

taco bell steak quesadilla nutrition facts

taco bell steak quesadilla nutrition facts provide essential information for consumers who want to understand the nutritional value of this popular menu item. Whether you are counting calories, monitoring your intake of macronutrients, or keeping an eye on sodium levels, these facts help make informed choices when dining at Taco Bell. The steak quesadilla combines seasoned steak, melted cheese, and a warm flour tortilla, offering a flavorful option that balances protein and carbohydrates. This article explores the detailed nutritional profile of the Taco Bell steak quesadilla, including calories, fat content, protein, carbohydrates, vitamins, minerals, and allergens. Additionally, it discusses how this item fits into various dietary preferences and offers comparisons with other similar menu items.

- Calories and Macronutrient Breakdown
- Fat Content and Types of Fat
- Protein and Carbohydrate Analysis
- Vitamins, Minerals, and Micronutrients
- Sodium Levels and Health Considerations
- Dietary Preferences and Allergen Information
- Comparison with Other Taco Bell Menu Items

Calories and Macronutrient Breakdown

Understanding the calorie content and macronutrient composition of the Taco Bell steak quesadilla is crucial for those monitoring their energy intake. This item typically contains approximately 510 calories per serving, making it a moderate-calorie option within the fast-food range. The calories come from a combination of protein, fats, and carbohydrates, each contributing to overall energy needs.

Caloric Content Overview

The 510 calories in the steak quesadilla are distributed among macronutrients as follows: fats contribute a significant portion due to cheese and cooking oils, while proteins from steak and cheese provide a substantial amount of caloric energy. Carbohydrates primarily come from the flour tortilla, making up the remainder of the calorie content.

Macronutrient Ratios

A typical steak quesadilla contains roughly 27 grams of fat, 35 grams of carbohydrates, and 27 grams of protein. This balance offers a high-protein meal option with a moderate amount of carbs and fats. The relatively high protein content supports muscle maintenance and satiety.

Fat Content and Types of Fat

Fat is an important macronutrient that influences flavor and texture in the steak quesadilla. However, understanding the types of fat present can provide insights into the health implications of consuming this menu item.

Total Fat and Saturated Fat

The steak quesadilla contains approximately 27 grams of total fat. Of this amount, about 12 grams are

saturated fats, which are known to impact cardiovascular health when consumed in excess. The saturated fat content primarily originates from cheese and steak fat.

Unsaturated Fats and Trans Fats

Unsaturated fats, which are considered healthier fats, make up the remainder of the fat content. These include monounsaturated and polyunsaturated fats. Taco Bell's steak quesadilla contains minimal trans fats, adhering to current food safety standards.

Protein and Carbohydrate Analysis

Protein and carbohydrates are two vital macronutrients that play distinct roles in nutrition. The steak quesadilla provides a balanced source of both, making it a filling option for many consumers.

Protein Content

With approximately 27 grams of protein, the steak quesadilla is an excellent source for those seeking to meet daily protein requirements. The steak and cheese contribute significantly to this protein content, supporting muscle repair and growth.

Carbohydrate Sources and Fiber

The flour tortilla contributes around 35 grams of carbohydrates, which serve as the primary energy source. However, the fiber content is relatively low, usually around 2-3 grams. Fiber is important for digestive health and can be supplemented by other foods in the diet.

Vitamins, Minerals, and Micronutrients

Beyond macronutrients, the Taco Bell steak quesadilla offers various vitamins and minerals that contribute to overall health. While fast-food items are not typically known for high micronutrient density, some essential nutrients are present.

Key Vitamins

The quesadilla contains small amounts of vitamins such as vitamin A and some B-complex vitamins, mainly derived from cheese and beef. These vitamins support energy metabolism and immune function.

Mineral Content

Important minerals like calcium, iron, and potassium are found in the steak quesadilla. Calcium is abundant due to the cheese, aiding in bone health, while iron from the steak supports oxygen transport in the blood. Potassium levels are moderate, contributing to electrolyte balance.

Sodium Levels and Health Considerations

Sodium content is a critical factor in fast-food nutrition, as excessive intake can contribute to hypertension and cardiovascular issues. The Taco Bell steak quesadilla contains a notable amount of sodium.

Sodium Amount

This menu item contains approximately 980 milligrams of sodium, which represents a significant portion of the recommended daily limit of 2,300 milligrams. Consumers monitoring sodium intake should be aware of this level, especially if combined with other high-sodium foods throughout the day.

Health Implications

While the sodium content may be high for some, the steak quesadilla can still fit within a balanced diet if consumed in moderation. It is advisable to complement this meal with lower-sodium options and adequate hydration.

Dietary Preferences and Allergen Information

Understanding dietary restrictions and allergens associated with the Taco Bell steak quesadilla is essential for safe consumption by individuals with specific needs.

Common Allergens

The quesadilla contains dairy from cheese and wheat from the flour tortilla, both common allergens. It also includes beef, which some may avoid for dietary or ethical reasons. Taco Bell's preparation methods may lead to cross-contact with other allergens.

Suitability for Diets

This menu item is not suitable for vegetarians or vegans due to the steak and dairy content. It may also pose challenges for those following gluten-free diets because of the flour tortilla. However, it can be a good option for individuals following a high-protein, moderate-carbohydrate diet.

Comparison with Other Taco Bell Menu Items

Comparing the steak quesadilla to other Taco Bell offerings provides perspective on its nutritional standing within the menu.

Steak Quesadilla vs. Chicken Quesadilla

The chicken quesadilla generally contains fewer calories and less saturated fat compared to the steak version, though both provide similar protein amounts. The choice may depend on dietary goals related to fat intake.

Steak Quesadilla vs. Beef Burrito

The beef burrito often has more carbohydrates and sodium than the steak quesadilla, due to additional ingredients like rice and beans. The quesadilla offers a more compact source of protein with fewer carbs.

Summary of Nutritional Comparisons

- Steak quesadilla: moderate calories, high protein, moderate fat and sodium
- Chicken quesadilla: lower calories and fat, similar protein
- Beef burrito: higher carbohydrates and sodium, substantial protein

Frequently Asked Questions

How many calories are in a Taco Bell Steak Quesadilla?

A Taco Bell Steak Quesadilla contains approximately 510 calories per serving.

What is the total fat content in a Taco Bell Steak Quesadilla?

The total fat content in a Taco Bell Steak Quesadilla is about 27 grams.

How much protein does a Taco Bell Steak Quesadilla provide?

A Taco Bell Steak Quesadilla provides around 28 grams of protein.

What is the sodium level in a Taco Bell Steak Quesadilla?

The sodium level in a Taco Bell Steak Quesadilla is approximately 1,100 milligrams.

Does the Taco Bell Steak Quesadilla contain any dietary fiber?

Yes, a Taco Bell Steak Quesadilla contains about 2 grams of dietary fiber.

How many carbohydrates are in a Taco Bell Steak Quesadilla?

There are roughly 36 grams of carbohydrates in a Taco Bell Steak Quesadilla.

Is the Taco Bell Steak Quesadilla high in cholesterol?

Yes, the Taco Bell Steak Quesadilla contains about 70 milligrams of cholesterol, which can be considered moderate to high depending on daily intake.

Are there any allergens in the Taco Bell Steak Quesadilla?

The Taco Bell Steak Quesadilla contains allergens such as milk, wheat, and soy.

Can the nutritional content of the Taco Bell Steak Quesadilla vary based on customization?

Yes, customizing ingredients like adding or removing sauces, cheese, or extra steak can affect the nutritional content of the Taco Bell Steak Quesadilla.

Additional Resources

1. *The Ultimate Guide to Taco Bell Steak Quesadilla Nutrition*

This book offers an in-depth analysis of the nutritional content of Taco Bell's steak quesadilla. It breaks down calories, macros, and ingredient quality, helping readers make informed choices. Perfect for those who want to enjoy fast food while maintaining a balanced diet.

2. *Fast Food Nutrition Facts: Spotlight on Taco Bell's Steak Quesadilla*

Explore the detailed nutritional facts of Taco Bell's steak quesadilla in this comprehensive guide. The book compares it with other menu items and offers tips for healthier modifications. Ideal for nutrition-conscious fast food lovers.

3. *Healthy Eating at Taco Bell: Steak Quesadilla Edition*

This book focuses on how to enjoy Taco Bell's steak quesadilla without compromising health goals. It includes calorie counts, fat content, and suggestions for customizing orders to reduce sodium and enhance nutrition. A practical resource for mindful eaters.

4. *Demystifying Taco Bell: The Steak Quesadilla Nutritional Breakdown*

Uncover the truth behind the steak quesadilla's nutrition with this detailed breakdown of ingredients and their health impacts. The author also discusses portion control and dietary considerations. A must-read for anyone tracking their fast food intake.

5. *Nutrition and Taste: Understanding Taco Bell's Steak Quesadilla*

This book balances the love of flavor with nutrition science, focusing on Taco Bell's steak quesadilla. It analyzes how each component contributes to the overall nutritional profile. Great for foodies who want to eat smart without sacrificing taste.

6. *Fast Food Facts: Navigating Taco Bell's Steak Quesadilla Nutrition*

Designed for busy individuals, this quick-reference guide provides essential nutrition facts about the steak quesadilla. It includes comparisons with healthier alternatives and advice on balancing indulgences. Helpful for those seeking convenience with awareness.

7. The Steak Quesadilla Diet: Managing Nutrition at Taco Bell

A practical approach to incorporating Taco Bell's steak quesadilla into a controlled diet plan. The book emphasizes portion sizes, nutrient timing, and complementary foods to optimize health outcomes. Suitable for dieters who don't want to give up fast food.

8. Inside Taco Bell: A Nutritional Exploration of the Steak Quesadilla

Go behind the scenes to understand what goes into Taco Bell's steak quesadilla and how it affects your body. The author provides scientific insights and real-life nutritional data. An informative read for curious consumers and nutritionists alike.

9. Quesadilla Nutrition Made Simple: Focus on Taco Bell's Steak Option

This user-friendly book simplifies the complex nutritional information surrounding Taco Bell's steak quesadilla. It offers practical tips for making healthier choices and understanding ingredient labels. Perfect for anyone wanting clear, actionable nutrition advice.

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