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Next

Calories in taco bell fire sauce

BETA Blog Privacy Health Professionals ContainsDoes Not Contain*UnknownAllergy Information: a Taco Bell Fire Sauce contains gluten, soy and wheat. a Taco Bell Fire Sauce does not contain egg, fish, milk, MSG, peanuts, shellfish or tree nuts.** Please keep in mind that most fast food restaurants cannot guarantee that any product is free of allergens as they use shared equipment for prepping foods. Tomato puree (tomato paste, water), jalapeno peppers, vinegar, modified food starch, chili powder, minced onion, onion juice, spices, natural flavors (contains wheat and soy), xanthan gum, salt, potassium sorbate and sodium benzoate (P), garlic powder, paprika (VC). Contains: Wheat, Soy [certified vegan] As exciting as it is to see the return of the PSL and the season of all things pumpkin, that also means transferring from summer and back into the real world. And for many of us, fall means it's time to get back to school — but this year, it's a little spicier. The Taco Bell Back to School collection just dropped on the Taco Shop website, so you can start the school year off in the most stylish and delicious of ways. That's right — it's time to trade in your Hot Sauce Pool Float for a cozy hoodie, because the seasons are starting to change and back to school season is looming. And there is a lot on offer. Firstly, you can get cozy in some Taco Bell apparel. They've got Taco Bell short and long-sleeve shirts, hoodies, joggers — even Taco Bell leggings, if that floats your boat because you hate to put on anything with buttons. (I am that person.) But that's before we even get into the sweet, sweet school supplies themselves. And we've got pencils, notebooks, sticky notes, pens, a Hot Sauce Packet USB, and a backpack to store it all. Oh, and don't forget your Taco Bell Tumbler; to make sure you get your caffeine fix on your way to class. Basically, you can cover yourself in all things Taco Bell — and I assume that you'll be getting yourself a sweet Crunchwrap Supreme to tie it all together. Oh, the sweet, simple joys of college life. It's hard to believe that the school season is looming just around the corner, but at least you can do it in style. Or if you'd prefer, you can check out Disney's College Must-Haves to give your fall a magical twist. But there's no denying that Taco Bell knows how to do merch. I mean, they set up an actual Taco Bell Hotel, for goodness sake — they are all about taking over every area of your life — from throwing hiring parties to letting you have a party in the actual Taco Bell restaurant, they know how to win us over. I mean, when they released a Taco Bell burrito blanket that lets you turn yourself into an actual burrito, we should have all just thrown in the towel. Very few of us might be so bold or brave enough to actually get married in a Taco Bell, but it's good to know that the option is there — if you choose to take it.For a lot of kids and young adults, back to school is the best time of the year — fresh markers and notebooks, new outfits, and probably some kind of elaborate pencil holder to show just how cool you are. I was definitely that kid. But whether you love back to school or dread the return of the school year, there's no denying that some Taco Bell Back to School merch can help make things a little better — or, at the very least, more delicious. Please note that some foods may not be suitable for some people and you are urged to seek the advice of a physician before beginning any weight loss effort or diet regimen. Although the information provided on this site is presented in good faith and believed to be correct, FatSecret makes no representations or warranties as to its completeness or accuracy and all information, including nutritional values, is used by you at your own risk. All trademarks, copyright and other forms of intellectual property are property of their respective owners. BETA Blog Privacy Health Professionals Main info: Taco Bell Fire Sauce Generic 1 serving 0 Calories 0 g 0 g 0 g 0 mg 0 g 45 mg 0 g 0 g Report a problem with this food Report a problem with this food Note: Any items purchased after clicking our Amazon buttons will give us a little referral bonus. If you do click them, thank you! A 36-year-old Oregon man survived five days with only taco sauce packets to eat after his car became trapped in the snow. Jeremy Taylor reportedly had been driving on Feb. 24 with his dog to retrieve gas when his SUV got stuck. He decided to spend the night in the vehicle, but then found the next morning that even more snow had fallen and buried his car. It wasn't until days later that a snowmobile operator came across the car and alerted authorities. After his rescue, Taylor wrote on Facebook, "taco bell fire sauce saves lives." How much help would eating packets of Taco Bell Fire Sauce actually provide in this survival scenario? Probably not very much. Humans can typically live for more than three weeks without food and three to five days without water, so it is doubtful that the sauce packets and their negligible nutritional benefits were really the key for Taylor. His car was also surrounded by snow, which he could have conceivably melted for water, thus negating the need to rely on the sauce for fluids. Taco Bell Fire sauce is the second-hottest sauce that the fast-food chain offers, behind the Diablo sauce, with 500 Scoville Heat Units. However, spiciness is not going to be much help in terms of sustenance and may in fact induce acid reflux. According to its nutrition facts, a 1-teaspoon serving of Fire sauce contains 0 calories, 0 grams of fat, 0 grams of carbs, 0 grams of protein, and 45 milligrams of sodium. The taco sauce didn't hurt in Taylor's case, and maybe was of marginal assistance. Its primary component is water, though it contains other ingredients that could theoretically lend some nutrition to a starving individual. The sauce's tomato paste, onions, maltodextrin, and dextrose contribute sugar cells that the body can use for energy. Sodium—found in the sauce's salt, jalapeño, chili pepper, garlic, yeast extract, and sodium benzoate—helps regulate blood pressure and fluid balance. And the Fire sauce's potassium chloride may help with kidney functioning, nerve conduction, and muscle contraction. A person would need to consume a massive amount of Fire sauce in order to reap any of these nutritional benefits. The "few taco sauce packets" in this scenario wouldn't be enough. But in larger quantities, the sauce could cause trouble: Because it contains virtually no calories, a person would likely suffer from rapid weight loss, nausea, diarrhea, headaches, fatigue, constipation, and potentially gallstones if forced to solely consume those packets for an extended length of time. The fact that Taylor was stuck in the cold may have caused his body's metabolism to speed up in order to stay warm, which would increase the number of calories he needed. (Officials said he occasionally started the vehicle to help keep warm.) Because he was stranded in cold conditions, though, he had a lower risk of suffering from dehydration and overheating. If you were ever to find yourself in this unfortunate situation, it would be better to stock up on packets of mayonnaise, which contains nutrient-dense oil and eggs. Or better yet, you could keep rations in your car—just in case. Explainer thanks registered dietitian nutritionist Amy Gorin, owner of Amy Gorin Nutrition; registered and certified dietitian nutritionist Keri Gans, author of The Small Change Diet; and Atkins VP of nutrition and education Colette Heimowitz. Photo Courtesy: Rachel Murray/Getty Images for Taco Bell Fast food restaurants may not seem like the go-to place for healthy meals — but if you order wisely, you can find healthier fast food options. And Taco Bell has its share of nutritious treats. We've rounded up six tasty-yet-healthy options to try the next time you have a craving for Taco Bell.Can Fast Food Be Healthy? Photo Courtesy: Joshua Blanchard/Getty Images for Taco Bell Fast food is usually loaded with calories, sodium and unhealthy types of fat. And it's often lacking in healthy ingredients like fruits, vegetables and fiber. That's why nutrition experts often recommend cutting back on fast food.But all fast food meals aren't created equal. You can find ways to eat fast and healthy. For example, try limiting portion sizes and keeping your whole meal to 500 calories or less. And check out the nutrition info — look for choices higher in fiber, protein and unsaturated fat, and lower in sodium, added sugars and saturated fat.How To Eat Healthy at Taco Bell Photo Courtesy: David Paul Morris/Bloomberg via Getty Images The Taco Bell menu includes a variety of nutrient-dense ingredients — and this chain provides some great tools to help you improve your order. Try these tips: Add it up. Use the Taco Bell Nutrition Calculator to find the total amount of calories, fiber, protein, saturated fat, added sugars and sodium in every menu item. This is a great tool to help you figure out which items fit your nutritional needs. Make it fresco. If you're trying to limit calories at Taco Bell, consider ordering your meal "fresco style." This customized style replaces ingredients typically high in calories and fat (mayonnaise-based sauces, cheeses and sour cream) with freshly prepared diced tomatoes. Go for guac. For a healthier dose of richness, add guacamole to your taco or burrito instead of sour cream or other sauces. The avocados in guacamole provide healthier unsaturated fat in place of the saturated fat in many sauces. It's also super easy to customize your order at Taco Bell. That means you can build healthy meals that work with lots of different eating styles, including low-calorie, vegetarian, vegan, low-carb and high-protein diets. Read on to hear about six specific menu items that measure up for both deliciousness and nutrition.Power Menu Bowl with Chicken Photo Courtesy: Joshua Blanchard/Getty Images for Taco Bell The Power Menu Bowl can be a time-saver when you need a complete meal on a busy schedule. The bowl includes grilled chicken, seasoned rice, black beans, cheddar cheese, lettuce, tomatoes, reduced-fat sour cream, avocado ranch sauce and guacamole.Coming in at less than 500 calories, this meal packs in seven grams of fiber and 26 grams of protein. So if you love chicken and want to try a non-taco meal at Taco Bell, this nutrient-dense bowl may be right up your alley. Just be aware that, like most fast-food meals, this choice is high in sodium.Veggie Power Menu Bowl Photo Courtesy: Joshua Blanchard/Getty Images for Taco Bell The Power Menu Bowl isn't just for meat eaters — vegetarian Taco Bell lovers can opt for the Veggie Power Menu Bowl. This bowl contains mostly the same ingredients as the Power Menu Bowl, minus the grilled chicken. Here, the seasoned rice and black beans are the star of the show. To give your bowl a healthier fat balance, skip the sour cream and add more guacamole.At just 430 calories, this meal packs in more fiber than the chicken version (coming in at ten grams) and still gives you 12 grams of protein. It's also slightly lower than the chicken bowl in sodium and saturated fat. So if you're looking for a healthy meatless meal on the go, this might be the choice for you.Bean Burrito Photo Courtesy: Joshua Blanchard/Getty Images for Taco Bell High in protein and fiber, beans are a key part of a healthy diet. And if you like beans, Taco Bell has lots of options for you — including this healthy Bean Burrito. The burrito contains warm refried beans, cheddar cheese, diced onions and red sauce. With only 350 calories, the bean burrito is one of the lighter options on Taco Bell's menu. It has 11 grams of fiber, 13 grams of protein and under four grams of saturated fat. To make your burrito even healthier, try replacing the red sauce with pico de gallo to cut down on sodium.Crunchy Taco (Fresco Style) Photo Courtesy: David Paul Morris/Bloomberg via Getty Images No Taco Bell menu roundup would be complete without some tacos — and there are healthier ways to enjoy this classic order, too. Here we're looking at the fresco-style Crunchy Taco with lettuce, tomatoes and seasoned beef.At just 150 calories, you'll probably need more than one of these tacos to feel satisfied. Even with the fresco customization, two tacos comes in at around nine grams of saturated fat — but the lettuce and tomatoes add some healthy fresh veggies, and skipping the cheese makes this a better option if you're trying to limit calories or avoid dairy.Black Bean Chalupa (Fresco Style) Photo Courtesy: John Tlumacki/The Boston Globe via Getty Images If you're more into black beans than refried beans, the Black Bean Chalupa is the right choice for you. With a pillowy shell, this chalupa typically has black beans, sour cream, cheese, lettuce and tomatoes — and spicy ranch is a popular add-on. But for a healthy twist, go fresco style and add guacamole for extra flavor.With 320 calories, the fresco-style Black Bean Chalupa with guacamole has under two grams of saturated fat, six grams of fiber and eight grams of protein — making it a good choice for health-conscious fast food lovers.Cheesy Toasted Breakfast Burrito (Fresco Style) Photo Courtesy: Joshua Blanchard/Getty Images for Taco Bell You can make a healthier choice first thing in the morning with the Cheesy Toasted Breakfast Burrito. Ordering this item "fresco style" removes the nacho cheese sauce and leaves you with eggs, sausage crumbles and diced tomatoes.This customization brings your breakfast burrito down to only 280 calories, but still packs in 11 grams of protein. All in all, not a bad way to start your day.So next time you find yourself at Taco Bell, remember to read the nutrition info and customize your order to meet your nutrition goals. With the right ordering strategy, you can make the occasional Taco Bell meal part of a healthy diet. MORE FROM SYMPTOMFIND.COM

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