Chipotle Nutrition Chart

Per-portion calories, protein, carbs and fat for the Chipotle US menu.

Source: Chipotle official US Nutrition Facts chart
https://www.chipotle.com/content/dam/chipotle/menu/nutrition/US-Nutrition-Facts-Paper-Menu-3-2025.pdf
Verified 2026-10-26. Generated from the data file that powers /chipotle-calorie-calculator.

BASE

Item	Cal	Prot	Carb	Fat	Portion
Flour tortilla (burrito)	320	8	50	9	1 tortilla
Flour tortilla (taco)	80	2	13	2.5	1 tortilla
Crispy corn tortilla (taco)	70	1	10	3	1 tortilla
Supergreens salad mix (salad base)	15	1	3	0	3 oz
Cilantro-Lime White Rice	210	4	40	4	4 oz
Cilantro-Lime Brown Rice	210	4	36	6	4 oz
Black Beans	130	8	22	1.5	4 oz
Pinto Beans	130	8	21	1.5	4 oz

PROTEIN

Item	Cal	Prot	Carb	Fat	Portion
Chicken	180	32	0	7	4 oz
Steak	150	21	1	6	4 oz
Barbacoa	170	24	2	7	4 oz
Carnitas	210	23	0	12	4 oz
Sofritas	150	8	9	10	4 oz

TOPPING

Item	Cal	Prot	Carb	Fat	Portion
Fajita Vegetables	20	1	5	0	2 oz
Guacamole (topping/side)	230	2	8	22	4 oz
Queso Blanco (entreé)	120	5	4	9	2 oz
Sour Cream	110	2	2	9	2 oz
Cheese	110	6	1	8	1 oz
Romaine lettuce	5	0	1	0	1 oz

SALSA

Item	Cal	Prot	Carb	Fat	Portion
Fresh Tomato Salsa	25	0	4	0	4 oz
Roasted Chili-Corn Salsa	80	3	16	1.5	4 oz
Tomatillo-Green Chili Salsa	15	0	4	0	2 fl oz
Tomatillo-Red Chili Salsa	30	0	4	0	2 fl oz

SIDES & EXTRAS

Item	Cal	Prot	Carb	Fat	Portion
Chips (regular)	540	7	73	25	4 oz
Chips (large)	810	11	110	38	6 oz
Chipotle-Honey Vinaigrette	220	1	18	16	2 fl oz

KIDS' MENU PORTIONS

Item	Cal	Prot	Carb	Fat	Portion
Tractor Mandarin Agua Fresca 22 fl oz	190	0	47	0	undefined
Flour Tortilla (taco) 2 ea	170	5	27	5	undefined
Flour Tortilla (quesadilla) 1 ea	80	2	13	2.5	undefined
Crispy Corn Tortilla 2 ea	130	2	19	6	undefined
Cilantro-Lime Brown Rice 2 oz	110	2	18	3	undefined
Cilantro-Lime White Rice 2 oz	100	2	20	2	undefined
Black Beans 3 oz	100	6	16	1	undefined
Pinto Beans 3 oz	100	6	15	1	undefined
Fajita Vegetables 2 oz	20	1	5	0	undefined
Barbacoa 2 oz	80	12	1	3	undefined
Chicken 2 oz	90	15	0	3	undefined

Carnitas 2 oz	110	12	0	6	undefined
Steak 2 oz	70	10	0	3	undefined
Sofritas 2 oz	70	4	5	5	undefined
Fresh Tomato Salsa 2 oz	15	0	1	0	undefined
Roasted Chili-Corn Salsa 2 oz	40	1	9	1	undefined
Tomatillo-Green Chili Salsa 2 fl oz	15	0	4	0	undefined
Tomatillo-Red Chili Salsa 2 fl oz	30	0	4	0	undefined
Cheese 1 oz	110	6	1	8	undefined
Sour Cream 1 oz	60	1	1	5	undefined
Guacamole 2 oz	110	1	3	11	undefined
Queso Blanco 1 oz	60	2	2	4.5	undefined
Romaine Lettuce 1 oz	5	0	1	0	undefined
Mandarins 1 ea	35	1	9	0	undefined
Blueberries 1 ea	20	1	5	0	undefined
Chips 1 oz	140	2	18	6	undefined
Organic Milk 8oz	110	8	12	2.5	undefined
Organic Chocolate Milk 8oz	160	9	24	3	undefined
Organic Apple Juice 6.75oz	100	0	25	0	undefined

Footnotes

Taco carriers are sold three at a time; the chart lists the official per-tortilla value.
Chipotle states that nutritional content may vary with portion size, recipes and ingredient sources.