

taco bell cheesy bean and rice burrito nutrition

taco bell cheesy bean and rice burrito nutrition is an important consideration for those who enjoy fast food but want to maintain a balanced diet. This article explores the nutritional profile of the popular Taco Bell Cheesy Bean and Rice Burrito, examining its calories, macronutrients, vitamins, minerals, and other dietary factors. Understanding the ingredients and their contribution to the overall nutrition will help consumers make informed choices. Additionally, the article discusses how this burrito fits into various dietary needs, including vegetarian and calorie-conscious diets. Whether you are monitoring sodium intake, protein consumption, or fiber content, this guide provides comprehensive insights into the Taco Bell Cheesy Bean and Rice Burrito nutrition. The following sections will detail the key nutritional components, health considerations, and tips for incorporating this menu item into a balanced eating plan.

- Caloric Content and Macronutrients
- Micronutrients and Dietary Fiber
- Sodium and Other Health Considerations
- Ingredient Breakdown and Nutritional Impact
- Dietary Suitability and Recommendations

Caloric Content and Macronutrients

The Taco Bell Cheesy Bean and Rice Burrito offers a specific caloric and macronutrient profile that is essential for understanding its role in daily nutrition. This burrito provides a moderate calorie count that can fit into various meal plans depending on individual energy needs.

Calories

The burrito contains approximately 350 calories. This caloric value is relatively moderate for a fast-food item, making it a potential option for those monitoring their energy intake. The calorie content mainly arises from carbohydrates, fats, and proteins present in the ingredients.

Carbohydrates

Carbohydrates make up the largest macronutrient portion in the cheesy bean and rice burrito. It contains about 50 grams of carbohydrates, largely derived from the flour tortilla, seasoned rice, and beans. Carbohydrates supply energy and are a primary fuel source for the body.

Protein

Protein content in this burrito is approximately 13 grams. The protein comes primarily from the beans and cheese, making it a valuable source of plant-based and dairy protein. Protein is essential for muscle repair, immune function, and overall bodily maintenance.

Fat

The total fat content is around 9 grams, which includes both saturated and unsaturated fats. The presence of cheese contributes to the fat content, especially saturated fat. Monitoring fat intake is important for cardiovascular health and overall calorie control.

Micronutrients and Dietary Fiber

Beyond macronutrients, the Taco Bell Cheesy Bean and Rice Burrito provides several essential vitamins and minerals, as well as dietary fiber, which contributes to digestive health.

Vitamins

This burrito contains small amounts of important vitamins such as vitamin A and vitamin C, primarily from the beans and rice components. While not a significant source of these vitamins, it contributes modestly to daily nutritional requirements.

Minerals

Key minerals present include calcium and iron. Calcium is mainly supplied by the cheese, supporting bone health, while iron from the beans aids in oxygen transport and energy metabolism. These micronutrients enhance the overall nutritional value of the burrito.

Dietary Fiber

Dietary fiber content is approximately 7 grams per serving. This is a beneficial amount that supports healthy digestion, promotes satiety, and helps regulate blood sugar levels. The fiber comes from the beans and rice, both known for their high fiber content.

Sodium and Other Health Considerations

The sodium content and other health-related factors are critical when evaluating the Taco Bell Cheesy Bean and Rice Burrito nutrition, especially for individuals with specific dietary restrictions.

Sodium Levels

The burrito contains around 940 milligrams of sodium, which accounts for a significant portion of the recommended daily intake. High sodium consumption is linked to increased blood pressure and cardiovascular risk, so individuals monitoring sodium should consider this when selecting menu items.

Allergens and Dietary Restrictions

This menu item contains dairy in the form of cheese, which may be a concern for those with lactose intolerance or dairy allergies. Additionally, the flour tortilla contains gluten, making it unsuitable for those with celiac disease or gluten sensitivity.

Ingredient Breakdown and Nutritional Impact

Understanding the specific ingredients helps clarify the nutritional contributions and potential health impacts of the Taco Bell Cheesy Bean and Rice Burrito.

Beans

The beans provide a rich source of protein, fiber, and essential minerals like iron and magnesium. Beans are a plant-based protein that supports muscle maintenance and digestive health.

Rice

Seasoned rice contributes carbohydrates for energy and some fiber. The seasoning adds flavor but may also increase sodium content.

Cheese

Cheese adds creaminess and flavor, along with protein and calcium. However, it also contributes saturated fat and sodium, which should be consumed in moderation.

Flour Tortilla

The flour tortilla is the primary source of carbohydrates and calories. It also contains gluten and contributes to the overall carbohydrate load of the burrito.

Dietary Suitability and Recommendations

The Taco Bell Cheesy Bean and Rice Burrito nutrition profile makes it suitable for certain diets, while others may require caution or modification.

Vegetarian Diet

This item is vegetarian-friendly as it contains no meat products. It is a good option for those seeking a meatless fast-food choice that still provides protein and fiber.

Calorie-Conscious Diets

With 350 calories per serving, the burrito can fit into calorie-controlled diets if balanced with other meals throughout the day. Portion control and accompanying food choices are important to maintain overall calorie goals.

Low-Sodium Recommendations

For individuals requiring low-sodium diets, the high sodium content may be a concern. Opting for lower-sodium menu items or customizing orders to reduce salt can be beneficial.

Gluten-Free Considerations

Due to the flour tortilla, this burrito is not suitable for gluten-free diets. Alternatives such as corn tortillas or burrito bowls may be considered for gluten-sensitive individuals.

- Moderate calorie content suitable for balanced diets

- High fiber and protein from beans and rice
- Considerable sodium content requiring attention
- Dairy and gluten present, impacting allergen-sensitive consumers
- Vegetarian-friendly but not gluten-free

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 350 calories.

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

The burrito provides about 12 grams of protein.

What is the carbohydrate content of the Cheesy Bean and Rice Burrito at Taco Bell?

It contains around 55 grams of carbohydrates.

How much fat does a Taco Bell Cheesy Bean and Rice Burrito have?

This burrito has approximately 9 grams of fat.

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

Yes, it contains about 900 milligrams of sodium, which is considered high.

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

Yes, it contains around 7 grams of dietary fiber.

Is the Taco Bell Cheesy Bean and Rice Burrito suitable for vegetarians?

Yes, it is suitable for vegetarians as it contains beans, rice, cheese, and does not include meat.

How much sugar is in a Taco Bell Cheesy Bean and Rice Burrito?

The burrito contains approximately 2 grams of sugar.

Can the nutrition of the Cheesy Bean and Rice Burrito be modified for a healthier option?

Yes, you can customize the burrito by requesting no cheese or reduced rice to lower calories and fat.

Additional Resources

1. The Nutritional Guide to Taco Bell's Cheesy Bean and Rice Burrito

This book provides an in-depth analysis of the nutritional content of Taco Bell's Cheesy Bean and Rice Burrito. It breaks down calories, macronutrients, vitamins, and minerals, helping readers understand how this menu item fits into a balanced diet. The guide also offers tips for making healthier choices at fast food restaurants.

2. Fast Food and Nutrition: Understanding Taco Bell's Cheesy Bean and Rice Burrito

Explore the nutritional profile of popular fast food items with a focus on Taco Bell's Cheesy Bean and Rice Burrito. This book discusses the ingredients, preparation methods, and how they impact health. It also includes comparisons to similar menu items and suggests modifications for better nutrition.

3. Healthy Eating at Taco Bell: The Cheesy Bean and Rice Burrito Edition

This book is a practical resource for those wanting to enjoy Taco Bell without compromising their health goals. It highlights the nutritional aspects of the Cheesy Bean and Rice Burrito and offers advice on portion control, ingredient swaps, and complementary side dishes. Readers will find strategies to maintain a nutritious diet while indulging occasionally.

4. Cheesy Bean and Rice Burrito: A Nutritional Breakdown and Health Impact

Delve into the nutritional components of the Cheesy Bean and Rice Burrito and their effects on the body. The book examines calories, fat content, fiber, protein, and sodium levels, providing context on how these affect energy and overall wellness. It also addresses common misconceptions about fast food nutrition.

5. *Fast Food Nutrition Facts: Taco Bell's Cheesy Bean and Rice Burrito Explored*

This title serves as a comprehensive reference for nutrition facts related to the Cheesy Bean and Rice Burrito. It offers a detailed look at ingredient sourcing, preparation techniques, and nutritional values. Readers gain insight into making informed choices when dining at Taco Bell.

6. *Balancing Taste and Nutrition: Taco Bell's Cheesy Bean and Rice Burrito*
Focus on balancing flavor and health with this guide centered on the Cheesy Bean and Rice Burrito. The book explores how this menu item can fit into various dietary plans without sacrificing taste. It includes suggestions for pairing the burrito with healthier sides and beverages.

7. *The Science Behind Taco Bell's Cheesy Bean and Rice Burrito Nutrition*
This book takes a scientific approach to understanding the nutritional makeup of the Cheesy Bean and Rice Burrito. It discusses the biochemical aspects of its ingredients and how they interact within the human body. The reader learns about digestion, metabolism, and nutrient absorption related to this fast food option.

8. *Eating Smart at Taco Bell: Nutrition Insights on the Cheesy Bean and Rice Burrito*

Aimed at health-conscious consumers, this book offers practical nutrition insights for enjoying Taco Bell's Cheesy Bean and Rice Burrito. It covers calorie counts, macro and micronutrient information, and tips for customizing orders to reduce calories and increase nutritional value. The book encourages mindful eating habits.

9. *From Beans to Burritos: The Nutritional Journey of Taco Bell's Cheesy Bean and Rice Burrito*

Trace the nutritional journey of the Cheesy Bean and Rice Burrito from its ingredients to the final product. This book provides an overview of the nutritional quality of beans, rice, cheese, and other components used by Taco Bell. It also discusses how preparation and portion size influence the overall healthfulness of the burrito.

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Lynn Sonberg, 2008-01-02 Newly updated and easy-to-use A-to-Z listings of brand names and whole foods. All the information readers will ever need to know about what they eat in one handy guide. Counters are included for all the food essentials including calories, proteins, total fat, saturated fat,

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