



**Willy's Mexicana Grill Nutrition Facts**

	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)
<b>Salsas Nutrition</b>											
Pico Salsa- side	10	0	0	0	0	0	240	3	1	2	1
Pico Salsa - cup	30	0	0	0	0	0	720	9	3	6	3
Pico Salsa - bowl	60	0	0	0	0	0	1440	18	6	12	6
Tomatillo Salsa - side	10	0	0	0	0	0	390	2	1	1	0
Tomatillo Salsa - cup	30	9	0	0	0	0	1170	6	3	3	0
Tomatillo Salsa - bowl	60	18	0	0	0	0	2340	12	6	6	0
Chipotle Salsa - side	15	0	0	0	0	0	310	3	1	2	1
Chipotle Salsa - cup	45	9	0	0	0	0	930	9	3	6	3
Chipotle Salsa - bowl	90	18	0	0	0	0	1860	18	6	12	6
Habanera Salsa - side	15	0	0	0	0	0	330	3	1	2	1
Habanera Salsa - cup	45	9	0	0	0	0	990	9	3	6	3
Habanera Salsa - bowl	90	18	0	0	0	0	1980	18	6	12	6
Corn Salsa - side	40	10	1	0	0	0	160	7	1	2	1
Corn Salsa - cup	120	30	3	0	0	0	480	21	3	6	3
Corn Salsa - bowl	240	60	6	0	0	0	960	42	6	12	6
Chili D'Arbol Sauce - side	50	25	3	0	0	0	320	4	1	1	2
Chili D'Arbol Sauce - cup	150	75	9	0	0	0	960	12	3	3	6
Chili D'Arbol Sauce - bowl	300	150	18	0	0	0	1920	24	6	6	12
<b>Sides Nutrition</b>											
Guacamole - side	50	40	4	0.5	0	0	170	4	2	1	1
Guacamole - cup	150	120	12	1.5	0	0	510	12	6	3	3
Guacamole - bowl	300	240	24	3	0	0	1020	24	12	6	6
Cheese Dip - side	150	110	12	8	0	40	540	2	0	1	8
Cheese Dip - cup	450	330	36	24	0	120	1620	6	0	3	24
Cheese Dip - bowl	900	660	72	48	0	240	3240	12	0	6	48
Black Beans - cup	171	9	2	0	0	0	240	31	12	0	12
Black Beans - bowl	342	18	4	0	0	0	480	62	24	0	24
Pinto Beans - cup	171	9	2	0	0	0	308	31	10	0	10
Pinto Beans - bowl	342	18	4	0	0	0	616	62	20	0	250
Rice - cup	200	10	1	0	0	0	190	40	2	0	4
Rice - bowl	400	20	2	0	0	0	380	80	4	0	8
Chips (4 oz)	590	250	27	4	0	0	60	74	12	0	8
<b>Cookies Nutrition</b>											
Chocolate Chip	190	90	10	6	0	25	190	24	1	16	2
White Chocolate Macadamia Nut	200	110	12	6	0	20	190	23	0	15	2