

# Taco Bell vs. Chipotle

	TACO BELL	CHIPOTLE
<b>Average Cost</b>	\$2.29	\$6.25
<b>Nutritional Content</b>	Calories: 390; Calories from fat: 100; Total fat: 12g; Trans-fat: 0g; Sodium: 1090mg; Cholesterol: 40mg; Carbohydrates: 50g; Dietary fiber: 6g; Sugar: 4g; Protein: 20g; Vitamin C: 8%; Vitamin A: 10%; Calcium: 20%; Iron: 20%	Calories: 735; Calories from fat: 226; Total fat: 26g; Trans-fat: 0g; Sodium: 1990mg; Cholesterol: 155mg; Carbohydrates: 74g; Dietary fiber: 16g; Sugar: 2g; Protein: 52g; Vitamin C: 42%; Vitamin A: 110%; Calcium: 50%; Iron: 40%
<b>Options</b>	Mild, Hot, or Fire Sauce; Salsa Verde	White or brown rice; black or pinto beans; mild, medium, hot, or corn salsa; vegetables; add guacamole for approximately \$2
<b>Quality of Ingredients</b>	Low-grade, industrial-farmed meats and cheeses	Locally sourced meats, cheeses, and vegetables from humane-certified farms
<b>Locations and Hours of Operation</b>	6,500 locations; open 11 AM–1 AM; eat-in, carry out, drive through	2,010 locations; open 11 AM–10 PM; eat-in or carry out