

Chipotle Nutrition Facts Chart

Every ingredient with ten nutrients, diet tags and allergens. Data from Chipotle published US nutrition information. Values as of 06 September 2026.

chipotle-nutrition-calculator.us
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Tortillas and shells

Item	Portion	Cal	Fat	Sat fat	Trans	Chol.	Sodium	Carbs	Fiber	Sugar	Protein	Diet / allergens
Flour Tortilla (Burrito)	1 tortilla	320	9g	0.5g	0g	0mg	600mg	50g	3g	0g	8g	vegetarian, vegan, contains gluten, contains sulphites
Soft Flour Tortillas (3 tacos)	3 tortillas	250	8g	0.5g	0g	0mg	480mg	40g	2g	0g	7g	vegetarian, vegan, contains gluten, contains sulphites
Crispy Corn Tortillas (3 tacos)	3 shells	200	9g	1g	0g	0mg	0mg	29g	3g	0g	3g	vegetarian, vegan
Soft Flour Tortilla (1 taco)	1 tortilla	80	2.5g	0g	0g	0mg	160mg	13g	1g	0g	2g	vegetarian, vegan, contains gluten, contains sulphites
Crispy Corn Tortilla (1 taco)	1 shell	70	3g	0g	0g	0mg	0mg	10g	1g	0g	1g	vegetarian, vegan
Quesadilla Cheese (Monterey Jack)	3 oz	330	24g	15g	0g	90mg	570mg	3g	0g	0g	18g	vegetarian, keto, contains dairy

Proteins (4 oz)

Item	Portion	Cal	Fat	Sat fat	Trans	Chol.	Sodium	Carbs	Fiber	Sugar	Protein	Diet / allergens
Chicken	4 oz	180	7g	3g	0g	125mg	310mg	0g	0g	0g	32g	keto, paleo
Steak	4 oz	150	6g	2.5g	0g	80mg	330mg	1g	1g	0g	21g	keto, paleo
Beef Barbacoa	4 oz	170	7g	2.5g	0g	65mg	530mg	2g	1g	0g	24g	keto, paleo
Carnitas	4 oz	210	12g	7g	0g	65mg	450mg	0g	0g	0g	23g	keto, paleo
Sofritas	4 oz	150	10g	1.5g	0g	0mg	560mg	9g	3g	5g	8g	vegetarian, vegan, contains soy, contains sulphites
Pollo Asado	4 oz	180	7g	3g	0g	n/a	350mg	3g	0g	1g	29g	
Carne Asada (limited time)	4 oz	250	14g	5g	0g	n/a	740mg	1g	0g	0g	29g	keto, paleo
Chicken al Pastor (limited time)	4 oz	200	11g	2.5g	0g	n/a	820mg	4g	0g	2g	23g	paleo, contains sulphites
Chipotle Honey Chicken (limited time)	4 oz	210	8g	2g	0g	n/a	670mg	13g	1g	9g	21g	keto, paleo
Garlic Guajillo Steak (limited time)	4 oz	250	15g	5g	0g	n/a	480mg	3g	2g	1g	27g	keto, paleo
Plant Based Chorizo (limited time)	4 oz	220	8g	2g	0g	0mg	690mg	16g	6g	1g	16g	vegetarian, vegan, keto, paleo, contains sulphites

Rice, beans, veggies, salsas, toppings and add-ons

Item	Portion	Cal	Fat	Sat fat	Trans	Chol.	Sodium	Carbs	Fiber	Sugar	Protein	Diet / allergens
Double Wrap (Extra Tortilla)	1 tortilla	320	9g	0.5g	0g	0mg	600mg	50g	3g	0g	8g	vegetarian, vegan, contains gluten, contains sulphites
Cilantro Lime White Rice	4 oz	210	4g	0.5g	0g	0mg	350mg	40g	1g	0g	4g	vegetarian, vegan
Cilantro Lime Brown Rice	4 oz	210	6g	1g	0g	0mg	190mg	36g	2g	0g	4g	vegetarian, vegan
Black Beans	4 oz	130	1.5g	0g	0g	0mg	210mg	22g	7g	2g	8g	vegetarian, vegan
Pinto Beans	4 oz	130	1.5g	0g	0g	0mg	210mg	21g	8g	1g	8g	vegetarian, vegan
Fajita Veggies	2 oz	20	0g	0g	0g	0mg	150mg	5g	1g	2g	1g	vegetarian, vegan, keto, paleo
Fresh Tomato Salsa	4 oz	25	0g	0g	0g	0mg	550mg	4g	1g	1g	0g	vegetarian, vegan, keto, paleo
Roasted Chili Corn Salsa	4 oz	80	1.5g	0g	0g	0mg	330mg	16g	3g	4g	3g	vegetarian, vegan
Tomatillo Green Chili Salsa	2 fl oz	15	0g	0g	0g	0mg	260mg	4g	0g	2g	0g	vegetarian, vegan, keto, paleo
Tomatillo Red Chili Salsa	2 fl oz	30	0g	0g	0g	0mg	500mg	4g	1g	0g	0g	vegetarian, vegan, keto, paleo
Sour Cream	2 oz	110	9g	7g	0g	40mg	30mg	2g	0g	2g	2g	vegetarian, keto, contains dairy

Monterey Jack Cheese	1 oz	110	8g	5g	0g	30mg	190mg	1g	0g	0g	6g	vegetarian, keto, contains dairy
Romaine Lettuce	1 oz	5	0g	0g	0g	0mg	0mg	1g	1g	0g	0g	vegetarian, vegan, keto, paleo
Supergreens Lettuce Blend	3 oz	15	0g	0g	0g	0mg	15mg	3g	2g	1g	1g	vegetarian, vegan, keto, paleo
Guacamole	4 oz	230	22g	3.5g	0g	0mg	370mg	8g	6g	1g	2g	vegetarian, vegan, keto, paleo
Queso Blanco	2 oz	120	9g	6g	0g	30mg	250mg	4g	0g	1g	5g	vegetarian, contains dairy
Cilantro Lime Sauce	2 oz	80	6g	4.5g	0g	25mg	300mg	3g	1g	2g	2g	vegetarian, keto, contains dairy
Chipotle Honey Vinaigrette	2 fl oz	220	16g	2.5g	0g	0mg	850mg	18g	1g	12g	1g	vegetarian, contains sulphites
Red Chimichurri <i>(limited time)</i>	2 fl oz	190	17g	1.5g	0g	0mg	800mg	8g	2g	2g	1g	vegetarian, vegan, contains sulphites
Adobo Ranch <i>(limited time)</i>	2 oz	110	9g	6g	0g	n/a	460mg	4g	0g	2g	2g	vegetarian, keto, contains dairy

Chips, dips, salsas and protein cups

Item	Portion	Cal	Fat	Sat fat	Trans	Chol.	Sodium	Carbs	Fiber	Sugar	Protein	Diet / allergens
Tortilla on the Side	1 tortilla	320	9g	0.5g	0g	0mg	600mg	50g	3g	0g	8g	vegetarian, vegan, contains gluten, contains sulphites
Tortilla Chips	4 oz	540	25g	3.5g	0g	0mg	390mg	73g	7g	1g	7g	vegetarian, vegan
Large Tortilla Chips	6 oz	810	38g	5g	0g	0mg	590mg	110g	11g	2g	11g	vegetarian, vegan
Chili Lime Chips	4 oz	550	27g	3.5g	0g	0mg	780mg	68g	7g	3g	9g	vegetarian, vegan
Large Chili Lime Chips	6 oz	790	36g	5g	0g	0mg	1180mg	107g	2g	5g	11g	vegetarian, vegan
Side of Guacamole	4 oz	230	22g	3.5g	0g	0mg	370mg	8g	6g	1g	2g	vegetarian, vegan, keto, paleo
Large Side of Guacamole	8 oz	460	44g	7g	0g	0mg	740mg	16g	12g	2g	4g	vegetarian, vegan, keto, paleo
Side of Queso Blanco	4 oz	240	18g	12g	1g	60mg	500mg	8g	0g	2g	10g	vegetarian, contains dairy
Large Side of Queso Blanco	8 oz	480	37g	23g	1.5g	120mg	980mg	14g	0g	5g	20g	vegetarian, contains dairy
Side of Cilantro Lime Sauce	4 oz	160	12g	9g	0g	50mg	610mg	6g	1g	4g	3g	vegetarian, keto, contains dairy
Large Side of Cilantro Lime Sauce	8 oz	320	24g	18g	0g	100mg	1200mg	12g	4g	8g	8g	vegetarian, keto, contains dairy
Large Fresh Tomato Salsa	6 oz	40	0g	0g	0g	0mg	825mg	6g	2g	2g	0g	vegetarian, vegan, keto, paleo
Large Roasted Chili Corn Salsa	6 oz	120	2g	0g	0g	0mg	495mg	24g	5g	6g	5g	vegetarian, vegan
Large Tomatillo Green Chili Salsa	6 oz	45	0g	0g	0g	0mg	780mg	12g	0g	6g	0g	vegetarian, vegan, keto, paleo
Large Tomatillo Red Chili Salsa	6 oz	90	0g	0g	0g	0mg	1500mg	12g	3g	0g	0g	vegetarian, vegan, keto, paleo
Side of Chicken	4 oz	180	7g	3g	0g	125mg	310mg	0g	0g	0g	32g	keto, paleo
Side of Steak	4 oz	150	6g	2.5g	0g	80mg	330mg	1g	1g	0g	21g	keto, paleo
Side of Pollo Asado	5 oz	220	8g	3.5g	0g	n/a	440mg	4g	0g	2g	37g	

Kids portions

Item	Portion	Cal	Fat	Sat fat	Trans	Chol.	Sodium	Carbs	Fiber	Sugar	Protein	Diet / allergens
Chicken	2 oz	90	3g	1.5g	0g	65mg	150mg	0g	0g	0g	15g	keto, paleo
Steak	2 oz	70	3g	1.5g	0g	40mg	160mg	0.5g	0.5g	0g	10g	keto, paleo
Beef Barbacoa	2 oz	80	3g	1.5g	0g	30mg	260mg	1g	1g	0g	12g	keto, paleo
Carnitas	2 oz	110	6g	3g	0g	30mg	220mg	0g	0g	0g	12g	keto, paleo
Sofritas	2 oz	70	5g	1g	0g	0mg	280mg	5g	2g	2g	4g	vegetarian, vegan, contains soy, contains sulphites
Pollo Asado	2 oz	90	3.5g	1.5g	0g	n/a	170mg	1g	0g	1g	15g	

Guacamole	2 oz	110	11g	1.5g	0g	0mg	190mg	3g	3g	0g	1g	vegetarian, vegan, keto, paleo
Queso Blanco	2 oz	120	9g	6g	0g	30mg	250mg	4g	0g	1g	5g	vegetarian, contains dairy
2 Soft Flour Tortillas	2 tortillas	170	5g	0g	0g	0mg	320mg	27g	1g	0g	5g	vegetarian, vegan, contains gluten, contains sulphites
2 Crispy Corn Tortillas	2 shells	130	6g	1g	0g	0mg	0mg	19g	2g	0g	2g	vegetarian, vegan
Quesadilla Tortilla	1 tortilla	80	2.5g	0g	0g	0mg	160mg	13g	1g	0g	2g	vegetarian, vegan, contains gluten, contains sulphites
Quesadilla Cheese	1 oz	110	8g	5g	0g	30mg	190mg	1g	0g	0g	6g	vegetarian, keto, contains dairy
White Rice	2 oz	100	2g	0.5g	0g	0mg	170mg	20g	0g	0g	2g	vegetarian, vegan
Brown Rice	2 oz	110	3g	0g	0g	0mg	95mg	18g	1g	0g	2g	vegetarian, vegan
Black Beans	3 oz	100	1g	0g	0g	0mg	160mg	16g	5g	1g	6g	vegetarian, vegan
Pinto Beans	3 oz	100	1g	0g	0g	0mg	160mg	15g	6g	1g	6g	vegetarian, vegan
Fajita Veggies	2 oz	20	0g	0g	0g	0mg	150mg	5g	1g	2g	1g	vegetarian, vegan, keto, paleo
Fresh Tomato Salsa	2 oz	15	0g	0g	0g	0mg	310mg	1g	0g	0.5g	0g	vegetarian, vegan, keto, paleo
Roasted Chili Corn Salsa	2 oz	40	1g	0g	0g	0mg	190mg	9g	1g	3g	1g	vegetarian, vegan
Tomatillo Green Chili Salsa	2 fl oz	15	0g	0g	0g	0mg	260mg	4g	0g	2g	0g	vegetarian, vegan, keto, paleo
Tomatillo Red Chili Salsa	2 fl oz	30	0g	0g	0g	0mg	500mg	4g	1g	0g	0g	vegetarian, vegan, keto, paleo
Sour Cream	1 oz	60	5g	3.5g	0g	20mg	15mg	1g	0g	1g	1g	vegetarian, keto, contains dairy
Cheese	1 oz	110	8g	5g	0g	30mg	190mg	1g	0g	0g	6g	vegetarian, keto, contains dairy
Romaine Lettuce	1 oz	5	0g	0g	0g	0mg	0mg	1g	1g	0g	0g	vegetarian, vegan, keto, paleo
Kid's Chips	1 oz	140	6g	1g	0g	0mg	95mg	18g	2g	0g	2g	vegetarian, vegan
Kid's Fruit	2.5 oz	35	0g	0g	0g	0mg	0mg	9g	1g	7g	1g	vegetarian, vegan, paleo
Organic Milk	8 fl oz	110	2.5g	1.5g	0g	15mg	125mg	12g	0g	12g	8g	vegetarian, contains dairy
Organic Chocolate Milk	8 fl oz	160	3g	2g	0g	15mg	220mg	24g	1g	22g	9g	vegetarian, contains dairy
Organic Apple Juice	6.75 fl oz	100	0g	0g	0g	0mg	10mg	25g	0g	22g	0g	vegetarian, vegan
Soda or Iced Tea (16 fl oz)	16 fl oz	220	0g	0g	0g	0mg	0mg	0g	0g	0g	0g	vegetarian, vegan

Drinks

Item	Portion	Cal	Fat	Sat fat	Trans	Chol.	Sodium	Carbs	Fiber	Sugar	Protein	Diet / allergens
Coca Cola Classic (22 fl oz)	22 fl oz	260	0g	0g	0g	0mg	85mg	70g	0g	70g	0g	vegetarian, vegan
Coca Cola Classic (32 fl oz)	32 fl oz	380	0g	0g	0g	0mg	120mg	105g	0g	105g	0g	vegetarian, vegan
Diet Coke (22 fl oz)	22 fl oz	0	0g	0g	0g	0mg	75mg	0g	0g	0g	0g	vegetarian, vegan
Diet Coke (32 fl oz)	32 fl oz	0	0g	0g	0g	0mg	115mg	0g	0g	0g	0g	vegetarian, vegan
Coca Cola Zero Sugar (22 fl oz)	22 fl oz	0	0g	0g	0g	0mg	75mg	0g	0g	0g	0g	vegetarian, vegan
Sprite (22 fl oz)	22 fl oz	260	0g	0g	0g	0mg	120mg	70g	0g	70g	0g	vegetarian, vegan
Sprite (32 fl oz)	32 fl oz	380	0g	0g	0g	0mg	180mg	105g	0g	105g	0g	vegetarian, vegan
Fanta Orange (22 fl oz)	22 fl oz	290	0g	0g	0g	0mg	80mg	80g	0g	80g	0g	vegetarian, vegan
Barq's Root Beer (22 fl oz)	22 fl oz	280	0g	0g	0g	0mg	130mg	85g	0g	85g	0g	vegetarian, vegan
Pibb Xtra (22 fl oz)	22 fl oz	260	0g	0g	0g	0mg	75mg	70g	0g	70g	0g	vegetarian, vegan
Minute Maid Lemonade (22 fl oz)	22 fl oz	280	0g	0g	0g	0mg	95mg	75g	0g	75g	0g	vegetarian, vegan
Powerade Mountain Berry Blast (22 fl oz)	22 fl oz	280	0g	0g	0g	0mg	95mg	75g	0g	75g	0g	vegetarian, vegan

Chipotle Iced Tea, unsweetened (22 fl oz)	22 fl oz	10	0g	0g	0g	0mg	0mg	3g	0g	0g	0g	vegetarian, vegan, keto, paleo
Chipotle Sweet Iced Tea (22 fl oz)	22 fl oz	150	0g	0g	0g	0mg	0mg	45g	0g	45g	0g	vegetarian, vegan
Chipotle Sweet Iced Tea (32 fl oz)	32 fl oz	220	0g	0g	0g	0mg	0mg	65g	0g	65g	0g	vegetarian, vegan
Tractor Organic Lemonade (22 fl oz)	22 fl oz	170	0g	0g	0g	0mg	10mg	43g	0g	37g	0g	vegetarian, vegan
Tractor Organic Lemonade (32 fl oz)	32 fl oz	250	0g	0g	0g	0mg	15mg	62g	0g	53g	0g	vegetarian, vegan
Tractor Organic Mandarin Agua Fresca (22 fl oz)	22 fl oz	190	0g	0g	0g	0mg	0mg	47g	0g	47g	0g	vegetarian, vegan
Tractor Organic Mandarin Agua Fresca (32 fl oz)	32 fl oz	280	0g	0g	0g	0mg	5mg	69g	0g	69g	0g	vegetarian, vegan
Tractor Organic Berry Agua Fresca (22 fl oz)	22 fl oz	200	0g	0g	0g	0mg	10mg	50g	0g	49g	0g	vegetarian, vegan
Tractor Organic Berry Agua Fresca (32 fl oz)	32 fl oz	290	0g	0g	0g	0mg	15mg	72g	0g	72g	0g	vegetarian, vegan
Tractor Organic Watermelon Limeade (22 fl oz)	22 fl oz	230	0g	0g	0g	0mg	5mg	56g	0g	50g	0g	vegetarian, vegan
Tractor Organic Watermelon Limeade (32 fl oz)	32 fl oz	330	0g	0g	0g	0mg	10mg	82g	0g	72g	0g	vegetarian, vegan
Tractor Organic Mango Lemonade (22 fl oz)	22 fl oz	130	0g	0g	0g	0mg	0mg	31g	1g	30g	1g	vegetarian, vegan
Tractor Organic Mango Lemonade (32 fl oz)	32 fl oz	190	0g	0g	0g	0mg	5mg	46g	1g	43g	1g	vegetarian, vegan
Mexican Coca Cola (355 ml)	355 ml	150	0g	0g	0g	0mg	85mg	39g	0g	39g	0g	vegetarian, vegan
Mexican Sprite (355 ml)	355 ml	160	0g	0g	0g	0mg	105mg	40g	0g	40g	0g	vegetarian, vegan
Coke Zero Sugar (20 fl oz bottle)	20 fl oz	0	0g	0g	0g	0mg	70mg	0g	0g	0g	0g	vegetarian, vegan
Jarritos Mango (370 ml)	370 ml	140	0g	0g	0g	0mg	10mg	35g	0g	35g	0g	vegetarian, vegan
Jarritos Guava (370 ml)	370 ml	110	0g	0g	0g	0mg	5mg	26g	0g	26g	0g	vegetarian, vegan
Poppi Orange (12 fl oz)	12 fl oz	25	0g	0g	0g	0mg	0mg	9g	3g	5g	0g	vegetarian, vegan
Poppi Strawberry Lemon (12 fl oz)	12 fl oz	30	0g	0g	0g	0mg	0mg	9g	3g	5g	0g	vegetarian, vegan
San Pellegrino Sparkling (500 ml)	500 ml	0	0g	0g	0g	0mg	20mg	0g	0g	0g	0g	vegetarian, vegan, keto, paleo
Open Water Still (16 fl oz)	16 fl oz	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g	vegetarian, vegan, keto, paleo
Nantucket Nectars Apple Juice (16 fl oz)	16 fl oz	240	0g	0g	0g	0mg	10mg	60g	0g	52g	0g	vegetarian, vegan
Tractor Organic Lemonade (12 fl oz bottle)	12 fl oz	140	0g	0g	0g	0mg	0mg	36g	0g	33g	0g	vegetarian, vegan

Serving sizes are Chipotle standard portions and are approximations; nutrition varies with portioning, seasons and suppliers. Cholesterol is from the printed US chart and shows n/a where Chipotle has not published it. Two proteins on one entree are served as a half portion of each. Build any order at chipotle-nutrition-calculator.us.