

taco bell burrito supreme nutrition facts

taco bell burrito supreme nutrition facts provide essential information for individuals seeking to understand the nutritional content of this popular menu item. The Taco Bell Burrito Supreme is a staple choice for many fast-food enthusiasts, combining a flour tortilla with seasoned beef, beans, cheese, lettuce, tomatoes, and sour cream. Knowing the nutrition facts helps consumers make informed decisions based on their dietary goals, whether for calorie control, managing macronutrient intake, or monitoring sodium levels. This article delves into the detailed nutritional profile of the Burrito Supreme, highlighting its calorie count, macronutrients, vitamins, minerals, and other dietary components. Furthermore, it examines the health implications of regularly consuming this item, comparing it with other menu options, and offering tips for healthier customization. Understanding these nutrition facts is crucial for maintaining a balanced diet when indulging in fast food.

- Caloric Content and Macronutrients of Taco Bell Burrito Supreme
- Sodium, Fat, and Cholesterol Details
- Vitamins and Minerals in the Burrito Supreme
- Dietary Fiber and Carbohydrates Breakdown
- Health Considerations and Dietary Impact
- Customization Options for Healthier Choices

Caloric Content and Macronutrients of Taco Bell Burrito Supreme

Understanding the calorie and macronutrient composition of the Taco Bell Burrito Supreme is essential for nutritional planning. This burrito typically contains approximately 410 calories per serving, making it a moderately calorie-dense fast-food option. The calories primarily derive from three macronutrients: carbohydrates, proteins, and fats. The balance of these macronutrients influences satiety, energy levels, and overall dietary balance.

Calories

The Burrito Supreme contains roughly 410 calories, which fits within a standard meal calorie range for many adults. This caloric level is significant enough to provide energy but should be accounted for within daily caloric goals to avoid excess intake.

Protein

Protein content in the burrito is around 17 grams. The protein mainly comes from seasoned ground beef and refried beans, which contribute to muscle maintenance, repair, and overall metabolic function.

Carbohydrates

The burrito supplies approximately 47 grams of carbohydrates, sourced from the flour tortilla, beans, and vegetables. Carbohydrates are the body's primary energy source, and this amount provides substantial fuel for physical and mental activities.

Fats

Fat content is about 14 grams per burrito, including saturated and unsaturated fats. Fat is an essential macronutrient involved in hormone production and nutrient absorption but should be consumed in moderation to maintain cardiovascular health.

Sodium, Fat, and Cholesterol Details

Sodium, fat, and cholesterol levels are critical nutrition factors to monitor when consuming fast food items like the Taco Bell Burrito Supreme. These elements can impact heart health, blood pressure, and overall wellness.

Sodium

The Burrito Supreme contains approximately 940 milligrams of sodium, which represents nearly 40% of the recommended daily limit for most adults. High sodium intake is linked to increased blood pressure and cardiovascular disease risk, making it important to monitor consumption.

Fat Composition

Of the 14 grams of fat, about 5 grams are saturated fat. Saturated fats can raise LDL cholesterol levels, contributing to heart disease risk. The item also contains small amounts of trans fats, which should be minimized in any diet.

Cholesterol

The cholesterol content is roughly 35 milligrams per burrito. While not excessively high, it is a nutritional factor to consider, especially for individuals managing cholesterol levels or heart conditions.

Vitamins and Minerals in the Burrito Supreme

The Taco Bell Burrito Supreme provides a variety of vitamins and minerals that contribute to overall nutrition. These micronutrients are essential for numerous bodily functions including immune support, energy metabolism, and bone health.

Vitamin A and C

The inclusion of lettuce and tomatoes contributes to the vitamin A and C content, which are antioxidants important for skin health, immune function, and cellular repair. The burrito offers moderate amounts of these vitamins, supporting daily nutritional needs.

Calcium

Cheese and sour cream add calcium to the burrito, with approximately 150 milligrams per serving. Calcium is vital for strong bones and teeth, as well as muscle function and nerve signaling.

Iron

The seasoned beef and beans provide a good source of iron, typically around 15% of the daily recommended intake. Iron is crucial for oxygen transport in the blood and overall energy levels.

Dietary Fiber and Carbohydrates Breakdown

Dietary fiber plays an important role in digestive health and blood sugar regulation. The Taco Bell Burrito Supreme offers a moderate amount of fiber, contributing to a balanced diet.

Dietary Fiber

The burrito contains approximately 8 grams of dietary fiber, primarily from the beans and vegetables. Fiber helps promote satiety, supports digestive function, and aids in maintaining healthy cholesterol levels.

Carbohydrate Types

The carbohydrates consist mainly of complex carbs from the tortilla and beans, along with simple carbs from the vegetables. Complex carbohydrates provide sustained energy and are preferable for stable blood glucose levels.

Health Considerations and Dietary Impact

Regular consumption of fast food items such as the Taco Bell Burrito Supreme should be balanced within an overall healthy diet. Awareness of its nutritional profile enables better management of dietary goals and health risks.

Calorie and Sodium Intake

Given the moderate calorie and high sodium content, individuals with hypertension or calorie-restricted diets should consume this item cautiously. Pairing it with lower sodium and lower calorie foods throughout the day can help maintain balance.

Fat and Cholesterol Concerns

Those monitoring blood lipid levels should consider the saturated fat and cholesterol intake from the burrito. Opting for modifications to reduce these components can benefit cardiovascular health.

Customization Options for Healthier Choices

Taco Bell offers various ways to customize the Burrito Supreme to better align with nutritional needs and preferences. These options allow consumers to enjoy the flavor while reducing certain dietary concerns.

- Requesting no sour cream or cheese to lower fat and calorie content
- Substituting seasoned beef with grilled chicken or beans to reduce saturated fat
- Choosing a whole wheat or reduced-carb tortilla when available
- Adding extra vegetables to increase fiber and micronutrient intake
- Limiting or omitting added sauces to decrease sodium levels

These adjustments can significantly improve the nutritional profile of the Burrito Supreme, making it a more suitable choice for various dietary needs without sacrificing taste.

Frequently Asked Questions

What are the calories in a Taco Bell Burrito Supreme?

A Taco Bell Burrito Supreme contains approximately 410 calories.

How much protein is in a Taco Bell Burrito Supreme?

The Burrito Supreme has about 17 grams of protein.

What is the total fat content in a Taco Bell Burrito Supreme?

The total fat content is around 14 grams per Burrito Supreme.

How many carbohydrates are in a Taco Bell Burrito Supreme?

There are approximately 53 grams of carbohydrates in a Burrito Supreme.

Does the Taco Bell Burrito Supreme contain dietary fiber? If so, how much?

Yes, it contains about 7 grams of dietary fiber.

What is the sodium level in a Taco Bell Burrito Supreme?

The sodium content is approximately 980 milligrams.

Are there any significant vitamins or minerals in the Taco Bell Burrito Supreme?

The Burrito Supreme provides small amounts of calcium, iron, and vitamin A, but it is not a significant source of vitamins or minerals overall.

Additional Resources

1. The Ultimate Guide to Taco Bell Nutrition Facts

This comprehensive book delves into the nutritional content of all Taco Bell menu items, with a special focus on the Burrito Supreme. It breaks down calories, macronutrients, and ingredient details to help readers make informed choices. Whether you're counting calories or just curious, this guide is a must-have for fast food lovers.

2. Decoding the Burrito Supreme: Ingredients and Nutrition

Explore the detailed composition of the Burrito Supreme, from its seasoned beef to the fresh vegetables and sauces. This book analyzes each component's nutritional impact and offers insights on how the burrito fits into different dietary plans. It's perfect for anyone looking to understand what goes into their favorite Taco Bell item.

3. Fast Food Nutrition: Taco Bell's Burrito Supreme Explained

This book offers a critical look at fast food nutrition, using Taco Bell's Burrito Supreme as a case study. It discusses the balance of fats, proteins, and carbohydrates, and compares it with other similar fast food options. Readers will gain a better understanding of fast food's place in a balanced diet.

4. *Healthy Eating at Taco Bell: Navigating the Menu*

Learn how to enjoy Taco Bell favorites like the Burrito Supreme without compromising your health goals. This book provides tips on customizing orders, reducing calories, and boosting nutritional value. It's a practical guide for those who want to indulge wisely.

5. *The Science Behind Taco Bell's Burrito Supreme*

Dive into the food science that makes the Burrito Supreme both delicious and nutritionally unique. From ingredient sourcing to preparation methods, this book explains how Taco Bell crafts its iconic burrito. Food enthusiasts and nutrition geeks alike will find this book enlightening.

6. *Counting Calories at Taco Bell: Burrito Supreme Edition*

Focused on calorie tracking, this book breaks down the Burrito Supreme's energy content and offers strategies for incorporating it into a calorie-controlled diet. It also suggests healthier modifications and alternatives within the Taco Bell menu. A helpful resource for weight watchers.

7. *Nutrition Myths and Facts: Taco Bell Burrito Supreme*

This book addresses common misconceptions about fast food nutrition, using the Burrito Supreme as an example. It separates fact from fiction regarding ingredients, fat content, and health effects. Readers will come away with a clearer, more accurate understanding of what they're consuming.

8. *Customizing Your Burrito Supreme for Better Nutrition*

Discover the various ways to modify the classic Burrito Supreme to suit dietary needs such as low sodium, vegetarian, or high protein. The book includes practical advice and nutritional data for each customization. Perfect for Taco Bell fans who want a personalized eating experience.

9. *The Burrito Supreme and Your Diet: A Balanced Approach*

This book offers guidance on how to enjoy the Burrito Supreme as part of a balanced diet without guilt. It discusses portion control, meal timing, and complementary foods to create a wholesome eating plan. Ideal for those who want to balance fast food indulgence with healthy living.

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