

Pollo Tropical

VALORES NUTRICIONALES

| PRODUCTOS | Servicio | Calorías | Calorías de grasa | Grasa Total (g) | Grasa Saturada (g) | Grasa Trans (g) | Colesterol (mg) | Sodio (mg) | Carbohidratos (g) | Fibra Dietéticas (g) | Azúcares (g) | Proteína (g) |
|---|------------|----------|-------------------|-----------------|--------------------|-----------------|-----------------|------------|-------------------|----------------------|--------------|--------------|
| Pollo/Carne | | | | | | | | | | | | |
| Pollo (carne blanca) | 1/4 | 360 | 20 | 20 | 6 | 0 | 185 | 730 | 0 | 0 | 0 | 43 |
| Pollo (carne oscura) | 1/4 | 290 | 22 | 22 | 6 | 0 | 135 | 430 | 0 | 0 | 0 | 24 |
| Medio pollo | 1/2 | 650 | 42 | 42 | 12 | 0 | 320 | 1160 | 0 | 0 | 0 | 67 |
| Un Pollo Completo | 1 | 1300 | 84 | 84 | 24 | 0 | 640 | 2320 | 0 | 0 | 0 | 134 |
| Filete de Pechuga | 1 | 150 | 3 | 3 | 1 | 0 | 85 | 440 | 0 | 0 | 0 | 30 |
| Churrasco | 1 | 310 | 120 | 14 | 7 | <1 | 175 | 1490 | 2 | 0 | 1 | 46 |
| Pernil | 1 | 510 | 280 | 31 | 12 | 0 | 150 | 800 | 0 | 0 | 0 | 56 |
| Especialidades | | | | | | | | | | | | |
| Asopao | 8oz | 120 | 25 | 3 | 1 | 0 | 40 | 850 | 11 | 1 | 0 | 12 |
| Asopao | 24oz | 360 | 75 | 9 | 3 | 0 | 120 | 2550 | 33 | 3 | 0 | 36 |
| Ensalada Caesar (sin filete) | 1 | 380 | 35 | 35 | 7 | 0 | 35 | 510 | 14 | 3 | 2 | 5 |
| Ensalada Caesar (con filete) | 1 | 530 | 38 | 38 | 8 | 0 | 120 | 950 | 14 | 3 | 2 | 35 |
| Ensalada Tropical (sin filete) | 1 | 45 | 0 | 0 | 0 | 0 | 0 | 40 | 8 | 3 | 4 | 2 |
| Ensalada Tropical (con filete) | 1 | 195 | 3 | 3 | 1 | 0 | 85 | 480 | 8 | 3 | 4 | 32 |
| Fiesta Salad (sin carne) | 1 | 520 | 317 | 32 | 7 | 0 | 5 | 640 | 48 | 13 | 0 | 10 |
| Fiesta Salad de Pollo | 1 | 670 | 320 | 35 | 8 | 0 | 90 | 1080 | 48 | 13 | 0 | 40 |
| Fiesta Salad de Churrasco | 1 | 640 | 360 | 40 | 10 | <1 | 80 | 1300 | 36 | 8 | 0 | 34 |
| Filete de Dorado | 1 | 110 | 5 | 1 | 0 | 0 | 55 | 630 | <1 | 0 | 0 | 25 |
| Bongo Bowl pernil/ensalada | 1 | 200 | 90 | 10 | 4 | 0 | 45 | 350 | 10 | 2 | 0 | 18 |
| Bongo Bowl pernil/arroz con gandules | 1 | 530 | 170 | 19 | 6 | 0 | 40 | 1710 | 71 | 4 | 0 | 20 |
| Bongo Bowl pollo/ensalada | 1 | 110 | 20 | 3 | <1 | 0 | 55 | 270 | 4 | 2 | 0 | 18 |
| Bongo Bowl pollo/arroz con gandules | 1 | 540 | 110 | 12 | 4 | 0 | 55 | 1450 | 81 | 4 | 0 | 25 |
| Bongo Bowl churrasco/ensalada | 1 | 120 | 45 | 5 | 2 | 0 | 40 | 460 | 3 | 1 | 0 | 16 |
| Bongo Bowl churrasco/arroz con gandules | 1 | 540 | 160 | 17 | 6 | 0 | 45 | 1730 | 76 | 5 | 0 | 20 |
| Bongo Bowl tender/ensalada | 1 | 170 | 50 | 5 | 1 | 0 | 25 | 440 | 19 | 2 | 0 | 12 |
| Bongo Bowl tender/arroz con gandules | 1 | 510 | 130 | 15 | 4 | 0 | 25 | 1730 | 78 | 5 | 0 | 15 |
| Tropi-Pinchos | 1 | 176 | 56 | 6 | 2 | 0 | 88 | 480 | 10 | <1 | 5 | 19 |
| Tropi-Tenders | 4 | 540 | 140 | 15 | 3 | 0 | 75 | 1580 | 64 | 4 | 6 | 37 |
| Sándwiches/Wraps | | | | | | | | | | | | |
| T-Burger | 1 | 980 | 550 | 61 | 22 | <1 | 165 | 1950 | 61 | 4 | 10 | 46 |
| Sándwich Tropical | 1 | 660 | 250 | 28 | 5 | 0 | 120 | 1360 | 54 | 4 | 8 | 49 |
| Espinaca Cilantro wrap de pollo | 1 | 740 | 345 | 38 | 16 | 0 | 166 | 1640 | 49 | 6 | 9 | 50 |
| Fiesta wrap de pollo | 1 | 740 | 330 | 36 | 10 | 0 | 95 | 1450 | 64 | 8 | 0 | 39 |
| Fiesta wrap de churrasco | 1 | 750 | 350 | 39 | 12 | <1 | 80 | 1800 | 66 | 8 | 0 | 35 |
| Complementos (Regular) | | | | | | | | | | | | |
| Arroz blanco | 8oz | 330 | 5 | 5 | 1 | 0 | 0 | 700 | 67 | 2 | 0 | 6 |
| Habichuelas negras | 5oz | 140 | 3 | 3 | 0 | 0 | 0 | 190 | 21 | 10 | 1 | 7 |
| Habichuelas rosadas | 5oz | 110 | 1 | 1 | 0 | 0 | 0 | 430 | 19 | 11 | 1 | 7 |
| Arroz con gandules | 8oz | 460 | 70 | 8 | 2 | 0 | 0 | 960 | 87 | 8 | 2 | 10 |
| Yuca hervida | 8oz | 290 | 8 | 8 | 1 | 0 | 0 | 430 | 53 | 3 | 1 | 1 |
| Yuca frita | 5 | 300 | 13 | 13 | 2 | 0 | 0 | 530 | 45 | 3 | 1 | 1 |
| Amarillos | 5 | 560 | 210 | 23 | 3 | <1 | 0 | 55 | 85 | 9 | 3 | 3 |
| Ensalada Tropical | 1 | 45 | 0 | 0 | 0 | 0 | 0 | 40 | 8 | 3 | 4 | 2 |
| Ensalada Caesar | 1 | 130 | 12 | 12 | 3 | 0 | 10 | 190 | 6 | 1 | 1 | 2 |
| Papas majadas | 1 | 190 | 70 | 8 | 2 | 0 | 5 | 670 | 26 | 3 | 2 | 4 |
| Postres | | | | | | | | | | | | |
| Tres Leches | 1 | 200 | 50 | 5 | 2 | 0 | 50 | 130 | 34 | 0 | 28 | 4 |
| Flan de Vainilla | 1 | 200 | 50 | 6 | 3 | 0 | 67 | 80 | 33 | 0 | 33 | 6 |
| Cool Sundae | 1 | 280 | 70 | 7 | 5 | 0 | 30 | 140 | 47 | 1 | 35 | 6 |
| Barquilla | 1 | 220 | 60 | 6 | 4 | 0 | 20 | 135 | 36 | 2 | 25 | 6 |
| Bebidas | | | | | | | | | | | | |
| Pepsi | 16 fl oz | 200 | 0 | 0 | 0 | 0 | 0 | 40 | 55 | 0 | 55 | 0 |
| Diet Pepsi | 16 fl oz | 0 | 0 | 0 | 0 | 0 | 0 | 50 | 0 | 0 | 0 | 0 |
| 7up | 16 fl oz | 200 | 0 | 0 | 0 | 0 | 0 | 60 | 52 | 0 | 50 | 0 |
| Diet 7up | 16 fl oz | 0 | 0 | 0 | 0 | 0 | 0 | 60 | 0 | 0 | 0 | 0 |
| Aquafina | 16.9 fl oz | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Mirinda China | 16 fl oz | 156 | 0 | 0 | 0 | 0 | 0 | 33 | 42 | 0 | 42 | 0 |
| La Piñata (No incluye bebida ni complemento) | | | | | | | | | | | | |
| Tropi-Tenders | 2 | 270 | 70 | 8 | 2 | 0 | 38 | 790 | 32 | 2 | 3 | 19 |
| Trozos de filete de pechuga | 1 | 150 | 3 | 3 | 1 | 0 | 85 | 440 | 0 | 0 | 0 | 30 |
| 1/4 de pollo (carne blanca) | 1/4 | 360 | 20 | 20 | 6 | 0 | 185 | 730 | 0 | 0 | 0 | 43 |

Para Información 1-866-TU-POLLO (887-6556)

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