



Willy's Mexicana Grill Nutrition Facts

Quesadilla Nutrition											
The listed Quesadillas include a 10" 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)
Adobe Chicken Quesadilla	570	261	30	14	0	137	1060	35	5	0	53
Sinaloa Chicken Quesadilla	536	213	24	13	0	128	914	36	5	1	45
Cinatro-Garlic Steak Quesadilla	544	235	26	15	0	102	764	34	5	0	42
Chipotle BBQ Pork Quesadilla	604	277	32	16	0	138	1086	38	6	2	42
Sinaloa Tofu Quesadilla	520	255	29	12	0	60	700	37	8	0	32
Veggie Quesadilla	500	180	21	12	0	60	900	54	12	0	27
Cheese Quesadilla	390	175	20	12	0	60	700	34	5	0	20
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 10"	170	15	2	0	0	0	340	34	5	0	6
Adobe Chicken	180	86	10	2	0	77	360	1	0	0	33
Sinaloa Chicken	146	38	4	1	0	68	214	2	0	1	25
Cilantro-Garlic Steak	154	60	6	3	0	42	64	0	0	0	22
Chipotle BBQ Pork	214	102	12	4	0	78	386	4	1	2	22
Sinaloa Tofu	130	80	9	0	0	0	0	3	3	0	12
Cheese	220	160	18	12	0	60	360	0	0	0	14
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