

COMPLETE NUTRITION GUIDE

Calories · Protein · Carbs · Fat · Sodium · Fiber

Based on official Chipotle Mexican Grill nutrition data | Updated October 2024

7

Menu Categories

100+

Ingredients Tracked

FREE

Always Free

PDF

Download Results

ABOUT THIS GUIDE

This guide provides a complete nutrition reference for every ingredient on the Chipotle Mexican Grill menu. All data is sourced directly from Chipotle's official published nutrition facts (October 2024). Use this document alongside our free online calorie calculators at chipotlecaloriecounter.org to build and track your exact Chipotle order — bowl, burrito, tacos, salad, quesadilla, chips, or kids meal.

Important: Serving sizes are approximations based on how items are typically prepared. Actual nutritional content may vary by location, portion size, and seasonal ingredient changes. 2,000 calories per day is used as the general nutrition benchmark, but individual needs vary.

Quick Calorie Range Reference

Menu Category	Min Cal	Max Cal	Avg Cal	Protein Range
■ Chipotle Bowl	575	1,700	~835	12–78g
■ Chipotle Burrito	800	1,700	~1,050	20–86g
■ Tacos (3)	480	970	~650	18–45g
■ Salad	220	980	~450	2–66g
■ Quesadilla	830	1,080	~900	26–58g
■ Chips & Sides	140	1,290	~650	2–31g
■ Kids Meal (full)	295	570	~430	14–28g

* Min/max based on lightest and most loaded builds per category. Visit chipotlecaloriecounter.org to build your exact order and get precise numbers.

ADULT MENU — COMPLETE NUTRITION FACTS

All values based on standard serving sizes as listed on the Chipotle nutrition menu. Sodium, fiber, and cholesterol are tracked alongside the core macros.

Ingredient	Serving	Cal	Fat g	Sat Fat g	Chol mg	Sodium mg	Carbs g	Fiber g	Sugar g	Protein g
TORTILLAS										
Flour Tortilla (Burrito)	1 ea	320	9	0.5	0	600	50	3	0	8
Flour Tortilla (Taco)	1 ea	80	2.5	0	0	160	13	<1	0	2
Crispy Corn Tortilla	1 ea	70	3	0	0	0	10	1	0	1

Ingredient	Serving	Cal	Fat g	Sat Fat g	Chol mg	Sodium mg	Carbs g	Fiber g	Sugar g	Protein g
RICE										
Cilantro-Lime White Rice	4 oz	210	4	1	0	350	40	1	0	4
Cilantro-Lime Brown Rice	4 oz	210	6	0	0	190	36	2	0	4

Ingredient	Serving	Cal	Fat g	Sat Fat g	Chol mg	Sodium mg	Carbs g	Fiber g	Sugar g	Protein g
BEANS										
Black Beans	4 oz	130	1.5	0	0	210	22	7	2	8
Pinto Beans	4 oz	130	1.5	0	0	210	21	8	1	8

Ingredient	Serving	Cal	Fat g	Sat Fat g	Chol mg	Sodium mg	Carbs g	Fiber g	Sugar g	Protein g
PROTEINS										
Chicken (Grilled)	4 oz	180	7	3	125	310	0	0	0	32
Steak (Grilled)	4 oz	150	6	2.5	80	330	1	1	0	21
Barbacoa (Braised Beef)	4 oz	170	7	2.5	65	530	2	1	0	24
Carnitas (Braised Pork)	4 oz	210	12	7	65	450	0	0	0	23
Sofritas (Plant-Based)	4 oz	150	10	1.5	0	560	9	3	5	8
Veggie (incl. Guacamole)	4 oz	230	22	3.5	0	370	8	6	1	2

Ingredient	Serving	Cal	Fat g	Sat Fat g	Chol mg	Sodium mg	Carbs g	Fiber g	Sugar g	Protein g
VEGETABLES & GREENS										
Fajita Vegetables	2 oz	20	0	0	0	150	5	1	2	1
Romaine Lettuce (tacos)	1 oz	5	0	0	0	0	1	1	0	0
Supergreens Salad Mix	3 oz	15	0	0	0	15	3	2	1	1

Ingredient	Serving	Cal	Fat g	Sat Fat g	Chol mg	Sodium mg	Carbs g	Fiber g	Sugar g	Protein g
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SALSAS										
Fresh Tomato Salsa (Mild)	4 oz	25	0	0	0	550	4	1	1	0
Roasted Chili-Corn Salsa	4 oz	80	1.5	0	0	330	16	3	4	3
Tomatillo-Green Chili	2 fl oz	15	0	0	0	260	4	0	2	0
Tomatillo-Red Chili	2 fl oz	30	0	0	0	500	4	1	0	0

Ingredient	Serving	Cal	Fat g	Sat Fat g	Chol mg	Sodium mg	Carbs g	Fiber g	Sugar g	Protein g
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TOPPING & EXTRAS

Sour Cream	2 oz	110	9	7	40	30	2	0	2	2
Cheese (Monterey Jack)	1 oz	110	8	5	30	190	1	0	0	6
Queso Blanco (entree)	2 oz	120	9	6	30	250	4	0	1	5
Queso Blanco (side)	4 oz	240	18	12	60	490	7	0	2	10
Queso Blanco (large)	8 oz	480	37	23	120	980	14	<1	5	20
Chipotle-Honey Vinaigrette	2 fl oz	220	16	2.5	0	850	18	1	12	1

Ingredient	Serving	Cal	Fat g	Sat Fat g	Chol mg	Sodium mg	Carbs g	Fiber g	Sugar g	Protein g
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GUACAMOLE

Guacamole (topping/side)	4 oz	230	22	3.5	0	370	8	6	1	2
Guacamole (large)	8 oz	460	44	7	0	740	16	12	2	4

Ingredient	Serving	Cal	Fat g	Sat Fat g	Chol mg	Sodium mg	Carbs g	Fiber g	Sugar g	Protein g
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CHIPS

Chips (Regular Bag)	4 oz	540	25	3.5	0	390	73	7	1	7
Chips (Large Bag)	6 oz	810	38	5	0	590	110	11	2	11

Source: Chipotle Mexican Grill official nutrition facts. Nutritional content may vary by location, portion size, and seasonal ingredient changes. For the most current data visit chipotle.com.

CHIPS & DIPS — ALL COMBOS

Combo	Size	Cal	Fat g	Sat Fat g	Sodium mg	Carbs g	Fiber g	Protein g
Chips	Regular (4oz)	540	25	3.5	390	73	7	7
Chips	Large (6oz)	810	38	5	590	110	11	11
Chips & Guacamole	Regular	770	47	7	760	81	13	9
Chips & Guacamole	Large	1270	82	10.5	1330	126	19	15
Chips & Queso Blanco	Regular	780	43	12	880	80	7	17
Chips & Queso Blanco	Large	1290	75	23	1490	124	12	31
Chips & Fresh Tomato Salsa	Regular	565	25	3.5	940	74	8	7
Chips & Roasted Chili-Corn	Regular	620	27	3.5	720	89	10	10
Chips & Tomatillo-Green Chili	Regular	555	25	3.5	650	77	7	7
Chips & Tomatillo-Red Chili	Regular	570	25	3.5	890	77	8	7
Side of Guacamole	4 oz	230	22	3.5	370	8	6	2
Large Side of Guacamole	8 oz	460	44	7	740	16	12	4
Side of Queso Blanco	4 oz	240	18	12	490	7	0	10
Large Side of Queso Blanco	8 oz	480	37	23	980	14	<1	20
Kid's Chips	1 oz	140	6	1	95	18	2	2
Tortilla on the Side (Flour)	1 ea	320	9	0.5	600	50	3	8

KIDS MENU — COMPLETE NUTRITION FACTS

All kids menu values reflect smaller portion sizes. Proteins are approximately half an adult serving (2oz vs 4oz). The kids meal includes 2 tortillas, 1 protein, toppings of choice, 1 included side (Kid's Chips or Kid's Fruit), and 1 drink.

Ingredient	Serving	Cal	Fat g	Sat Fat g	Chol mg	Sodium mg	Carbs g	Fiber g	Sugar g	Protein g
TORTILLAS (Kids)										
2 Soft Flour Tortillas (Tacos)	2 ea	170	5	0	0	320	27	1	0	5
Flour Tortilla (Quesadilla)	1 ea	80	2.5	0	0	160	13	<1	0	2
2 Crispy Corn Tortillas	2 ea	130	6	1	0	0	19	2	0	2
PROTEINS (Kids — 2oz portions)										
Chicken	2 oz	90	3	1.5	65	150	0	0	0	15
Steak	2 oz	70	3	1.5	40	160	<1	<1	0	10
Barbacoa	2 oz	80	3	1.5	30	260	1	1	0	12
Carnitas	2 oz	110	6	3	30	220	0	0	0	12
Sofritas	2 oz	70	5	1	0	280	5	2	2	4
RICE & BEANS (Kids)										
Cilantro-Lime White Rice	2 oz	100	2	0.5	0	170	20	0	0	2
Cilantro-Lime Brown Rice	2 oz	110	3	0	0	95	18	1	0	2
Black Beans	3 oz	100	1	0	0	160	16	5	1	6
Pinto Beans	3 oz	100	1	0	0	160	15	6	1	6
TOPPING (Kids)										
Fresh Tomato Salsa (Mild)	2 oz	15	0	0	0	310	1	0	<1	0
Roasted Chili-Corn Salsa	2 oz	40	1	0	0	190	9	1	3	1
Tomatillo-Green Chili Salsa	2 oz	15	0	0	0	260	4	0	2	0
Tomatillo-Red Chili Salsa	2 oz	30	0	0	0	500	4	2	0	0
Sour Cream	1 oz	60	5	3.5	20	15	1	0	1	1
Cheese (Monterey Jack)	1 oz	110	8	5	30	190	1	0	0	6
Fajita Vegetables	2 oz	20	0	0	0	150	5	1	2	1
Romaine Lettuce	1 oz	5	0	0	0	0	1	1	0	0

Guacamole (Kids portion)	2 oz	110	11	1.5	0	190	3	3	0	1
Queso Blanco (Kids portion)	1 oz	60	4.5	3	15	125	2	0	<1	2

Ingredient	Serving	Cal	Fat g	Sat Fat g	Chol mg	Sodium mg	Carbs g	Fiber g	Sugar g	Protein g
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INCLUDED SIDES (Kids)

Kid's Chips	1 oz	140	6	1	0	95	18	2	0	2
Mandarins	1 ea	35	0	0	0	0	9	1	7	1
Blueberries	1 ea	20	0	0	0	0	5	<1	3	1

Ingredient	Serving	Cal	Fat g	Sat Fat g	Chol mg	Sodium mg	Carbs g	Fiber g	Sugar g	Protein g
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DRINKS (Kids)

Organic Milk	8 oz	110	2.5	1.5	15	125	12	0	12	8
Organic Chocolate Milk	8 oz	160	3	2	15	220	24	1	22	9
Organic Apple Juice	6.75 oz	100	0	0	0	10	25	0	22	0

CHIPOTLE MENU OVERVIEW

Burrito Bowl	420–910 cal	Served in a bowl with no tortilla. Same fillings as a burrito with ~320 fewer calories.
Burrito	740–1,210 cal	Flour tortilla (320 cal) filled with rice, beans, protein, salsa, cheese or sour cream.
Tacos	390–1,140 cal	Choice of 3 crispy corn or soft flour tortillas with protein, salsa, cheese, sour cream and romaine.
Salad	420–910 cal	Chopped romaine, baby kale and spinach with beans, protein, salsa, cheese and chipotle-honey vinaigrette.
Kids Build Your Own	350–810 cal	2 tortillas (corn or flour), 1 protein, 2 toppings, plus fruit or chips and juice or milk.
Kids Small Cheese Quesadilla	530–710 cal	With rice and beans side. Includes fruit or chips and juice or milk. Extra protein available.

CALORIE-SAVING TIPS — GET MORE FROM YOUR ORDER

<p>◆ Skip the Tortilla</p>	<p>Switching from a burrito to a bowl with the same filling saves exactly 320 calories — the weight of the flour tortilla. Same flavour, significantly fewer calories.</p>
<p>◆ Halve the Rice</p>	<p>White rice adds 210 calories and 40g of carbs. Asking for half a portion saves ~100 calories instantly.</p>
<p>◆ Swap Sour Cream for Green Salsa</p>	<p>Sour cream = 110 calories. Tomatillo-Green Chili Salsa = 15 calories. That one swap saves 95 calories per order.</p>
<p>◆ Watch the Dressing</p>	<p>The Chipotle-Honey Vinaigrette adds 220 calories and 18g of sugar to a salad. Fresh tomato salsa (25 cal) or green salsa (15 cal) are excellent zero-fat alternatives.</p>
<p>◆ Guac vs Queso</p>	<p>Both are ~230–240 calories per side serving. Guac has heart-healthy avocado fat. Queso has more protein (10g vs 2g). Choose based on your goal.</p>
<p>◆ Double Protein = Best Value</p>	<p>Double chicken adds 180 calories but 32g of extra protein. Cheese adds 110 cal but only 6g protein. For protein value, double protein wins every time.</p>
<p>◆ Corn Tortilla for Tacos</p>	<p>Crispy corn taco shells are 70 cal each (210 for 3). Soft flour tortillas are 80 cal each (240 for 3). Save 30 calories across a 3-taco order.</p>

chipotlecaloriecounter.org | This document is for informational purposes only. Nutritional data sourced from Chipotle Mexican Grill's official published nutrition facts (October 2024). Actual values may vary by location and portion. For the most current data, visit chipotle.com. For interactive, ingredient-by-ingredient calorie counting visit chipotlecaloriecounter.org.