

FREE DOWNLOAD

Qdoba Nutrition Facts

Complete calories, protein, carbs, fat, fiber and sodium for every ingredient in the Qdoba Nutrition Calculator, plus ready-made meals and low sodium picks.

41 INGREDIENTS	6 CATEGORIES	13 REFERENCE FIGURES	28 ESTIMATES	6 SAMPLE MEALS
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How to read this guide. All values are per standard serving. **Ref** marks a figure that matches a published source. **Est** marks an approximation, so treat it as a planning number. Real portions vary by location and by who builds your meal. Calories are in kcal, protein, carbs, fat and fiber are in grams, and sodium is in milligrams (mg).

Contents: 1. Full nutrition tables by category | 2. Sample meal totals | 3. Low sodium items | 4. Top lists (lowest calorie, highest protein, most fiber) | 5. Notes and disclaimer

1. Full Nutrition Tables

Every ingredient from the calculator, grouped the way you build a meal.

■ Bases & Tortillas (8 items)

Item	Calories	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sodium (mg)	Data
Bowl (no tortilla) [Zero cal]	0	0	0	0	0	0	Ref
Flour tortilla 12.5" (burrito)	300	8	52	7	2	720	Ref
Flour tortilla 10"	210	6	36	5	1	500	Ref
Soft tortilla 5.5" (taco)	70	2	12	2	1	170	Ref
Crispy taco shell	60	1	8	3	1	25	Ref
Crunchy salad shell	390	7	41	22	3	300	Ref
Romaine lettuce base [Low cal]	5	0	1	0	1	5	Est
Cheese crust (quesadilla)	150	8	1	12	0	260	Est

■ Proteins (8 items)

Item	Calories	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sodium (mg)	Data
Grilled adobo chicken	190	19	2	12	0	440	Ref
Pork carnitas [Leanest]	110	14	1	6	0	330	Ref
Grilled steak	270	22	2	18	0	480	Est
Brisket birria	250	22	3	16	0	500	Est
Impossible plant protein [Vegan]	170	13	9	10	3	380	Est
Citrus-lime shrimp [Lean]	110	19	3	1.5	0	640	Est
Cholula Hot & Sweet chicken	230	19	12	8	0	600	Est
Spicy tequila lime steak [Limited time]	260	21	5	17	0	520	Est

■ Rice, Beans & Veggies (5 items)

Item	Calories	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sodium (mg)	Data
Cilantro lime rice	210	4	40	3.5	1	280	Est
Seasoned brown rice	210	5	40	4	3	290	Est
Black beans [Fiber]	130	8	22	1	8	330	Est
Pinto beans [Fiber]	130	8	22	1	7	300	Est
Fajita veggies [Low cal]	35	1	6	1	1	180	Ref

■ Cheese & Sauces (8 items)

Item	Calories	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sodium (mg)	Data
Shredded cheese	100	6	1	8	0	170	Est
3-Cheese queso [No extra charge]	150	6	5	12	0	490	Ref
Queso diablo	90	4	4	7	0	300	Ref
Queso fundido [Limited time]	190	10	6	14	0	560	Est
Guacamole [No extra charge]	130	2	8	11	4	300	Est
Sour cream	50	1	1	5	0	15	Ref
Creamy jalapeño sauce	120	0	2	13	0	260	Est
Picante ranch	120	0	2	12	0	250	Est

■ Salsas & Toppings (9 items)

Item	Calories	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sodium (mg)	Data
Pico de gallo [Low cal]	10	0	2	0	0	110	Est
Chile corn salsa	60	2	12	1	2	160	Est
Salsa roja	15	0	3	0	0	200	Est

Item	Calories	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sodium (mg)	Data
Salsa verde	15	0	3	0	0	170	Est
Mango salsa [Seasonal]	35	0	9	0	1	100	Est
Diablo salsa [Hot]	10	0	2	0	0	180	Est
Shredded lettuce	5	0	1	0	0	5	Est
Pickled red onion	10	0	3	0	0	80	Est
Pickled jalapeños	10	0	1	0	0	300	Est

■ Sides & Sweets (3 items)

Item	Calories	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sodium (mg)	Data
Tortilla chips	270	3	32	14	3	170	Est
Churro chips [Limited time]	330	3	42	16	2	200	Est
Chocolate chunk cookie	260	3	34	13	1	200	Ref

2. Sample Meal Totals

The six quick-start meals from the calculator, added up.

High-protein bowl Bowl (no tortilla), Grilled adobo chicken x2, Black beans, Fajita veggies, Pico de gallo						
Calories	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sodium (mg)	
555	47	34	26	9	1500	
Lean salad Romaine lettuce base, Grilled adobo chicken, Fajita veggies, Pico de gallo, Salsa verde						
Calories	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sodium (mg)	
255	20	14	13	2	905	
Classic burrito Flour tortilla 12.5" (burrito), Grilled adobo chicken, Cilantro lime rice, Black beans, Shredded cheese, Pico de gallo						
Calories	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sodium (mg)	
940	45	119	31.5	11	2050	
Low-carb bowl Bowl (no tortilla), Grilled steak, Fajita veggies, Shredded cheese, Sour cream, Guacamole						
Calories	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sodium (mg)	
585	32	18	43	5	1145	
Veggie bowl Bowl (no tortilla), Impossible plant protein, Seasoned brown rice, Black beans, Fajita veggies, Chile corn salsa						
Calories	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sodium (mg)	
605	29	89	17	17	1340	
Street tacos Soft tortilla 5.5" (taco) x3, Pork carnitas, Pico de gallo, Pickled red onion, Salsa verde						
Calories	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sodium (mg)	
355	20	45	12	3	1200	

3. Low Sodium Qdoba Items

The FDA calls a food "low sodium" at 140 mg or less per serving. Sorted lowest to highest.

Low sodium (140 mg or less)

Item	Calories	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sodium (mg)	Data
Bowl (no tortilla) [Zero cal]	0	0	0	0	0	0	Ref
Romaine lettuce base [Low cal]	5	0	1	0	1	5	Est
Shredded lettuce	5	0	1	0	0	5	Est
Sour cream	50	1	1	5	0	15	Ref
Crispy taco shell	60	1	8	3	1	25	Ref
Pickled red onion	10	0	3	0	0	80	Est
Mango salsa [Seasonal]	35	0	9	0	1	100	Est
Pico de gallo [Low cal]	10	0	2	0	0	110	Est

Almost low sodium (141 to 200 mg)

Item	Calories	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sodium (mg)	Data
Chile corn salsa	60	2	12	1	2	160	Est
Salsa verde	15	0	3	0	0	170	Est
Shredded cheese	100	6	1	8	0	170	Est
Soft tortilla 5.5" (taco)	70	2	12	2	1	170	Ref
Tortilla chips	270	3	32	14	3	170	Est
Diablo salsa [Hot]	10	0	2	0	0	180	Est
Fajita veggies [Low cal]	35	1	6	1	1	180	Ref
Chocolate chunk cookie	260	3	34	13	1	200	Ref
Churro chips [Limited time]	330	3	42	16	2	200	Est

Item	Calories	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sodium (mg)	Data
Salsa roja	15	0	3	0	0	200	Est

Highest sodium items to watch: Flour tortilla 12.5" (burrito) (720 mg), Citrus-lime shrimp (640 mg), Cholula Hot & Sweet chicken (600 mg), Queso fundido (560 mg), Spicy tequila lime steak (520 mg).

Lowest sodium proteins, rice and beans: Cilantro lime rice (280 mg), Seasoned brown rice (290 mg), Pinto beans (300 mg), Pork carnitas (330 mg). Every protein, rice and bean is above 140 mg, so a full meal is rarely strictly low sodium. Build around the items above to keep it down.

4. Quick Top Lists

Highest protein per serving (g)	
Brisket birria	22 g
Grilled steak	22 g
Spicy tequila lime steak	21 g
Cholula Hot & Sweet chicken	19 g
Citrus-lime shrimp	19 g
Grilled adobo chicken	19 g
Pork carnitas	14 g
Impossible plant protein	13 g

Lowest calorie proteins	
Citrus-lime shrimp	110 kcal
Pork carnitas	110 kcal
Impossible plant protein	170 kcal
Grilled adobo chicken	190 kcal
Cholula Hot & Sweet chicken	230 kcal
Brisket birria	250 kcal
Spicy tequila lime steak	260 kcal
Grilled steak	270 kcal

Most fiber per serving (g)	
Black beans	8 g
Pinto beans	7 g
Guacamole	4 g
Crunchy salad shell	3 g
Impossible plant protein	3 g
Seasoned brown rice	3 g
Tortilla chips	3 g
Chile corn salsa	2 g

Highest calorie items	
Crunchy salad shell	390 kcal
Churro chips	330 kcal
Flour tortilla 12.5" (burrito)	300 kcal
Grilled steak	270 kcal
Tortilla chips	270 kcal
Chocolate chunk cookie	260 kcal
Spicy tequila lime steak	260 kcal
Brisket birria	250 kcal

5. Notes and Disclaimer

- Values are per standard serving of each ingredient. Adding a double portion doubles every number.
- **Ref** figures match a published source. **Est** figures are approximations used for planning, so your actual meal may differ.
- Percent of daily goal in the calculator uses a 2,000 kcal default that you can change on the page.
- This is an independent tool and is not affiliated with or endorsed by QDOBA Restaurant Corporation. Brand names belong to their owners.

- For planning only, not medical advice. If you have a food allergy or a medical diet, check Qdoba's official allergen and nutrition guide before ordering.