

# taco bell chicken quesadilla nutrition facts

**taco bell chicken quesadilla nutrition facts** provide valuable insights into the caloric content, macronutrients, and ingredient components of this popular menu item. Understanding these nutrition facts is essential for consumers who want to make informed dietary choices at Taco Bell. This article explores the detailed nutritional breakdown of the chicken quesadilla, including calories, fats, proteins, carbohydrates, sodium, and other key nutrients. Additionally, the article discusses variations, customization options, and comparisons with other menu items to help readers evaluate its place in a balanced diet. By examining these facts, customers can better align their meal selections with personal health goals. The following sections will cover the primary nutrition facts, ingredient analysis, health considerations, and tips for enjoying this item responsibly.

- Overview of Taco Bell Chicken Quesadilla Nutrition Facts
- Caloric Content and Macronutrients
- Sodium and Other Micronutrients
- Ingredient Composition and Quality
- Customization and Healthier Alternatives
- Comparisons with Other Taco Bell Menu Items

## Overview of Taco Bell Chicken Quesadilla Nutrition Facts

The Taco Bell chicken quesadilla is a popular fast food option featuring grilled chicken, melted cheese, creamy jalapeño sauce, and a grilled flour tortilla. The nutrition facts for this item provide insight into its energy value and nutrient composition. Generally, the chicken quesadilla contains moderate to high calories, protein, and fats, making it a filling choice for many customers. However, it also includes a substantial amount of sodium and saturated fat, which should be considered by individuals monitoring their intake. Understanding these nutrition facts is essential for making balanced decisions when dining at Taco Bell.

## **Serving Size and Standard Nutritional Breakdown**

The standard serving size for the Taco Bell chicken quesadilla is one quesadilla, which typically weighs around 210 to 230 grams. This portion size contains a mix of proteins and carbohydrates derived from the chicken and tortilla, respectively, along with cheese that contributes to the fat content. The nutrition facts reflect this standard serving, helping customers calculate their daily nutrient intake accurately.

## **Caloric Content and Macronutrients**

Calories and macronutrient content are primary factors in evaluating the nutritional value of the chicken quesadilla. These values determine the energy provided and the balance of proteins, fats, and carbohydrates, which are crucial for maintaining a healthy diet.

### **Calories**

The average Taco Bell chicken quesadilla contains approximately 510 calories per serving. This calorie count represents a significant portion of the recommended daily intake for an average adult, which ranges between 1,800 and 2,500 calories depending on age, gender, and activity level. The calorie distribution is primarily from fats and carbohydrates, with protein also contributing substantially.

### **Protein Content**

Protein is a vital macronutrient for muscle repair and overall health. The chicken quesadilla provides around 28 grams of protein per serving, primarily from grilled chicken breast and cheese. This relatively high protein content supports satiety and can aid in meeting daily protein requirements for most adults.

### **Fat Content**

The total fat content in the chicken quesadilla is approximately 27 grams. This includes about 12 grams of saturated fat, which is a higher amount than recommended for heart health when consumed frequently. The fat content mainly comes from cheese, sauce, and cooking oils. Customers monitoring fat intake should consider this factor carefully.

### **Carbohydrates**

The carbohydrate content in the chicken quesadilla is around 36 grams per

serving. These carbohydrates come predominantly from the flour tortilla and some from the sauce. The item has a moderate carbohydrate level, suitable for balanced energy intake but may require consideration if following low-carb diets.

## **Sodium and Other Micronutrients**

Sodium and micronutrients play critical roles in health management, especially for individuals with hypertension or mineral deficiencies. The chicken quesadilla contains measurable amounts of these nutrients.

### **Sodium Levels**

The sodium content in a Taco Bell chicken quesadilla is approximately 1,150 milligrams per serving. This amount represents nearly half or more of the recommended daily sodium intake for most adults, which is about 2,300 milligrams. High sodium intake can contribute to increased blood pressure and cardiovascular risk, making this an important consideration for sodium-sensitive individuals.

### **Calcium and Iron**

The quesadilla provides beneficial amounts of calcium and iron due to its cheese and chicken content. Calcium supports bone health, while iron is essential for oxygen transport in the blood. Though not exceptionally high, these minerals add nutritional value to the item.

### **Other Vitamins and Minerals**

Other micronutrients present include small quantities of vitamin A, vitamin C, and potassium. These nutrients contribute to immune function, antioxidant activity, and electrolyte balance but are not present in large amounts in this menu item.

## **Ingredient Composition and Quality**

The ingredient list for the Taco Bell chicken quesadilla includes grilled chicken, a three-cheese blend, creamy jalapeño sauce, and a grilled flour tortilla. Each ingredient affects the nutrition facts and overall quality of the product.

## **Grilled Chicken**

The grilled chicken provides lean protein with minimal added fat, making it a healthier protein source compared to fried alternatives. It is seasoned but not heavily breaded, which helps keep fat content moderate.

## **Cheese Blend**

The cheese blend consists of cheddar, pepper jack, and mozzarella cheeses. While these cheeses enhance flavor and texture, they also contribute significantly to the saturated fat and sodium content.

## **Jalapeño Sauce**

The creamy jalapeño sauce adds spice and creaminess but includes added fats and sodium. This sauce is a key contributor to the overall calorie and fat content of the quesadilla.

## **Flour Tortilla**

The flour tortilla serves as the base and primary carbohydrate source. It is a refined grain product, which means it has less fiber and nutrients than whole-grain alternatives.

## **Customization and Healthier Alternatives**

Modifications to the standard chicken quesadilla can improve its nutritional profile for consumers seeking healthier options. Taco Bell offers customization options that can affect the nutrition facts significantly.

## **Removing or Reducing Sauce**

Omitting or requesting less creamy jalapeño sauce reduces fat and sodium content substantially. This simple adjustment can lower calorie intake without sacrificing too much flavor.

## **Choosing Whole Grain or Alternative Tortillas**

While Taco Bell primarily uses flour tortillas, selecting whole-grain options when available increases fiber content and improves the nutritional value. This change supports digestive health and provides more sustained energy.

## **Adding Extra Vegetables**

Incorporating additional vegetables such as lettuce, tomatoes, or peppers can increase fiber, vitamins, and minerals while reducing the calorie density of the meal. Vegetables also add texture and freshness.

## **Opting for Fresher or Grilled Proteins**

Sticking with grilled chicken instead of fried proteins maintains a leaner fat profile. Customers should avoid fried or breaded protein options to limit saturated fat intake.

## **Summary of Customization Benefits**

- Lower total calories
- Reduced saturated fat and sodium
- Increased fiber and micronutrients
- Improved overall nutrient balance

## **Comparisons with Other Taco Bell Menu Items**

Understanding how the chicken quesadilla stacks up against other Taco Bell offerings helps in making informed menu choices. It is useful to compare calories, macronutrients, and sodium levels with similar items.

### **Chicken Quesadilla vs. Beef Quesadilla**

The chicken quesadilla generally contains fewer calories and saturated fat than the beef version, as chicken is leaner than beef. Protein levels are comparable, but fat content tends to be higher in beef quesadillas.

### **Chicken Quesadilla vs. Crunchy Tacos**

Crunchy tacos have fewer calories and fat but also provide less protein and satiety. The quesadilla offers a more substantial meal with a higher protein profile but increased fat and sodium.

## **Chicken Quesadilla vs. Burritos**

Burritos vary widely but often contain rice, beans, and additional fillings, affecting calorie and nutrient content. The chicken quesadilla is typically higher in fat and calories but boasts a higher protein concentration per serving.

## **Health Considerations in Comparisons**

While the chicken quesadilla offers a good protein source, its fat and sodium content are higher than some menu items. Selecting items with lower sodium and fat or customizing the quesadilla can provide a better balance for health-conscious customers.

## **Frequently Asked Questions**

### **How many calories are in a Taco Bell Chicken Quesadilla?**

A Taco Bell Chicken Quesadilla contains approximately 510 calories.

### **What is the protein content in a Taco Bell Chicken Quesadilla?**

The Chicken Quesadilla at Taco Bell has about 27 grams of protein.

### **How much fat is in a Taco Bell Chicken Quesadilla?**

A Taco Bell Chicken Quesadilla contains around 27 grams of fat.

### **Does the Taco Bell Chicken Quesadilla contain any dietary fiber?**

Yes, the Chicken Quesadilla has about 2 grams of dietary fiber.

### **What is the sodium level in a Taco Bell Chicken Quesadilla?**

The sodium content in a Taco Bell Chicken Quesadilla is approximately 1110 milligrams.

### **Are there any allergens in the Taco Bell Chicken**

# Quesadilla?

Yes, the Chicken Quesadilla contains allergens such as wheat, milk, and soy.

## Additional Resources

### 1. *The Ultimate Guide to Taco Bell Chicken Quesadilla Nutrition*

This book offers an in-depth analysis of the nutritional content found in Taco Bell's chicken quesadilla. It breaks down calories, macronutrients, and micronutrients, helping readers make informed dietary choices. Additionally, it compares the quesadilla with other menu items to highlight healthier options.

### 2. *Understanding Fast Food Nutrition: Taco Bell Chicken Quesadilla Edition*

Explore the nutritional facts behind one of Taco Bell's most popular items—the chicken quesadilla. This book explains how ingredients and preparation methods affect its health profile. It also provides tips for customizing your order to suit various dietary needs.

### 3. *Fast Food and Nutrition: Decoding Taco Bell's Chicken Quesadilla*

Delve into the science of fast food nutrition with a focus on Taco Bell's chicken quesadilla. This book discusses ingredient sourcing, portion sizes, and their impact on overall health. It's perfect for those wanting to enjoy fast food without compromising their nutrition goals.

### 4. *Calorie Counting Made Easy: Taco Bell Chicken Quesadilla*

A practical guide to counting calories in fast food, centered on the chicken quesadilla from Taco Bell. It provides detailed nutritional information and advice on managing calorie intake effectively. The book also includes meal planning tips for fast-paced lifestyles.

### 5. *Healthy Choices at Taco Bell: Chicken Quesadilla Nutrition Facts*

This book focuses on making healthier choices at Taco Bell by understanding the nutritional content of their chicken quesadilla. It offers alternatives and customization options to reduce fat, sodium, and calorie intake. Readers will find helpful charts and nutritional comparisons.

### 6. *The Science of Fast Food: Taco Bell Chicken Quesadilla Nutrition Explained*

Break down the nutritional components of Taco Bell's chicken quesadilla with scientific explanations. The book covers ingredient quality, processing, and how these affect health. It also discusses the role of fast food in modern diets and ways to balance indulgence with nutrition.

### 7. *Nutritional Breakdown of Taco Bell's Menu: Spotlight on Chicken Quesadilla*

A comprehensive look at Taco Bell's menu with a special emphasis on the chicken quesadilla. This book presents detailed nutritional data, allergen information, and health considerations. It's an excellent resource for nutritionists and fast food lovers alike.

### 8. *Eating Smart at Taco Bell: Chicken Quesadilla Nutrition Insights*

Learn how to eat smart at Taco Bell by understanding the nutrition behind the chicken quesadilla. The book offers practical advice for modifying your order and balancing your diet. It also includes user-friendly charts and comparisons to other menu items.

#### 9. *Taco Bell Chicken Quesadilla: Nutrition Facts and Health Impact*

This title explores the nutritional facts of the chicken quesadilla and its impact on health. It covers calorie content, macronutrients, and potential dietary concerns. The book also suggests complementary foods and meal plans to maintain a balanced diet while enjoying fast food.

## **Taco Bell Chicken Quesadilla Nutrition Facts**

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**taco bell chicken quesadilla nutrition facts:** Now Eat This! 100 Quick Calorie Cuts at Home / On-the-Go Rocco DiSpirito, 2025-05-01 In this clever flip-format book from bestselling author and star of Rocco's Dinner Party on Bravo, Rocco DiSpirito shows you the simple changes you can make every day that will help you shed pounds-- without sacrificing great-tasting meals. With 100 effective tips for cutting hundreds of calories from all your dishes, this indispensable guide is the key to successful weight loss. One side of this groundbreaking book shows you how to cut calories when cooking at home. Flip it over and the other side helps you stick to your weight-loss regimen when you're eating on-the-go. Filled with simple cooking tricks, incredible calorie-reducing secrets, and new meal plans and shopping lists, this handy guide will help you enjoy all the dishes you thought you could never eat again-- pizza, fried chicken, waffles, pasta, cookies, and much more!

**taco bell chicken quesadilla nutrition facts:** The Complete Nutrition Counter-Revised Lynn Sonberg, 2008-01-02 Newly updated and easy-to-use A-to-Z listings of brand names and whole foods. All the information readers will ever need to know about what they eat in one handy guide. Counters are included for all the food essentials including calories, proteins, total fat, saturated fat, trans fat, cholesterol, sodium, calcium, iron, carbohydrates and fiber.

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**taco bell chicken quesadilla nutrition facts: The Diet Detective's Calorie Bargain Bible** Charles Stuart Platkin, 2007-11-13 THE ULTIMATE DIETER'S REFERENCE GUIDE! The Diet Detective returns, sharing his secrets for turning your favorite foods into Calorie Bargains, with his easy-to-follow reference guide for healthy eating. In The Diet Detective's Count Down, public health advocate Charles Stuart Platkin broke down thousands of popular foods into their exercise equivalents -- the time it took to walk, run, swim, bike, or dance off their calories. Now, the Diet Detective takes his philosophy one step further -- separating truth from myth, dispelling misconceptions, and giving you the best choices for meals and snacks, anytime, anywhere. From your favorite restaurants to the aisles of the grocery store, no food has escaped Platkin's scrutiny. We look for bargains everywhere. What if we were as cost conscious about our calorie consumption as we are about our spending? How can we be sure we're making good use of the foods we consume? The answer: Look for Calorie Bargains. The Diet Detective's Calorie Bargain Bible is the ultimate dieter's reference guide. It's dieting made easy -- with the information that readers crave, can have fun with, and can put into practice immediately.

**taco bell chicken quesadilla nutrition facts: Eat What You Love: Restaurant Favorites** Marlene Koch, 2019-04-30 With more than 750,000 copies of the Eat What You Love cookbook series sold, New York Times bestselling author Marlene Koch returns with a collection of amazing makeovers of dishes and drinks we all love when eating out -- without the excess calories (sugar, fat) -- and guilt! Who doesn't love the creamy, cheesy, gooey, sweet, and fried foods that restaurants dish up? Now you can enjoy them all guilt-free! In Eat What You Love: Restaurant Favorites magician in the kitchen Marlene Koch works her magic yet again. Imagine creamy Alfredo pasta, cheesy queso dip, and fried chicken 'n waffles, along with Asian and Steakhouse favorites, Starbucks-style drinks, and more -- with ALL the crave-worthy taste -- and a fraction of sky-high sugar, fat, calories, carbs and sodium. With plenty of unbelievable Dare to Compare Marlene shows just how much you effortlessly save. Whether you are watching your waistline or simply want to eat better, you'll be amazed at how easy it is to create these delicious dishes and drinks inspired by The Cheesecake Factory, Carrabba's, California Pizza Kitchen, P.F. Chang's, Starbucks, Chipotle, McDonald's, Morton's, Panera, and more! Eat What You Love: Restaurant Favorites guarantees to satisfy every craving with over 140 easy, family friendly recipes for all to enjoy. In it you will find: Satisfying (not

skinny!) portions Gluten-free recipes and all-natural sugar substitute options Nutrition information with every recipe including weight watcher freestyle smart point comparisons and diabetic exchanges Fuss-free, flavorful, fast recipes made with easy-to-find everyday ingredients Dare to Compare: A typical order of General Tso's chicken serves up 1,300 calories including 3,200 milligrams of sodium, over 70 grams of fat, and 3 days' worth of added sugar! Marlene's equally crave-worthy version is just 300 calories with 80% less fat, 85% less sodium, and 90% less sugar!

**taco bell chicken quesadilla nutrition facts: The Power Foods Diet** Neal Barnard, 2024-03-26 From a leading nutrition researcher, this diet book offers easy to follow guidance and meal plans so you can lose the weight and keep it off—without depriving yourself the way other diets require. As a society, we keep looking for ways to lose weight—preferably ones that are simple, effective, and permanent. When properly chosen, certain foods cause weight loss, with no need for the restriction and planning that most weight-loss regimens require. In The Power Foods Diet, Dr. Neal Barnard reveals three breakthroughs that are supported by research, revealing that certain foods: 1. Reduce the appetite 2. Trap calories so they are flushed away and cannot be absorbed 3. Increase the body's ability to burn calories for three hours after meals. These breakthroughs make weight loss incredibly easy, without calorie counting or deprivation. Dr. Barnard also reveals that some of the foods we think are good for us can actually be harmful, like salmon, goat cheese, and coconut oil, all of which pass easily into body fat and often overstay their welcome. The Power Foods Diet will help you to eat delicious foods and simultaneously lose weight. Dr. Barnard includes a simple to follow meal plan that includes delicious, and even indulgent recipes that include foods we have often been told to avoid, so you can eat real food, and still lose real weight.

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a whopping 1,260 calories and 48 grams--two days' worth--of saturated fat? A 10-point plan for ordering wisely, plus dozens of tips throughout, takes the information one step further by showing how to eat happily and healthfully. It's the nutrition book that reads like a thriller. Take the steak and brownies; a whole fried onion with dipping sauce has a blooming 163 grams of fat, and the seemingly innocent Belgian waffle with whipped topping and fruit has even more fat and calories than two sirloin steaks.

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**taco bell chicken quesadilla nutrition facts:** *The Full-Body Fat Fix* Stephen Perrine, 2024-05-21 Discover a groundbreaking new way of eating that can reverse inflammation, heal your gut, and improve your overall health, fitness and athletic performance—in just one week—while setting you on the path to easy, sustainable weight loss for life! Journalist and bestselling author Stephen Perrine reveals how in his intensely researched, yet simple and engaging new book, *The Full-Body Fat Fix*. With a unique blend of humor and science, Perrine explains how chronic inflammation and an unhealthy microbiome are the underlying causes of weight gain, and how classic “dieting” strategies—like cutting calories, eliminating certain foods or only eating during specific times—actually undermine our weight-loss goals. The new science of weight management is more exciting and delicious than we ever imagined. Simply by eating a greater variety of plant-based foods—at least 30 different plants each week, including vegetables, fruits, whole grains, seeds, nuts, herbs and legumes—and not getting stuck with the same old “healthy” foods again and again, science shows we can bring healing back to our guts, turn off the mechanisms that cause inflammation and reduce our risk of obesity and its related diseases. In Perrine’s hands, this trick is as easy as it is delicious, starting with “The Fire Fightin’ Five,” a yummy combination of five meals and snacks (including pizza!) that will give you 30 unique plants—effortlessly! And with his 7-Day Challenge, you’ll be able to track and maximize your dietary goals—and make a game out of healthy eating and weight loss. (How many different plants can you eat? Can you squeeze in more than your friends and family?) To make it even easier, dozens of recipes populate the book, each one as enticing as the next. Weight loss has never been as fun, as delicious, or as easy to enjoy.

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**taco bell chicken quesadilla nutrition facts:** *KidShape* Naomi Neufeld, 2004-04-21 It's in the news: American children are too fat and this is resulting in an alarming increase in type 2 adult onset diabetes in children under the age of 12. Dr. Naomi Neufeld recognized this more than two decades ago when she began seeing an increasing number of overweight children in her office as a pediatric endocrinologist - children who were not just 20 to 30 pounds overweight, but 50 to 100 pounds overweight and children who were as young as 6 years old. The KidShape© program she founded is a family-based weight-management program that has helped thousands of young people lose weight by learning how to make healthy choices about eating and activity. Included are The truths behind the myths about food, Seven lessons for fit families, fun exercises, and healthy recipes.

**taco bell chicken quesadilla nutrition facts:** *The Women's Health Diet* Stephen Perrine, 2013-05-21 For more than a decade, the editors of Women’s Health have been researching, analyzing, and evaluating every weight-loss technique on the planet. They've tested every workout, sampled every food, studied every bit of research, and consulted the top exercise and nutrition experts in the world. Now that expertise is gathered in one place. Packed with delicious recipes,

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**25 Delicious Chicken Taco Recipes for Busy Weeknights** From shredded and spicy to zesty and grilled, there's a chicken taco recipe ready to make taco night the best night of the week

**Smash Tacos Recipe | Ree Drummond | Food Network** Ree likes to serve burgers and tacos when there's a big game on TV. With smash tacos, she's combined the two into one delicious recipe. The tacos and the fixins are all set out in an

**16 Street Taco Recipes You've Got To Try - Food Network** These street taco recipes from Food Network bring bold flavor with simple toppings (and major taco truck energy) to your kitchen, any night of the week

**Taco Potato Casserole - Food Network Kitchen** Top with the diced tomatoes and green chiles, taco seasoning and scallion whites. Scatter the processed cheese cubes over top. Bake until the ground beef is cooked through, about 45

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