

taco bell nutrition steak quesadilla

taco bell nutrition steak quesadilla is a popular menu item that combines flavorful steak, melted cheese, and a warm flour tortilla. For those who are mindful of their dietary intake, understanding the nutrition facts of the Taco Bell Steak Quesadilla is essential. This article delves into the comprehensive nutritional profile of this item, including calorie count, macronutrients, and potential allergens. Additionally, it explores how the steak quesadilla fits into various diet plans, such as low-carb or high-protein regimes. Whether you are counting calories or simply curious about what you are consuming, this detailed examination provides valuable insights. The discussion also includes tips for customizing the quesadilla to better suit individual nutritional goals. Below is an overview of the main topics covered in this article.

- Nutrition Facts of Taco Bell Steak Quesadilla
- Macronutrient Breakdown and Health Considerations
- Ingredients and Allergen Information
- Dietary Suitability and Customization Options
- Comparisons with Other Taco Bell Menu Items

Nutrition Facts of Taco Bell Steak Quesadilla

The Taco Bell Steak Quesadilla offers a flavorful combination of steak, melted cheese, and a grilled flour tortilla. Understanding the nutrition facts helps consumers make informed choices. A standard Steak Quesadilla from Taco Bell contains approximately 510 calories, making it a moderately high-calorie item. It provides a substantial amount of protein, essential for muscle repair and satiety.

Calorie Content

The total calorie count for the steak quesadilla is roughly 510 calories per serving. This calorie value stems from a balance of proteins, fats, and carbohydrates present in the ingredients. For individuals tracking their caloric intake, this number is significant and should be accounted for within their daily limits.

Macronutrient Profile

The quesadilla contains approximately 27 grams of protein, 32 grams of carbohydrates, and 27 grams of fat. The protein content is primarily derived from the steak and cheese, supporting muscle maintenance and growth. Carbohydrates come mainly from the flour tortilla and small amounts from other ingredients. The fat content includes both saturated and unsaturated fats, contributed by cheese, steak, and cooking oils.

Micronutrients and Sodium Levels

In addition to macronutrients, the steak quesadilla provides essential micronutrients such as calcium from cheese and iron from steak. However, it also contains a relatively high sodium content of about 870 milligrams, which is a consideration for individuals monitoring their salt intake.

Macronutrient Breakdown and Health Considerations

Analyzing the macronutrient distribution of the Taco Bell Steak Quesadilla highlights its role in a balanced diet. The high protein content supports muscle health, while the fats and carbohydrates provide energy. However, the fat and sodium content may raise concerns for some consumers.

Protein Benefits

With 27 grams of protein, the steak quesadilla is a good source of this macronutrient. Protein is vital for tissue repair, immune function, and maintaining muscle mass. For active individuals or those aiming to increase protein intake, this menu item can be beneficial.

Fat Content and Types

The 27 grams of fat include saturated fats, which should be consumed in moderation according to dietary guidelines. Excessive intake of saturated fats may contribute to cardiovascular issues. It is important to balance this item with other low-fat foods throughout the day.

Carbohydrates and Fiber

The carbohydrate content comes mainly from the tortilla, supplying energy for daily activities. However, the fiber content is relatively low, which means it may not significantly contribute to digestive health. Pairing the quesadilla with a side of vegetables or a salad can enhance fiber intake.

Ingredients and Allergen Information

Knowledge of the ingredients used in the Taco Bell Steak Quesadilla is crucial for individuals with allergies or dietary restrictions. The combination of steak, cheese, and tortilla creates a flavorful dish but may contain common allergens.

Primary Ingredients

The main components include grilled steak, melted three-cheese blend, creamy jalapeño sauce, and a warm flour tortilla. Each ingredient contributes to the overall flavor and texture of the quesadilla.

Common Allergens

The quesadilla contains dairy (from cheese and sauce) and wheat (from the flour tortilla), which are two of the top food allergens. Individuals allergic to milk or gluten should exercise caution. Additionally, the jalapeño sauce may contain other ingredients that require review for specific allergies.

Additional Additives and Preservatives

Processed components, such as sauces, may include preservatives or additives to enhance flavor and shelf life. Those sensitive to such ingredients should verify the detailed ingredient list or consult Taco Bell's nutritional information.

Dietary Suitability and Customization Options

The Taco Bell Steak Quesadilla can fit into various dietary plans with appropriate modifications. Understanding its nutritional profile allows consumers to adjust their orders to better meet health goals.

Low-Carb and Keto Considerations

Due to the flour tortilla, the quesadilla contains a moderate amount of carbohydrates. For strict low-carb or ketogenic diets, omitting the tortilla or opting for a lettuce wrap alternative, if available, may reduce carb intake significantly.

High-Protein Diets

The high protein content makes this menu item suitable for high-protein diets. Pairing it with other lean protein sources throughout the day can help meet daily protein requirements.

Customization Tips

- Request no creamy jalapeño sauce to reduce fat and calories.
- Opt for extra steak to increase protein content.
- Substitute the flour tortilla with a low-carb or gluten-free option if available.
- Add a side of vegetables or a salad to increase fiber and micronutrient intake.
- Limit additional cheese to control saturated fat intake.

Comparisons with Other Taco Bell Menu Items

Evaluating the Steak Quesadilla alongside other offerings from Taco Bell provides perspective on its nutritional standing. This comparison can guide consumers in making healthier choices.

Steak Quesadilla vs. Chicken Quesadilla

Both versions are similar in calories and macronutrients, though the steak option tends to have slightly higher iron content. The chicken quesadilla may have marginally less fat depending on preparation.

Steak Quesadilla vs. Crunchwrap Supreme

The Crunchwrap Supreme generally contains more calories and carbohydrates due to additional ingredients like tostada shells and sauces. The steak quesadilla is a more protein-focused choice with fewer carbs.

Steak Quesadilla vs. Beef Chalupa

The beef chalupa offers a different flavor profile but is comparable in calories and fat content. The quesadilla might be preferred for those seeking

a higher protein-to-carb ratio.

Frequently Asked Questions

How many calories are in a Taco Bell Steak Quesadilla?

A Taco Bell Steak Quesadilla contains approximately 510 calories.

Is the Steak Quesadilla from Taco Bell high in protein?

Yes, the Steak Quesadilla at Taco Bell provides about 27 grams of protein, making it a good protein source.

What are the main allergens in Taco Bell's Steak Quesadilla?

The main allergens in the Steak Quesadilla include milk, wheat, and soy. It may also contain traces of other allergens.

Can I customize the Steak Quesadilla at Taco Bell to be lower in calories?

Yes, you can customize the Steak Quesadilla by requesting no cheese or sour cream to reduce calories and fat content.

How much sodium is in a Taco Bell Steak Quesadilla?

A Taco Bell Steak Quesadilla contains around 1,060 milligrams of sodium, which is about 46% of the recommended daily limit.

Additional Resources

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

This comprehensive guide explores the nutritional content of Taco Bell's menu, with a special focus on the popular steak quesadilla. It breaks down calories, macronutrients, and ingredient quality to help readers make informed dining choices. The book also offers tips for customizing orders to fit various dietary needs.

2. *Healthy Fast Food Choices: Navigating Taco Bell's Steak Quesadilla*

This book provides practical advice on how to enjoy fast food without compromising health goals. It examines the steak quesadilla's nutritional

profile and suggests modifications to lower calories and increase nutritional value. Readers will find meal planning strategies and healthier alternatives within the Taco Bell menu.

3. *Taco Bell Nutrition Facts and Myths: The Steak Quesadilla Edition*

Debunking common misconceptions about fast food nutrition, this book focuses on Taco Bell's steak quesadilla. It uses scientific data to clarify facts about fat content, sodium levels, and protein benefits. The author also discusses how this menu item fits into a balanced diet.

4. *Cooking Up Taco Bell: Replicating the Steak Quesadilla with a Healthy Twist*

For those who love Taco Bell's steak quesadilla but want to control the ingredients, this cookbook offers healthy homemade recipes. It provides step-by-step instructions to recreate the dish with fresh, nutritious components while maintaining its signature flavor. Nutritional information for each recipe is included.

5. *Fast Food Fitness: Balancing Taco Bell's Steak Quesadilla with an Active Lifestyle*

This book explores how to incorporate indulgent fast food like the steak quesadilla into a fitness-oriented diet. It discusses portion control, meal timing, and complementary exercises to offset higher calorie meals. Readers will learn to enjoy their favorite foods without guilt.

6. *Taco Bell and Nutrition Science: Analyzing the Steak Quesadilla*

A detailed scientific examination of the steak quesadilla's ingredients, this book discusses the nutritional impact of each component. It includes analysis of protein quality, carbohydrate sources, and the effects of added fats and sodium. The book is ideal for nutrition students and health professionals.

7. *Mindful Eating at Taco Bell: Savoring the Steak Quesadilla*

Focusing on the practice of mindful eating, this book encourages readers to enjoy Taco Bell's steak quesadilla thoughtfully. It highlights the benefits of paying attention to hunger cues, savoring flavors, and making conscious food choices. The guide includes exercises to develop a healthier relationship with fast food.

8. *Steak Quesadilla Spotlight: A Nutritional Breakdown of Taco Bell's Favorite*

This title offers an in-depth nutritional breakdown of the steak quesadilla, comparing it to other menu items. It discusses how this dish fits into various dietary frameworks, such as low-carb, high-protein, and calorie-controlled diets. The book provides practical advice for integrating it into everyday eating.

9. *Taco Bell Hacks: Customizing the Steak Quesadilla for Better Nutrition*

Discover creative ways to modify Taco Bell's steak quesadilla to boost its nutritional value. This book shares insider tips on ingredient swaps, portion adjustments, and side pairings that enhance the meal's healthfulness. It's perfect for fans who want to enjoy fast food with a nutritious edge.

Taco Bell Nutrition Steak Quesadilla

Find other PDF articles:

<https://admin.nordenson.com/archive-library-403/Book?docid=dLv21-2295&title=i-m-in-diet.pdf>

taco bell nutrition steak quesadilla: The Complete Nutrition Counter-Revised 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, trans fat, cholesterol, sodium, calcium, iron, carbohydrates and fiber.

taco bell nutrition steak quesadilla: The Stop & Go Fast Food Nutrition Guide Steven G. Aldana, 2007 The Stop & Go Fast Food Nutrition Guide shows you how to navigate the fast food maze and choose foods that are actually good for you. The guide uses the colors of the stop light (red, yellow, and green) to help individuals choose foods that lead toward or away from good health. The Stop & Go Fast Food Nutrition Guide is the only guide that shows you how to navigate the fast food maze and identify fast foods that are actually good for you. With the help of a nationally recognized panel of nutrition experts, Dr. Aldana has color coded almost 3,500 fast foods from 68 different restaurants. Now you can sort through the fast food maze and select the healthy foods and avoid the unhealthy ones. Keep the guide in your glove box for easy access.

taco bell nutrition steak quesadilla: Nutrition in the Fast Lane , 2003

taco bell nutrition steak quesadilla: Food Fight Stuart Gillespie, 2025-09-02 Scholarly, literate and deeply moving, this isn't just a good read, it's an essential reference for anyone hoping to understand the food system, why it's broken and how we might imagine fixing it.—Chris Van Tulleken, author of *Ultra-Processed People* Food is life but our food system is killing us. Designed in a different century for a different purpose—to mass-produce cheap calories to prevent famine—it's now generating obesity, ill-health and premature death. We need to transform it, into one that is capable of nourishing all eight billion of us and the planet we live on. In *Food Fight*, Stuart Gillespie reveals how the food system we once relied upon for global nutrition has warped into the very thing making us sick. From its origins in colonial plunder, through the last few decades of neoliberalism, the system now lies in the tight grip of a handful of powerful transnationals whose playbook is geared to profit at any cost. Both unflinching exposé and revolutionary call to arms, *Food Fight* shines a light inside the black box of politics and power and, crucially, maps a way towards a new system that gives us hope for a future of global health and justice.

taco bell nutrition steak quesadilla: The Big Book of Health and Fitness Philip Maffetone, 2012-01-04 Take your healthcare into your own hands create a personalized diet and exercise plan to keep you fit, healthy, and active throughout your...

taco bell nutrition steak quesadilla: Politics of the Administrative Process Donald F. Kettl, 2020-01-14 Kettl's *Politics of the Administrative Process* continues to resonate well with students of public administration because it discusses key concepts and theories in a straightforward, cogent, and contemporary manner that both faculty and students appreciate. —Brian Bulla, Appalachian State University Efficient public administration requires a delicate balance—the bureaucracy must be powerful enough to be effective, but also accountable to elected officials and citizens. Donald F. Kettl understands that the push and pull of political forces in a democracy make the functions of bureaucracy contentious, but no less crucial. *Politics of the Administrative Process* gives students a realistic, relevant, and well-researched view of the field while remaining reader-friendly with engaging vignettes and rich examples. With a unique focus on policymaking and politics, the Eighth

Edition continues its strong emphasis on politics, accountability, and performance.

taco bell nutrition steak quesadilla: California Farmer , 2002

taco bell nutrition steak quesadilla: Restaurant Confidential Michael F. Jacobson, Jayne Hurley, Center for Science in the Public Interest, 2002-05-06 In May 2001, the Center for Science in the Public Interest (CSPI) broke a major pizza story on the ABC television program 20/20 and once again captured front-page headlines, just as it did when it released studies on movie popcorn and take-out Chinese food. In Restaurant Confidential, Dr. Michael F. Jacobson and his CSPI team do for sit-down meals what their Fast-Food Guide--with 247,000 copies in print--did for fast food. Belgian Waffle or Rib-Eye Steak? Bloomin' Onion or Mrs. Fields's Double-Fudge Brownie? Americans are now eating almost one-third of their meals outside the home, spending \$222 billion annually doing so-and watching their waistlines balloon. What's in this food? To answer, CSPI performs across-the-board restaurant profiles that give straight-shooting scientific data on the fat, sodium, and calorie content of the most popular dishes. The information is organized by type of cuisine--Chinese, Mexican, steak house, and more--and covers all the major chains, such as The Olive Garden, Applebee's, and Outback. The book provides specific eating strategies for every kind of restaurant, as well as shocking facts: Did you know that a typical order of stuffed potato skins packs a whopping 1,260 calories and 48 grams--two days' worth--of saturated fat? A 10-point plan for ordering wisely, plus dozens of tips throughout, takes the information one step further by showing how to eat happily and healthfully. It's the nutrition book that reads like a thriller. Take the steak and brownies; a whole fried onion with dipping sauce has a blooming 163 grams of fat, and the seemingly innocent Belgian waffle with whipped topping and fruit has even more fat and calories than two sirloin steaks.

taco bell nutrition steak quesadilla: *Daily Fitness and Nutrition Journal* Thomas D. Fahey, Paul M. Insel, Walton T. Roth, Insel Paul, Roth Walton, 2006 This logbook helps students track their diet and exercise programs. It serves as a diary to help students monitor their behaviors. It can be packaged with any McGraw-Hill textbook for a small additional fee. It comes free with Fit and Well by Fahey et al.

taco bell nutrition steak quesadilla: *Union Agriculturist and Western Prairie Farmer* , 2002

taco bell nutrition steak quesadilla: **Realities of Nutrition** Ronald M. Deutsch, Judi Sakimoto Morrill, 1993 An introduction to nutrition intended to provide readers with information that will enable them to make their own nutrition decisions, rather than rely upon popular sources of information. Topics covered include nutrition myths and tests of reality; energy and the human machine; carbohydrates and the foundations of food; proteins; fats; fueling the body; the micronutrients; nutritional balance; how foods get from the farm to the table; etc.

taco bell nutrition steak quesadilla: High-Protein Macros Made Easy Danielle Lima, 2025-03-04 Unlock the power of protein with over 75 flavorful, health-conscious recipes from renowned health expert and bestselling author of *Macros Made Easy*, Danielle Lima. Are you bored with grainy shakes and bland ground meat as your only options for hitting your macros? This collection is here to save your tastebuds with meals that are bursting with flavor and packed with protein. Start your morning off strong with Lemon Coconut Overnight Oats that are packed with 30 grams of protein, or whip up a lunchbox hero like Steak Sandwich with Creamy Red Pepper Sauce for an on-the-go solution. And dishes like Big Mac® Sloppy Joes and Too-Good Mushroom and Prosciutto Tortellini will keep your weeknight dinners fresh. Macros expert Danielle Lima shares her tips on how to boost your meals' nutrition by making simple ingredient swaps, and she even includes a protein index so you can pick recipes that are specific to your unique macro count. With this must-have resource for healthy eaters, you can kiss plain chicken and rice goodbye and start making your macros work for you.

taco bell nutrition steak quesadilla: Guide to Healthy Restaurant Eating Hope S. Warshaw, 2002 If you have diabetes, here is the information you need to make healthy food choices when you go out to eat. Now you can dine at fast food chains and stay on your meal plan. Inside this handy guide is complete, at-a-glance nutrition information for more than 55 fast food chains, including

taco bell nutrition steak quesadilla: Total Fitness and Wellness Scott K. Powers, Stephen L. Dodd, 2003

taco bell nutrition steak quesadilla: A Parent's Guide to Childhood Cancer Dagmara Beine, 2024-05-16 “Indispensable . . . Dr. Beine provides a practical primer on integrative cancer therapies for children based on a metabolic framework of understanding the disease. I can’t recommend [this book] enough.”—Chris Kresser, MS, LAc, founder of Kresser Institute; New York Times bestselling author An invaluable, revolutionary, research-based resource for parents—grounded in nutrition, detoxification, and mental wellbeing, while aiming to reduce suffering and promote long-term recovery. “Your child has cancer.” Every day, forty-three American families hear these words, thrusting them headlong into the terrifying and unfamiliar territory of pediatric oncology. In *A Parent’s Guide to Childhood Cancer*, pediatric oncology specialist Dagmara Beine guides readers through the most difficult scenario a parent will ever face—a child’s diagnosis of life-threatening disease—and argues that the greatest tragedy of conventional oncology is its failure to incorporate safe, effective, and potentially life-saving integrative therapies. In *A Parent’s Guide to Childhood Cancer*, Beine teaches parents how to effectively incorporate these integrative therapies alongside conventional oncology, including surgery, radiation, and chemotherapy. Beine’s approach is grounded in the metabolic approach to cancer—pioneered by the work of Dr. Nasha Winters—applied to a wildly underserved cancer patient population: children. Topics include: Understanding diagnoses and how to go about seeking a second opinion Assembling a medical team that includes both conventional and integrative oncology experts Essential tests—both conventional and integrative—and how to interpret them How to develop a metabolically healthy, anti-cancer nutrition plan Integrative therapies for specific diagnoses and reducing side effects How to harness post-treatment detoxification and gut-healing protocols The critical importance of, sleep, movement, stress reduction, and time outside Plus much more Therapies covered include: Mistletoe N-Acetyl Cysteine IV Vitamin C Cannabinoids Glutamine Glutathione Low-Dose Naltrexone Melatonin Hyperbaric Oxygen And more With cancer, Beine says, there is no silver bullet. But with a metabolic approach and the wise integration of simple and effective complementary therapies under the supervision of a metabolic oncology practitioner, there is a path forward to what every parent wants for their sons and daughters: a happy childhood.

31 Best Taco Recipes & Ideas - Food Network You'll find something for everyone with these recipes: authentic birria tacos, Tex-Mex tacos made with ground beef and more

Taco Recipes - Food Network 2 days ago Taco Recipes for a Mexican Fiesta 18 Photos Make classic Mexican tacos and new takes on the crunchy favorites. Fill them with pork, shrimp, fried fish and more

Taco - TACO TACO
michocan TACO CARNITAS

25 Delicious Chicken Taco Recipes for Busy Weeknights

From shredded and spicy to zesty and grilled, there's a chicken taco recipe ready to make taco night the best night of the week

Smash Tacos Recipe | Ree Drummond | Food Network Ree likes to serve burgers and tacos when there's a big game on TV. With smash tacos, she's combined the two into one delicious recipe. The tacos and the fixins are all set out in an

16 Street Taco Recipes You've Got To Try - Food Network These street taco recipes from Food Network bring bold flavor with simple toppings (and major taco truck energy) to your kitchen, any night of the week

Taco Potato Casserole - Food Network Kitchen Top with the diced tomatoes and green chiles, taco seasoning and scallion whites. Scatter the processed cheese cubes over top. Bake until the ground beef is cooked through, about 45

31 Best Taco Recipes & Ideas - Food Network You'll find something for everyone with these recipes: authentic birria tacos, Tex-Mex tacos made with ground beef and more

All American Beef Taco Recipe | Alton Brown | Food Network Make Alton Brown's All-American Beef Taco recipe from Food Network, seasoned with his secret Taco Potion #19, a melange of chili powder, cumin and other spices

Taco Recipes - Food Network 2 days ago Taco Recipes for a Mexican Fiesta 18 Photos Make classic Mexican tacos and new takes on the crunchy favorites. Fill them with pork, shrimp, fried fish and more

TacosBurrito - peace 64 TacoBurrito

Taco - TACO
michocan TACO CARNITAS

000000000000**taco**0000 - 00 Trump Always Chickens Out000TACO000000000000 000000000000
 0winwinwin0can't stop winning0 00 taco 0000000000000000

25 Delicious Chicken Taco Recipes for Busy Weeknights

From shredded and spicy to zesty and grilled, there's a chicken taco recipe ready to make taco night the best night of the week

Smash Tacos Recipe | Ree Drummond | Food Network Ree likes to serve burgers and tacos when there's a big game on TV. With smash tacos, she's combined the two into one delicious recipe. The tacos and the fixins are all set out in an

16 Street Taco Recipes You've Got To Try - Food Network These street taco recipes from Food Network bring bold flavor with simple toppings (and major taco truck energy) to your kitchen, any night of the week

Taco Potato Casserole - Food Network Kitchen Top with the diced tomatoes and green chiles, taco seasoning and scallion whites. Scatter the processed cheese cubes over top. Bake until the ground beef is cooked through, about 45

31 Best Taco Recipes & Ideas - Food Network You'll find something for everyone with these recipes: authentic birria tacos, Tex-Mex tacos made with ground beef and more

All American Beef Taco Recipe | Alton Brown | Food Network Make Alton Brown's All-American Beef Taco recipe from Food Network, seasoned with his secret Taco Potion #19, a melange of chili powder, cumin and other spices

Taco Recipes - Food Network 2 days ago Taco Recipes for a Mexican Fiesta 18 Photos Make classic Mexican tacos and new takes on the crunchy favorites. Fill them with pork, shrimp, fried fish and more

TacosBurrito - peace 64
 TacoBurrito

Taco - TACO TACO
michocan TACO CARNITAS

```

#####
taco -   Trump Always Chickens OutTACO
winwinwincan't stop winning taco 

```

25 Delicious Chicken Taco Recipes for Busy Weeknights

From shredded and spicy to zesty and grilled, there's a chicken taco recipe ready to make taco night the best night of the week

Smash Tacos Recipe | Ree Drummond | Food Network Ree likes to serve burgers and tacos

when there's a big game on TV. With smash tacos, she's combined the two into one delicious recipe. The tacos and the fixins are all set out in an

16 Street Taco Recipes You've Got To Try - Food Network These street taco recipes from Food Network bring bold flavor with simple toppings (and major taco truck energy) to your kitchen, any night of the week

Taco Potato Casserole - Food Network Kitchen Top with the diced tomatoes and green chiles, taco seasoning and scallion whites. Scatter the processed cheese cubes over top. Bake until the ground beef is cooked through, about 45

Related to taco bell nutrition steak quesadilla

Taco Bell is testing a meatless 'Carne Asada Steak' quesadilla (abc273y) DAYTON, OH (KTVI) - Taco Bell will be testing a new menu item in Ohio next month: a meatless "steak" quesadilla. The fast-food chain announced this week that the new item — the "Beyond Carne Asada

Taco Bell is testing a meatless 'Carne Asada Steak' quesadilla (abc273y) DAYTON, OH (KTVI) - Taco Bell will be testing a new menu item in Ohio next month: a meatless "steak" quesadilla. The fast-food chain announced this week that the new item — the "Beyond Carne Asada

The Taco Bell Quesadilla Ordering Hack You Need To Start Trying (Yahoo1y) Taco Bell isn't necessarily known for having incredible quesadillas. In fact, we tasted and ranked seven fast food quesadillas and it came in last. The traditional type from Taco Bell has a reputation

The Taco Bell Quesadilla Ordering Hack You Need To Start Trying (Yahoo1y) Taco Bell isn't necessarily known for having incredible quesadillas. In fact, we tasted and ranked seven fast food quesadillas and it came in last. The traditional type from Taco Bell has a reputation

Taco Bell is testing a meatless 'Carne Asada Steak' quesadilla: Here's where you can try it (WKRG3y) DAYTON, OH (KTVI) - Taco Bell will be testing a new menu item in Ohio next month: a meatless "steak" quesadilla. The fast-food chain announced this week that the new item — the "Beyond Carne Asada

Taco Bell is testing a meatless 'Carne Asada Steak' quesadilla: Here's where you can try it (WKRG3y) DAYTON, OH (KTVI) - Taco Bell will be testing a new menu item in Ohio next month: a meatless "steak" quesadilla. The fast-food chain announced this week that the new item — the "Beyond Carne Asada

I tried Taco Bell's Beyond Meat quesadilla at the only place it's available in the US. The meatless 'steak' could've fooled me, and I now want to try it on everything. (Business Insider2y) On October 13, Taco Bell introduced its new Beyond Meat Carne Asada Steak Quesadilla. The vegetarian item has been added to its Ohio restaurants for a limited time, while supplies last. Cassy Crabtree

I tried Taco Bell's Beyond Meat quesadilla at the only place it's available in the US. The meatless 'steak' could've fooled me, and I now want to try it on everything. (Business Insider2y) On October 13, Taco Bell introduced its new Beyond Meat Carne Asada Steak Quesadilla. The vegetarian item has been added to its Ohio restaurants for a limited time, while supplies last. Cassy Crabtree

Taco Bell's Signature Quesadilla Gets Even Better With This Hack (Hosted on MSN1mon) Taco Bell is one of the most dependable fast food spots. Unlike some strictly regional fast food offerings, Taco Bell can be found in all 50 states, and its pretty consistent with its iconic menu

Taco Bell's Signature Quesadilla Gets Even Better With This Hack (Hosted on MSN1mon) Taco Bell is one of the most dependable fast food spots. Unlike some strictly regional fast food offerings, Taco Bell can be found in all 50 states, and its pretty consistent with its iconic menu