

BANDA BURRITO

NUTRITION GUIDE

The nutritional information provided is based on computerized database analysis and vendor product data. The data represents an estimate of nutrient content. There may be variations in nutritional content across servings, based on variations in overall size and quantities of ingredients and based upon special ordering. For additional information, please call 800-733-6697 or visit dennys.com.

Abbreviations and/or symbols associated with menu items influence nutrition information. Add sides, breads and condiments to your menu choice for total nutrition information. Recommended limits for a 2,000 calorie daily diet are 20 grams of saturated fat and 2,300 milligrams of sodium. 1,200 to 1,400 calories a day is used for general nutrition advice for children ages 4 to 8 years and 1,400 to 2,000 calories a day for children ages 9 to 13 years, but calorie needs vary.

BANDA BURRITO	Serving Size	Calories	Fat (g)	Calories from Fat	Trans Fats (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)	Sugar (g)
El Chamuco	17 oz	1300	90	810	0.5	33	630	3340	60	3	58	3
El Guero	17 oz	1140	72	640	1	25	560	2530	78	4	42	3
El Mananero	16 oz	1040	61	550	1	21	540	2580	78	5	42	3
El Regio	26 oz	1350	75	670	1	22	595	3080	94	7	68	11
El Tejano	24 oz	1550	103	920	1.5	27	600	3410	94	6	60	13
El Bandacoa	22 oz	1080	53	480	0.5	17	135	2720	89	10	61	6
El Chickgon	18 oz	970	49	440	1	16	170	2760	61	8	73	4
El Desvelado	22 oz	1200	66	590	1	18	115	2640	95	10	55	10
Nacho Abuela's Nachos	13 oz	860	55	500	0.5	19	95	1750	66	6	24	7
Seasonal Fruit	6 oz	100	0	5	0	0	0	5	25	3	1	17
Fries	5 oz	400	22	190	0	4	0	470	46	4	4	0
Chips & Queso	5 oz	530	30	270	0	8	20	470	55	4	8	2
Add-Ons												
Avocado	1 Serv	90	8	70	0	1	0	0	5	4	1	0
Side of Queso	2 oz	100	7	70	0	3	15	360	5	0	3	2
1 Side of Salsa	1 Serv	10	0	0	0	0	0	0	160	2	1	1
Side of Sour Cream	1 Serv	45	4	40	0	2	15	5	1	0	1	1