



Willy's Mexicana Grill Nutrition Facts

Grande Quesadilla Nutrition											
The listed Quesadillas include a 12" flour tortilla and cheese. The Veggie will include Black Beans and Red Peppers.	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Grande Adobe Quesadilla	930	445	50	27.5	0	210	1680	55	7	1	63
Grande Sinaloa Chicken Quesadilla	890	390	44	25.5	0	200	1510	56	7	2	67
Grande Steak Quesadilla	900	415	47	28.5	0	170	1335	54	7	1	64
Grande BBQ Pork Quesadilla	970	465	52	28.5	0	210	1710	58	8	3	64
Grande Sinaloa Tofu Quesadilla	870	435	49	24.5	0	120	1260	57	10	1	52
Grande Veggie Quesadilla	830	350	40	24.5	0	120	1460	74	14	1	45
Grande Cheese Quesadilla	720	345	39	24.5	0	120	1260	54	7	1	38
Quesadilla Extras											
Guacamole	50	40	4	0.5	0	0	170	4	2	1	1
Black Beans	100	5	1	0	0	0	140	18	7	0	7
Pinto Beans	100	5	1	0	0	0	180	18	6	0	6
Roasted Red Peppers	10	0	0	0	0	0	60	2	0	0	0
Corn Salsa	30	8	0	0	0	0	120	6	0	2	0
Black Olives	44	31	4	0	0	0	313	3	1	0	0
Grilled Peppers & Onions	30	10	0	0	0	0	20	4	0	2	0
Quesadilla Ingredients											
Flour Tortilla 12"	280	25	3	0.5	0	0	540	54	7	1	10
Adobe Chicken	210	100	11	3	0	90	420	1	0	0	25
Sinaloa Chicken	170	45	5	1	0	80	250	2	0	1	29
Cilantro-Garlic Steak	180	70	8	4	0	50	75	0	0	0	26
Chipotle BBQ Pork	250	120	13	4	0	90	450	4	1	2	26
Sinaloa Tofu	150	90	10	0	0	0	0	3	3	0	14
Cheese	440	320	36	24	0	120	720	0	0	0	28
Pico Salsa	10	0	0	0	0	0	240	3	1	2	1
Sour Cream	100	100	12	7	0	30	50	2	0	2	2
Guacamole	50	40	4	0.5	0	0	170	4	2	1	1