

Food Nutritional Information

ALLERGY INFO / FACTS AND FIGURES		Average Quantity Per Serving									Average Quantity Per 100 g							Contains these allergens										
Category	Product Name	Serving Size	Energy		Protein (g)	Fat		Carbohydrates		Sodium (mg)	Energy		Protein (g)	Fat		Carbohydrates		Sodium (mg)	Gluten Cereals	Crustacea	Egg	Milk Products	Fish	Peanuts	Soy	Sesame	Tree Nuts	Sulphites
			Kilojoules (kJ)	Calories (Cal)		Total (g)	Saturated (g)	Carbs (g)	Sugars (g)		Kilojoules (kJ)	Calories (Cal)		Total (g)	Saturated (g)	Carbs (g)	Sugars (g)											
Burritos	Smokey Chicken Fajita	371 g	2900 kJ	692 Cal	41.8 g	28.5 g	7.2 g	64.2 g	8.2 g	1130 mg	782 kJ	187 Cal	11.3 g	7.7 g	1.9 g	17.3 g	2.2 g	304 mg	YES	NO	YES	MCT	MCT	NO	YES	NO	NO	NO
	Chipotle Chicken & Guac	324 g	2500 kJ	597 Cal	40.1 g	28.0 g	8.2 g	43.5 g	5.3 g	1140 mg	772 kJ	185 Cal	12.5 g	8.6 g	2.5 g	13.4 g	1.7 g	352 mg	YES	NO	NO	NO	NO	NO	YES	NO	NO	NO
	Chicken & Veg	511 g	3100 kJ	741 Cal	45.7 g	27.3 g	8.5 g	73.3 g	12.8 g	1360 mg	608 kJ	145 Cal	9.0 g	5.4 g	1.7 g	14.4 g	2.5 g	266 mg	YES	NO	NO	YES	NO	MCT	YES	NO	NO	NO
	Spicy California Chicken	484 g	3140 kJ	750 Cal	48.3 g	31.5 g	7.8 g	63.0 g	12.8 g	1100 mg	649 kJ	155 Cal	10.0 g	6.5 g	1.6 g	13.0 g	2.7 g	228 mg	YES	NO	YES	MCT	MCT	NO	YES	NO	NO	NO
	Mucho Veg	493 g	2490 kJ	595 Cal	17.1 g	22.2 g	5.5 g	76.0 g	13.6 g	1370 mg	505 kJ	121 Cal	3.5 g	4.5 g	1.1 g	15.4 g	2.8 g	277 mg	YES	NO	NO	MCT	NO	MCT	MCT	NO	NO	NO
	Texas Beef	434 g	2600 kJ	622 Cal	29.7 g	21.9 g	10.0 g	73.0 g	9.5 g	1520 mg	600 kJ	143 Cal	6.9 g	5.1 g	2.3 g	16.8 g	2.2 g	351 mg	YES	NO	NO	YES	NO	NO	YES	NO	NO	NO
	Baja Steak	383 g	2920 kJ	697 Cal	34.8 g	32.0 g	10.7 g	64.5 g	8.2 g	1740 mg	761 kJ	182 Cal	9.1 g	8.4 g	2.8 g	16.8 g	2.1 g	455 mg	YES	NO	YES	YES	MCT	NO	YES	NO	NO	NO
	14-Hour Beef	383 g	2770 kJ	662 Cal	31.3 g	29.8 g	11.3 g	64.2 g	8.1 g	1100 mg	723 kJ	173 Cal	8.2 g	7.8 g	3.0 g	16.8 g	2.1 g	286 mg	YES	NO	YES	YES	MCT	NO	YES	NO	NO	NO
	Pulled Pork	474 g	2660 kJ	635 Cal	35.0 g	21.2 g	8.1 g	72.0 g	12.1 g	1690 mg	562 kJ	134 Cal	7.4 g	4.5 g	1.7 g	15.2 g	2.6 g	356 mg	YES	NO	NO	YES	NO	MCT	MCT	NO	NO	NO
	Chip-Burrito	366 g	3500 kJ	837 Cal	39.2 g	43.5 g	19.5 g	71.5 g	7.5 g	2290 mg	957 kJ	229 Cal	10.7 g	11.9 g	5.3 g	19.5 g	2.0 g	627 mg	YES	NO	YES	YES	NO	MCT	YES	NO	NO	NO
Mini Burritos	Smokey Chicken Fajita	230 g	1850 kJ	442 kJ	27.0 g	19.1 g	5.3 g	38.7 g	6.0 g	747 mg	804 kJ	192 Cal	11.7 g	8.3 g	2.3 g	16.8 g	2.6 g	325 mg	YES	NO	YES	MCT	MCT	NO	YES	NO	NO	NO
	Texas Beef	268 g	1640 kJ	393 kJ	18.2 g	14.7 g	6.4 g	44.8 g	6.4 g	1070 mg	613 kJ	147 Cal	6.8 g	5.5 g	2.4 g	16.7 g	2.4 g	399 mg	YES	NO	NO	YES	NO	NO	YES	NO	NO	NO
	Pulled Pork	288 g	1720 kJ	411 kJ	22.3 g	15.1 g	5.8 g	44.1 g	7.9 g	1200 mg	598 kJ	143 Cal	7.7 g	5.3 g	2.0 g	15.3 g	2.8 g	417 mg	YES	NO	NO	YES	NO	MCT	MCT	NO	NO	NO
Kids Burritos	Kids Steak Burrito	138 g	1380 kJ	329 Cal	17.3 g	15.0 g	7.0 g	30.1 g	2.5 g	832 mg	999 kJ	239 Cal	12.6 g	10.9 g	5.1 g	21.8 g	1.8 g	603 mg	YES	NO	NO	YES	NO	NO	YES	NO	NO	NO
	Kids Chicken Burrito	136 g	1370 kJ	328 Cal	19.1 g	14.4 g	6.7 g	29.4 g	2.5 g	550 mg	1010 kJ	242 Cal	14.1 g	10.6 g	4.9 g	21.7 g	1.8 g	406 mg	YES	NO	NO	YES	NO	NO	YES	NO	NO	NO
	Kids Beef Burrito	183 g	1370 kJ	328 Cal	17.3 g	12.9 g	6.4 g	34.5 g	4.0 g	726 mg	751 kJ	179 Cal	9.4 g	7.0 g	3.5 g	18.8 g	2.2 g	397 mg	YES	NO	NO	YES	NO	NO	YES	NO	NO	NO
Bowls	Smokey Chicken Fajita	350 g	2460 kJ	587 Cal	35.8 g	27.9 g	4.7 g	46.8 g	6.0 g	950 mg	703 kJ	168 Cal	10.2 g	8.0 g	1.3 g	13.4 g	1.7 g	271 mg	MCT	NO	YES	MCT	MCT	NO	YES	NO	NO	NO
	Chipotle Chicken & Guac	278 g	1830 kJ	438 Cal	33.7 g	26.8 g	5.7 g	14.1 g	3.4 g	867 mg	659 kJ	157 Cal	12.1 g	9.6 g	2.0 g	5.1 g	1.2 g	312 mg	MCT	NO	NO	NO	NO	NO	YES	NO	NO	NO
	Chicken & Veg	490 g	2670 kJ	637 Cal	39.7 g	26.7 g	6.0 g	55.9 g	10.6 g	1180 mg	544 kJ	130 Cal	8.1 g	5.4 g	1.2 g	11.4 g	2.2 g	241 mg	MCT	NO	NO	YES	NO	MCT	YES	NO	NO	NO
	Spicy California Chicken	338 g	2120 kJ	506 Cal	36.2 g	27.2 g	4.6 g	26.3 g	8.2 g	724 mg	627 kJ	150 Cal	10.7 g	8.0 g	1.4 g	7.8 g	2.4 g	214 mg	MCT	NO	YES	MCT	MCT	NO	YES	NO	NO	NO
	Mucho Veggie	572 g	2430 kJ	580 Cal	13.4 g	23.3 g	3.2 g	74.0 g	11.5 g	1230 mg	424 kJ	110 Cal	2.4 g	4.1 g	0.6 g	12.9 g	2.0 g	214 mg	MCT	NO	NO	MCT	NO	MCT	MCT	NO	NO	NO
	Texas Beef	365 g	1910 kJ	457 Cal	21.0 g	18.8 g	6.7 g	49.1 g	6.4 g	1190 mg	524 kJ	125 Cal	5.7 g	5.2 g	1.8 g	13.4 g	1.8 g	326 mg	MCT	NO	NO	YES	NO	NO	YES	NO	NO	NO
	Baja Steak	387 g	2650 kJ	632 Cal	30.8 g	33.5 g	8.8 g	50.2 g	6.4 g	1670 mg	684 kJ	163 Cal	8.0 g	8.7 g	2.3 g	13.0 g	1.7 g	432 mg	MCT	NO	YES	YES	MCT	NO	YES	NO	NO	NO
	14-Hour Beef	363 g	2110 kJ	504 Cal	27.4 g	22.1 g	8.0 g	46.9 g	4.7 g	993 mg	581 kJ	139 Cal	7.5 g	6.1 g	2.2 g	12.9 g	1.3 g	273 mg	MCT	NO	NO	YES	NO	MCT	YES	NO	NO	NO
	Pulled Pork	453 g	2220 kJ	531 Cal	29.0 g	20.6 g	5.6 g	54.5 g	9.9 g	1510 mg	491 kJ	117 Cal	6.4 g	4.5 g	1.3 g	12.0 g	2.2 g	333 mg	MCT	NO	NO	YES	MCT	MCT	MCT	NO	NO	NO
Tortas	Chipotle Chicken	251 g	2180 kJ	521 kJ	27.2 g	18.1 g	2.8 g	60.1 g	6.6 g	1020 mg	871 kJ	208 Cal	10.8 g	7.2 g	1.1 g	24.0 g	2.6 g	407 mg	YES	NO	YES	MCT	MCT	MCT	YES	NO	NO	NO
	Pulled Pork	270 g	2240 kJ	535 kJ	22.4 g	18.7 g	2.8 g	66.0 g	5.3 g	1200 mg	831 kJ	198 Cal	8.3 g	6.9 g	1.0 g	24.5 g	2.0 g	444 mg	YES	NO	YES	MCT	MCT	MCT	YES	NO	NO	NO
Salads	Chicken & Grains	356 g	1800 kJ	429 Cal	26.5 g	21.1 g	4.4 g	30.9 g	5.2 g	921 mg	505 kJ	121 Cal	7.5 g	5.9 g	1.2 g	8.7 g	1.5 g	259 mg	MCT	NO	NO	MCT	NO	MCT	YES	NO	NO	NO
	Mexicali Veg	433 g	983 kJ	235 Cal	7.8 g	12.7 g	2.2 g	18.0 g	13.5 g	568 mg	227 kJ	54 Cal	1.8 g	2.9 g	0.5 g	4.2 g	3.1 g	131 mg	MCT	NO	NO	NO	NO	MCT	NO	NO	NO	NO
	Chipotle Chicken	401 g	1510 kJ	360 Cal	35.8 g	16.2 g	3.5 g	14.6 g	9.2 g	689 mg	376 kJ	90 Cal	8.9 g	4.0 g	0.9 g	3.6 g	2.3 g	172 mg	MCT	NO	NO	MCT	NO	MCT	YES	NO	NO	NO

MCT = MAY CONTAIN TRACES

At Salsas we make your product fresh to order, therefore slight nutritional variance may occur as a result of seasonal changes in vegetables and fresh produce. We may update this information from time to time. Updated 20/03/17

Food Nutritional Information

ALLERGY INFO / FACTS AND FIGURES		Average Quantity Per Serving									Average Quantity Per 100 g							Contains these allergens											
Category	Product Name	Serving Size	Energy			Fat		Carbohydrates				Energy			Fat		Carbohydrates		Gluten Cereals	Crustacea	Egg	Milk Products	Fish	Peanuts	Soy	Sesame	Tree Nuts	Sulphites	
			Kilojoules (kJ)	Calories (Cal)	Protein (g)	Total (g)	Saturated (g)	Carbs (g)	Sugars (g)	Sodium (mg)	Kilojoules (kJ)	Calories (Cal)	Protein (g)	Total (g)	Saturated (g)	Carbs (g)	Sugars (g)	Sodium (mg)											
Nachos	Original	295 g	2930 kJ	700 Cal	22.9 g	45.5 g	18.4 g	47.2 g	6.8 g	1150 mg	993 kJ	237 Cal	7.8 g	15.4 g	6.3 g	16.0 g	2.3 g	390 mg	MCT	NO	NO	YES	NO	MCT	NO	NO	NO	NO	NO
	Holy Guac	465 g	3890 kJ	929 Cal	26.6 g	65.7 g	22.4 g	53.3 g	9.4 g	1970 mg	836 kJ	200 Cal	5.7 g	14.1 g	4.8 g	11.5 g	2.0 g	424 mg	MCT	NO	NO	YES	NO	MCT	MCT	NO	NO	NO	NO
	14 Hour Beef	425 g	3750 kJ	896 Cal	39.7 g	56.8 g	22.2 g	52.8 g	9.2 g	1700 mg	883 kJ	211 Cal	9.4 g	13.4 g	5.2 g	12.4 g	2.2 g	400 mg	MCT	NO	NO	YES	NO	MCT	YES	NO	NO	NO	NO
	Kids Nachos	110 g	1690 kJ	404 Cal	13.8 g	25.5 g	9.1 g	28.4 g	1.9 g	545 mg	1540 kJ	368 Cal	12.6 g	23.2 g	8.3 g	25.8 g	1.8 g	496 mg	MCT	NO	NO	YES	NO	MCT	NO	NO	NO	NO	NO
Mexicrinkles & Sides	Box	450 g	4750 kJ	1130 Cal	18.0 g	67.0 g	27.1 g	119.0 g	6.1 g	2590 mg	1050 kJ	252 Cal	4.0 g	14.9 g	6.0 g	26.5 g	1.4 g	575 mg	MCT	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO
	Large	220 g	2320 kJ	554 Cal	8.8 g	33.0 g	13.2 g	58.4 g	3.2 g	1370 mg	1050 kJ	252 Cal	4.0 g	15.0 g	6.0 g	26.6 g	1.5 g	623 mg	MCT	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO
	Regular	190 g	2000 kJ	479 Cal	7.6 g	28.0 g	11.5 g	50.3 g	2.4 g	982 mg	1050 kJ	252 Cal	4.0 g	14.7 g	6.0 g	26.5 g	1.3 g	517 mg	MCT	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO
	Loaded Fries	490 g	3900 kJ	931 Cal	29.9 g	55.2 g	25.3 g	81.6 g	13.6 g	2590 mg	796 kJ	190 Cal	6.1 g	11.3 g	5.2 g	16.7 g	2.8 g	529 mg	MCT	NO	NO	YES	NO	MCT	YES	NO	NO	NO	NO
	Corn Chips & Guac	190 g	2780 kJ	663 Cal	8.6 g	44.5 g	6.8 g	54.1 g	2.0 g	928 mg	1460 kJ	349 Cal	4.6 g	23.4 g	3.6 g	28.5 g	1.1 g	488 mg	MCT	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
	Churros with Sauce	205 g	4110 kJ	982 Cal	8.8 g	75.6 g	23.2 g	77.3 g	26.5 g	425 mg	2010 kJ	479 Cal	4.3 g	36.9 g	11.3 g	37.7 g	12.9 g	207 mg	YES	NO	YES	YES	NO	MCT	YES	MCT	MCT	MCT	NO
	Extras & Dips	Chicken	75 g	674 kJ	161 Cal	20.3 g	8.4 g	2.1 g	1.0 g	0.8 g	282 mg	899 kJ	215 Cal	27.1 g	11.2 g	2.8 g	1.3 g	1.1 g	376 mg	MCT	NO	NO	NO	NO	NO	YES	NO	NO	NO
Pulled Pork	85 g	525 kJ	125 Cal	14.5 g	6.0 g	2.0 g	3.4 g	2.4 g	420 mg	618 kJ	148 Cal	17.1 g	7.0 g	2.3 g	4.0 g	2.8 g	494 mg	MCT	NO	NO	MCT	NO	NO	MCT	NO	NO	NO	NO	NO
14 Hour Beef	85 g	574 kJ	137 Cal	14.8 g	8.2 g	3.6 g	1.2 g	0.9 g	278 mg	675 kJ	161 Cal	17.4 g	9.6 g	4.2 g	1.4 g	1.0 g	327 mg	MCT	NO	NO	MCT	NO	NO	MCT	NO	NO	NO	NO	NO
Baja Steak	85 g	337 kJ	81 Cal	8.3 g	2.7 g	0.8 g	5.6 g	2.0 g	317 mg	397 kJ	95 Cal	9.8 g	3.2 g	0.9 g	6.6 g	2.3 g	373 mg	MCT	NO	NO	MCT	NO	NO	YES	NO	NO	NO	NO	NO
Ground Beef	85 g	719 kJ	172 Cal	18.3 g	10.3 g	3.0 g	1.5 g	1.0 g	924 mg	846 kJ	202 Cal	21.5 g	12.1 g	3.5 g	1.8 g	1.2 g	1090 mg	MCT	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	
Black Beans	100 g	307 kJ	73 Cal	2.7 g	3.3 g	0.2 g	6.7 g	3.2 g	473 mg	307 kJ	73 Cal	2.7 g	3.3 g	0.2 g	6.7 g	3.2 g	473 mg	MCT	NO	NO	MCT	NO	NO	MCT	NO	NO	NO	NO	NO
Guacamole	45 g	337 kJ	81 Cal	0.8 g	8.4 g	1.8 g	0.5 g	0.4 g	208 mg	750 kJ	179 Cal	1.7 g	18.7 g	4.1 g	1.1 g	0.8 g	462 mg	MCT	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Jalapenos	40 g	159 kJ	38 Cal	0.3 g	LESS THAN 0.1g	LESS THAN 0.1g	8.8 g	8.8 g	262 mg	398 kJ	95 Cal	0.7 g	0.1 g	LESS THAN 0.1g	22.1 g	22.1 g	654 mg	MCT	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Extra Cheese	20 g	304 kJ	73 Cal	5.0 g	5.8 g	3.8 g	0.2 g	0.2 g	110 mg	1520 kJ	363 Cal	25.0 g	29.0 g	18.8 g	0.9 g	0.9 g	550 mg	MCT	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO
Sour Cream	40 g	308 kJ	74 Cal	1.2 g	7.1 g	4.7 g	1.5 g	1.5 g	16 mg	769 kJ	184 Cal	3.0 g	17.7 g	11.8 g	3.8 g	3.8 g	40 mg	MCT	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO
Lime & Chilli Dipping Sauce	40 g	624 kJ	149 Cal	0.5 g	15.7 g	1.3 g	2.0 g	1.3 g	125 mg	1560 kJ	373 Cal	1.3 g	39.3 g	3.2 g	5.1 g	3.3 g	312 mg	MCT	NO	YES	MCT	MCT	NO	NO	NO	NO	NO	NO	NO
Smokey Chipotle Mayo Dipping Sauce	40 g	724 kJ	173 Cal	0.6 g	18.7 g	1.6 g	1.3 g	0.4 g	160 mg	1810 kJ	423 Cal	1.4 g	46.7 g	3.9 g	3.2 g	0.9 g	401 mg	MCT	NO	YES	MCT	MCT	NO	NO	NO	NO	NO	NO	NO
Tomatillo Salsa Dipping Sauce	40 g	82 kJ	20 Cal	0.2 g	0.3 g	0.2 g	2.9 g	1.2 g	142 mg	205 kJ	49 Cal	0.6 g	0.7 g	0.5 g	7.2 g	3.0 g	354 mg	MCT	NO	NO	MCT	NO	MCT	NO	NO	NO	NO	NO	NO
Ranchero Salsa Dipping Sauce	40 g	69 kJ	16 Cal	0.6 g	0.1 g	LESS THAN 0.1g	3.0 g	1.8 g	139 mg	172 kJ	41 Cal	1.4 g	0.3 g	0.1 g	7.6 g	4.6 g	347 mg	MCT	NO	NO	MCT	NO	MCT	NO	NO	NO	NO	NO	NO
Chipotle Salsa Dipping Sauce	40 g	68 kJ	16 Cal	0.5 g	0.1 g	LESS THAN 0.1g	3.0 g	1.8 g	126 mg	169 kJ	40 Cal	1.3 g	0.3 g	0.1 g	7.5 g	4.6 g	316 mg	MCT	NO	NO	MCT	NO	MCT	NO	NO	NO	NO	NO	NO
Habanero Salsa Dipping Sauce	40 g	68 kJ	16 Cal	0.5 g	0.1 g	LESS THAN 0.1g	3.0 g	1.8 g	116 mg	169 kJ	40 Cal	1.3 g	0.3 g	0.1 g	7.5 g	4.6 g	291 mg	MCT	NO	NO	MCT	NO	MCT	NO	NO	NO	NO	NO	NO

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Category	Product Name	Serving Size	Energy		Protein (g)	Fat		Carbohydrates		Sodium (mg)	Energy		Protein (g)	Fat		Carbohydrates		Sodium (mg)	Gluten Cereals	Crustacea	Egg	Milk Products	Fish	Peanuts	Soy	Sesame	Tree Nuts	Sulphites
			Kilojoules (kJ)	Calories (Cal)		Total (g)	Saturated (g)	Carbs (g)	Sugars (g)		Kilojoules (kJ)	Calories (Cal)		Total (g)	Saturated (g)	Carbs (g)	Sugars (g)											
Quesadillas	Cheese	171 g	2330 kJ	556 Cal	28.4 g	30.0 g	18.2 g	41.3 g	3.5 g	813 mg	1360 kJ	325 Cal	16.6 g	17.6 g	10.7 g	24.2 g	2.1 g	475 mg	YES	NO	NO	YES	NO	NO	MCT	NO	NO	NO
	Vegetarian	313 g	2270 kJ	542 Cal	20.0 g	26.9 g	9.7 g	50.9 g	9.9 g	1200 mg	725 kJ	173 Cal	6.4 g	8.6 g	3.1 g	16.3 g	3.2 g	383 mg	YES	NO	YES	NO	MCT	NO	NO	NO	NO	NO
	Chipotle Chicken	288 g	2640 kJ	630 Cal	37.6 g	32.0 g	11.6 g	45.2 g	7.5 g	1010 mg	915 kJ	219 Cal	13.1 g	11.1 g	4.0 g	15.7 g	2.6 g	350 mg	YES	NO	YES	YES	MCT	NO	YES	NO	NO	NO
	Pulled Pork	321 g	2410 kJ	576 Cal	32.8 g	25.8 g	12.6 g	50.3 g	9.1 g	1420 mg	751 kJ	179 Cal	10.2 g	8.0 g	3.9 g	15.7 g	2.8 g	442 mg	YES	NO	NO	YES	NO	MCT	MCT	NO	NO	NO
	Kids	100 g	1370 kJ	327 Cal	14.7 g	17.1 g	10.2 g	27.7 g	2.1 g	526 mg	1370 kJ	327 Cal	14.7 g	17.1 g	10.2 g	27.7 g	2.1 g	526 mg	YES	NO	NO	YES	NO	NO	MCT	NO	NO	NO
Share Platters	Steak (Corn Tortilla)	536 g	3000 kJ	718 Cal	21.6 g	32.9 g	9.4 g	79.0 g	12.6 g	1600 mg	561 kJ	134 Cal	4.0 g	6.1 g	1.8 g	14.7 g	2.4 g	298 mg	MCT	NO	NO	YES	NO	MCT	YES	NO	NO	NO
	Steak (Flour Tortilla)	551 g	3410 kJ	814 Cal	25.1	38.8 g	12.7 g	86.5 g	13.1 g	2020 mg	619 kJ	148 Cal	4.6 g	7.1 g	2.3 g	15.7 g	2.4 g	367 mg	YES	NO	NO	YES	NO	MCT	YES	NO	NO	NO
	Steak (Hard Shell)	518 g	3280 kJ	783 Cal	22.2 g	39.8 g	9.9 g	79.0 g	11.3 g	1590 mg	632 kJ	151 Cal	4.3 g	7.7 g	1.9 g	15.3 g	2.2 g	308 mg	MCT	NO	NO	YES	NO	MCT	YES	NO	NO	NO
	Chicken (Corn Tortilla)	531 g	2980 kJ	712 Cal	22.6 g	32.0 g	9.0 g	78.7 g	12.6 g	1280 mg	562 kJ	134 Cal	4.3 g	6.0 g	1.7 g	14.8 g	2.4 g	241 mg	MCT	NO	NO	YES	NO	MCT	YES	NO	NO	NO
	Chicken (Flour Tortilla)	546 g	3390 kJ	809 Cal	26.1 g	37.9 g	12.3 g	86.3 g	13.0 g	1700 mg	620 kJ	148 Cal	4.8 g	6.9 g	2.3 g	15.8 g	2.4 g	311 mg	YES	NO	NO	YES	NO	MCT	YES	NO	NO	NO
	Chicken (Hard Shell Tortilla)	513 g	3250 kJ	777 Cal	23.2 g	38.9 g	9.5 g	78.8 g	11.2 g	1270 mg	634 kJ	151 Cal	4.5 g	7.6 g	1.8 g	15.4 g	2.2 g	248 mg	MCT	NO	NO	YES	NO	MCT	YES	NO	NO	NO
	Pulled Pork (Corn Tortilla)	536 g	2910 kJ	695 Cal	19.7 g	30.7 g	8.9 g	79.9 g	13.3 g	1350 mg	543 kJ	130 Cal	3.7 g	5.7 g	1.7 g	14.9 g	2.5 g	251 mg	MCT	NO	NO	YES	NO	MCT	MCT	NO	NO	NO
	Pulled Pork (Flour Tortilla)	551 g	3310 kJ	791 Cal	23.3 g	36.7 g	12.3 g	87.5 g	13.8 g	1770 mg	601 kJ	144 Cal	4.2 g	6.7 g	2.2 g	15.9 g	2.5 g	321 mg	YES	NO	NO	YES	NO	MCT	MCT	NO	NO	NO
	Pulled Pork (Hard Shell)	518 g	3180 kJ	759 Cal	20.3 g	37.7 g	9.4 g	80.0 g	11.9 g	1340 mg	614 kJ	147 Cal	3.9 g	7.3 g	1.8 g	15.4 g	2.3 g	259 mg	MCT	NO	NO	YES	NO	MCT	MCT	NO	NO	NO
	Veggies (Corn Tortilla)	536 g	2710 kJ	647 Cal	13.5 g	28.4 g	8.0 g	79.0 g	13.0 g	1140 mg	506 kJ	121 Cal	2.5 g	5.3 g	1.5 g	14.7 g	2.4 g	213 mg	MCT	NO	NO	YES	NO	MCT	MCT	NO	NO	NO
	Veggies (Flour Tortilla)	551 g	3110 kJ	744 Cal	17.0 g	34.4 g	11.3 g	86.6 g	13.4 g	1560 mg	565 kJ	135 Cal	3.1 g	6.2 g	2.1 g	15.7 g	2.4 g	284 mg	YES	NO	NO	YES	NO	MCT	MCT	NO	NO	NO
Veggies (Hard Shell)	518 g	2980 kJ	712 Cal	14.0 g	35.4 g	8.4 g	79.1 g	11.6 g	1140 mg	575 kJ	137 Cal	2.7 g	6.8 g	1.6 g	15.3 g	2.2 g	219 mg	MCT	NO	NO	YES	NO	MCT	MCT	NO	NO	NO	
Tacos	Pulled Pork (6" Soft Flour Tortilla)	127 g	740 kJ	177 Cal	5.1 g	7.9 g	2.0 g	20.1 g	3.3 g	379 mg	583 kJ	139 Cal	4.0 g	6.2 g	1.5 g	15.8 g	2.6 g	299 mg	YES	NO	YES	YES	MCT	NO	MCT	NO	NO	NO
	Pulled Pork (6" Soft Corn Tortilla)	122 g	605 kJ	145 Cal	3.9 g	6.0 g	0.8 g	17.6 g	3.2 g	238 mg	583 kJ	139 Cal	4.0 g	6.2 g	1.5 g	15.8 g	2.6 g	299 mg	YES	NO	YES	YES	MCT	NO	MCT	NO	NO	NO
	Pulled Pork (Hard Shell)	116 g	696 kJ	166 Cal	4.1 g	8.3 g	1.0 g	17.6 g	2.7 g	237 mg	600 kJ	143 Cal	3.5 g	7.1 g	0.9 g	15.2 g	2.3 g	204 mg	MCT	NO	YES	YES	MCT	NO	MCT	NO	NO	NO
	Chipotle Chicken (6" Soft Flour Tortilla)	134 g	1030 kJ	247 Cal	13.3 g	14.5 g	3.5 g	15.0 g	2.7 g	492 mg	771 kJ	184 Cal	9.9 g	10.8 g	2.6 g	11.2 g	2.0 g	367 mg	YES	NO	YES	MCT	MCT	NO	YES	NO	NO	NO
	Chipotle Chicken (6" Soft Corn Tortilla)	130 g	903 kJ	216 Cal	12.2 g	12.6 g	2.4 g	12.5 g	2.6 g	353 mg	697 kJ	167 Cal	9.4 g	9.7 g	1.8 g	9.7 g	2.0 g	273 mg	MCT	NO	YES	MCT	MCT	NO	YES	NO	NO	NO
	Chipotle Chicken (Hard Shell)	124 g	993 kJ	237 Cal	12.4 g	14.9 g	2.5 g	12.5 g	2.1 g	352 mg	804 kJ	192 Cal	10.0 g	12.1 g	2.1 g	10.2 g	1.7 g	285 mg	MCT	NO	YES	MCT	MCT	NO	YES	NO	NO	NO
	Texas Beef (6" Soft Flour Tortilla)	118 g	781 kJ	187 Cal	9.4 g	8.3 g	4.4 g	17.9 g	2.9 g	409 mg	665 kJ	159 Cal	8.0 g	7.0 g	3.7 g	15.2 g	2.5 g	348 mg	YES	NO	NO	YES	NO	NO	YES	NO	NO	NO
	Texas Beef (6" Soft Corn Tortilla)	113 g	647 kJ	154 Cal	8.2 g	6.3 g	3.2 g	15.4 g	2.8 g	268 mg	575 kJ	137 Cal	7.3 g	5.6 g	2.9 g	13.7 g	2.5 g	238 mg	MCT	NO	NO	YES	NO	NO	YES	NO	NO	NO
	Texas Beef (Hard Shell)	107 g	737 kJ	176 Cal	8.4 g	8.6 g	3.4 g	15.4 g	2.3 g	267 mg	692 kJ	165 Cal	7.9 g	8.1 g	3.2 g	14.5 g	2.2 g	251 mg	MCT	NO	NO	YES	NO	NO	YES	NO	NO	NO

MCT = MAY CONTAIN TRACES

At Salsas we make your product fresh to order, therefore slight nutritional variance may occur as a result of seasonal changes in vegetables and fresh produce. We may update this information from time to time. Updated 20/03/17