

taco bell cheesy bean and rice burrito

nutrition facts

taco bell cheesy bean and rice burrito nutrition facts provide valuable insights for individuals seeking to understand the nutritional profile of this popular menu item. This article thoroughly examines the caloric content, macronutrients, vitamins, minerals, and potential dietary considerations associated with the Taco Bell Cheesy Bean and Rice Burrito. Understanding these nutrition facts is essential for consumers aiming to make informed dietary choices, whether for weight management, health conditions, or general wellness. The analysis includes a breakdown of calories, protein, carbohydrates, fats, fiber, sodium, and other nutrients. Additionally, this article discusses the ingredient composition and how it fits into various dietary patterns. Readers will also find comparisons with other similar fast-food choices and tips for modifying their orders to better align with personal nutrition goals. The comprehensive nature of this content ensures that Taco Bell patrons and nutrition-conscious individuals alike gain a clear perspective on the Cheesy Bean and Rice Burrito's impact on their diet.

- Caloric and Macronutrient Breakdown
- Vitamins and Minerals Content
- Ingredient Composition and Dietary Considerations
- Sodium Levels and Health Implications
- Comparison with Other Taco Bell Menu Items
- Tips for Healthier Customization

Caloric and Macronutrient Breakdown

Analyzing the caloric and macronutrient content is crucial when evaluating taco bell cheesy bean and rice burrito nutrition facts. This burrito delivers a moderate calorie count, making it suitable for those monitoring energy intake. The primary macronutrients—carbohydrates, proteins, and fats—are present in balanced proportions to provide energy and satiety.

Calories

The Cheesy Bean and Rice Burrito contains approximately 350 calories per serving. This calorie level positions it as a moderately energy-dense fast-food option, compatible with varied dietary plans including weight maintenance and controlled calorie diets.

Proteins

Protein content in the burrito is around 13 grams. The protein primarily originates from the refried beans and cheese, offering plant-based and dairy protein sources that contribute to muscle maintenance and repair.

Carbohydrates

Carbohydrates constitute a significant portion of the burrito's energy, totaling about 47 grams. These include complex carbohydrates from the rice and beans, supplemented by simple carbohydrates from the tortilla and cheese components.

Fats

The total fat content is approximately 11 grams, including saturated fat from cheese and potentially small amounts of trans fats depending on preparation. Fat plays a role in flavor and satiety but should be consumed within recommended limits.

Fiber

Dietary fiber is an important factor for digestive health, and this burrito provides about 7 grams of fiber, primarily from beans and rice. Fiber assists in maintaining bowel health and regulating blood sugar levels.

Vitamins and Minerals Content

Beyond macronutrients, taco bell cheesy bean and rice burrito nutrition facts include essential vitamins and minerals that support overall health. These micronutrients contribute to various bodily functions such as immune response, bone health, and energy metabolism.

Key Vitamins

The burrito delivers small but meaningful amounts of vitamins such as Vitamin A, Vitamin C, and several B vitamins including folate. These vitamins aid in vision, immune function, and cellular energy production.

Important Minerals

Minerals like calcium, iron, magnesium, and potassium are present due to the beans, cheese, and rice. Calcium supports bone strength, iron is vital for oxygen transport in the blood, magnesium aids in muscle and nerve function, and potassium helps regulate fluid balance.

Ingredient Composition and Dietary Considerations

Understanding the ingredient makeup of the Cheesy Bean and Rice Burrito is necessary to assess its suitability for various dietary needs. The burrito features plant-based protein, grains, cheese, and seasoning, providing a vegetarian-friendly option within Taco Bell's menu.

Main Ingredients

- Refried Beans: Source of plant protein and fiber
- Mexican Rice: Provides carbohydrates and additional fiber
- Cheddar Cheese: Supplies fat, protein, and calcium
- Flour Tortilla: Acts as a carbohydrate base
- Seasonings and Sauce: Add flavor without significant calories

Dietary Suitability

This burrito is suitable for vegetarians but contains dairy, so it is not vegan. It may not be appropriate for those with lactose intolerance or dairy allergies. Additionally, the presence of refined flour in the tortilla could be a consideration for those seeking gluten-free options, although Taco Bell does not typically offer gluten-free tortillas.

Sodium Levels and Health Implications

Sodium content is a critical aspect of Taco Bell Cheesy Bean and Rice Burrito nutrition facts, particularly for individuals monitoring blood pressure or cardiovascular risk. The burrito contains a moderate to high amount of sodium, which can contribute significantly to daily intake.

Sodium Content

The burrito contains approximately 870 milligrams of sodium per serving. This constitutes about 38% of the recommended daily limit of 2,300 milligrams for healthy adults. High sodium intake is linked to increased risk of hypertension and heart disease.

Health Considerations

Consumers with hypertension or those on sodium-restricted diets should be cautious when consuming this menu item. Opting for lower sodium options or customizing the order to reduce added salt can help manage intake.

Comparison with Other Taco Bell Menu Items

Comparing the cheesy bean and rice burrito with other Taco Bell offerings provides context for its nutritional standing. This comparison highlights its relative strengths and weaknesses among fast-food choices.

Calorie and Macronutrient Comparison

- Cheesy Bean and Rice Burrito: ~350 calories, 13g protein, 47g carbs, 11g fat
- Bean Burrito: ~380 calories, 13g protein, 58g carbs, 10g fat
- Chicken Burrito: ~430 calories, 26g protein, 43g carbs, 14g fat

The Cheesy Bean and Rice Burrito offers fewer calories and fat than some meat-based burritos, making it a moderate choice for calorie-conscious consumers.

Fiber and Sodium Comparison

Compared to other burritos, this item is relatively high in fiber, thanks to beans and rice, but has a sodium content that is on the higher side, similar to many fast-food products.

Tips for Healthier Customization

Modifying the taco bell cheesy bean and rice burrito can enhance its nutritional profile for individuals with specific dietary goals. Simple adjustments can reduce calories, fat, and sodium while increasing beneficial nutrients.

Customization Suggestions

- Request no cheese or reduced cheese to lower saturated fat and calories
- Ask for a whole wheat or lower-carb tortilla if available
- Increase vegetable additions like lettuce or tomatoes for extra fiber and vitamins
- Limit or omit high-sodium sauces or seasoning packets
- Pair the burrito with a side of fruit or a low-fat beverage instead of high-calorie options

These modifications can help align the burrito with balanced eating patterns without compromising flavor significantly.

Frequently Asked Questions

What are the calories in a Taco Bell Cheesy Bean and Rice Burrito?

A Taco Bell Cheesy Bean and Rice Burrito contains approximately 380 calories.

How much protein is in the Taco Bell Cheesy Bean and Rice Burrito?

The burrito provides about 13 grams of protein.

What is the total fat content in a Cheesy Bean and Rice Burrito from Taco Bell?

The total fat content is around 13 grams.

How many carbohydrates are in the Taco Bell Cheesy Bean and Rice Burrito?

There are approximately 49 grams of carbohydrates in the burrito.

Is the Cheesy Bean and Rice Burrito from Taco Bell high in sodium?

Yes, it contains about 850 milligrams of sodium, which is considered relatively high.

Does the Taco Bell Cheesy Bean and Rice Burrito contain dietary fiber?

Yes, it contains around 9 grams of dietary fiber.

Are there any allergens in the Taco Bell Cheesy Bean and Rice Burrito?

The burrito contains dairy and wheat (gluten), which are common allergens.

Additional Resources

1. The Nutritional Breakdown of Taco Bell's Cheesy Bean and Rice Burrito

This book delves into the detailed nutritional content of the popular Cheesy Bean and Rice Burrito from Taco Bell. It covers calories, macronutrients, vitamins, and minerals, and discusses how this fast-food item fits into various dietary needs. Ideal for health-conscious consumers and nutrition students alike.

2. Fast Food Facts: Understanding Taco Bell's Menu Nutrition

Offering a comprehensive look at Taco Bell's menu, this book highlights the Cheesy Bean and Rice Burrito as a case study. Readers will learn about ingredient sourcing, nutritional value, and how to make healthier choices when dining at fast-food chains. It also includes tips for modifying orders to better suit dietary goals.

3. Healthy Eating on the Go: Evaluating Taco Bell's Cheesy Bean and Rice Burrito

This guide explores whether the Cheesy Bean and Rice Burrito can be part of a balanced diet. It examines its nutritional strengths and weaknesses, and suggests ways to complement it with other foods for a nutritious meal. The book is perfect for busy individuals seeking quick but healthy eating options.

4. The Science Behind Taco Bell's Vegetarian Options: Cheesy Bean and Rice Burrito Focus

Focusing on vegetarian fast food, this book analyzes Taco Bell's Cheesy Bean and Rice Burrito from a nutritional science perspective. It discusses the benefits and limitations of plant-based ingredients used, and how they contribute to daily nutrient requirements. A valuable resource for vegetarians and dietitians.

5. Calorie Counting Made Easy: Taco Bell's Cheesy Bean and Rice Burrito

This book breaks down the calorie content of the Cheesy Bean and Rice Burrito and explains how it fits into various calorie-controlled diets. It offers practical advice on managing calorie intake while enjoying fast food and includes easy-to-follow meal plans. Great for those aiming to lose or maintain weight.

6. Beans, Rice, and Cheese: A Nutritional Exploration of Taco Bell's Signature Burrito

An in-depth look at the core ingredients of the Cheesy Bean and Rice Burrito, this book examines their individual and combined nutritional profiles. It discusses the health benefits of beans and rice, the role of cheese, and how processing affects their quality. Suitable for food enthusiasts and nutrition experts.

7. Fast Food Nutrition Labels Decoded: Taco Bell's Cheesy Bean and Rice Burrito

This title teaches readers how to interpret nutrition labels, using the Cheesy Bean and Rice Burrito as an example. It explains terms like sodium content, fats, and fiber, helping consumers make informed decisions. A practical guide for anyone wanting to understand food labels better.

8. Comparing Vegetarian Fast Food Options: Taco Bell's Cheesy Bean and Rice Burrito vs. Competitors

This comparative study evaluates the nutritional content of Taco Bell's Cheesy Bean and Rice Burrito against similar vegetarian fast-food items. It highlights differences in calories, protein, fat, and sodium, helping readers choose healthier alternatives. Useful for consumers and health professionals alike.

9. Eating Mindfully at Taco Bell: Nutrition Insights on the Cheesy Bean and Rice Burrito

Encouraging mindful eating habits, this book discusses the nutritional aspects of the Cheesy Bean and Rice Burrito and how to enjoy it responsibly. It offers strategies for portion control and balancing indulgence with nutrition. Perfect for anyone looking to maintain a healthy lifestyle without giving up fast food.

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