food choices.

Dietary Considerations and Allergen Information

When evaluating the Taco Bell Beefy 5 Layer Burrito nutrition facts, it is important to consider dietary restrictions, allergies, and lifestyle choices that may affect consumption suitability.

Allergens

This menu item contains dairy from cheese and sour cream, as well as gluten from the flour tortilla. It is unsuitable for individuals with lactose intolerance, dairy allergies, or gluten sensitivities. The presence of beef also excludes it from vegetarian and vegan diets.

Sodium and Fat Restrictions

Due to its high sodium and saturated fat content, the burrito may not be recommended for those on low-sodium or low-fat diets. Careful portion control or occasional consumption is advised for these populations.

Caloric and Macronutrient Balance

For individuals tracking calories or macronutrients, the burrito can fit into a balanced diet when paired with lower-calorie, nutrient-dense foods such as vegetables or salads. It is important to consider the overall daily intake to maintain nutritional goals.

Comparisons and Healthier Alternatives

Comparing the Taco Bell Beefy 5 Layer Burrito to other fast food options can provide context for its nutritional value. Additionally, Taco Bell offers alternatives that may better suit certain dietary needs.

Comparison with Other Taco Bell Burritos

Compared to other burritos on the Taco Bell menu, the Beefy 5 Layer Burrito has a moderate calorie count but is higher in fat and sodium than simpler options like the Bean Burrito or Fresco-style items. The added layers of cheese and sour cream significantly increase fat content.

Healthier Choices at Taco Bell

For those seeking lower calorie and fat options, Taco Bell offers items such as the Fresco Chicken Soft Taco or Veggie Power Menu Bowl. These selections reduce or eliminate cheese and sour cream and incorporate more vegetables, reducing overall calorie and fat load.

- Fresco Chicken Soft Taco: lower calories and fat
- Veggie Power Menu Bowl: higher fiber and vitamins
- Bean Burrito: less fat, good protein and fiber
- Customization options: request no cheese or sour cream

Frequently Asked Questions

What are the calories in a Taco Bell Beefy 5 Layer Burrito?

A Taco Bell Beefy 5 Layer Burrito contains approximately 490 calories.

How much protein is in the Beefy 5 Layer Burrito from Taco Bell?

The Beefy 5 Layer Burrito has about 21 grams of protein.

What is the total fat content in Taco Bell's Beefy 5 Layer Burrito?

The total fat content is around 22 grams per burrito.

How many carbohydrates are in the Beefy 5 Layer Burrito at Taco Bell?

There are approximately 49 grams of carbohydrates in the Beefy 5 Layer Burrito.

Is the Beefy 5 Layer Burrito from Taco Bell high in sodium?

Yes, the burrito contains about 1,130 milligrams of sodium, which is considered high.

Does the Beefy 5 Layer Burrito contain dietary fiber?

Yes, it contains around 5 grams of dietary fiber.

How much sugar is in Taco Bell's Beefy 5 Layer Burrito?

The burrito has about 4 grams of sugar.

Are there any allergens in the Beefy 5 Layer Burrito from Taco Bell?

Yes, the burrito contains milk, wheat, and soy, which are common allergens.

Can the Beefy 5 Layer Burrito be modified for lower calories?

Yes, you can customize the burrito by removing or substituting ingredients like cheese or sour cream to reduce calories.

Is the Beefy 5 Layer Burrito suitable for a low-carb diet?

No, with 49 grams of carbohydrates, the Beefy 5 Layer Burrito is not ideal for a low-carb diet.

Additional Resources

1. The Nutritional Breakdown of Taco Bell's Beefy 5-Layer Burrito

This book offers an in-depth analysis of the Beefy 5-Layer Burrito's nutritional content. It explores calorie count, macronutrients, vitamins, and minerals, providing readers with a clear understanding of what they consume. Perfect for those looking to make informed fast food choices.

2. Fast Food and Nutrition: A Closer Look at Taco Bell Favorites

This book examines popular Taco Bell menu items, with a special focus on the Beefy 5-Layer Burrito. It discusses the balance of ingredients and their impact on health, highlighting both benefits and concerns. Readers will gain insight into managing fast food within a balanced diet.

3. Eating Smart at Taco Bell: Understanding Your Beefy 5-Layer Burrito

A practical guide for fast food lovers who want to stay health-conscious. This book breaks down the Beefy 5-Layer Burrito's nutritional facts and offers tips for customizing orders to reduce calories and sodium. It's a great resource for mindful eating on the go.

4. *The Science Behind Taco Bell's Beefy 5-Layer Burrito*

Delve into the science of food composition with a focus on this iconic burrito. The book explains how each ingredient contributes to the overall nutrition and flavor profile. It also covers food processing techniques used by Taco Bell.

5. *Calories and Macros: Decoding the Beefy 5-Layer Burrito*

This detailed guide helps readers understand calorie content and macronutrient distribution in the Beefy 5-Layer Burrito. It includes comparisons with similar menu items and offers advice on balancing meals throughout the day. Ideal for fitness enthusiasts and nutrition students.

6. *From Ingredients to Impact: The Nutritional Story of Taco Bell's Beefy 5-Layer Burrito*

Explore the journey of each ingredient in the Burrito and their combined nutritional effect. The book discusses sourcing, preparation, and how these factors influence health outcomes. It also touches on dietary considerations like allergens and additives.

7. *Healthy Fast Food Choices: Evaluating Taco Bell's Beefy 5-Layer Burrito*

This book reviews the nutritional pros and cons of choosing the Beefy 5-Layer Burrito as a quick meal. It provides strategies for balancing indulgence with health goals and suggests complementary foods to round out a meal. A useful tool for anyone navigating fast food options.

8. *The Beefy 5-Layer Burrito and Your Diet: What You Need to Know*

Focused on diet planning, this book explains how the Burrito fits into various nutritional frameworks, including low-carb, high-protein, and calorie-controlled diets. It offers practical advice on portion control and meal timing when enjoying fast food.

9. *Fast Food Nutrition Facts: A Deep Dive into Taco Bell's Beefy 5-Layer Burrito*

An encyclopedic resource compiling detailed nutrition facts about the Beefy 5-Layer Burrito. It includes charts, ingredient lists, and expert commentary on health implications. Perfect for dietitians, health coaches, and curious consumers alike.

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