



## Calories and Fat Content in Fast Food Restaurant Foods

### Jack in the Box

	<b>Calories</b>	<b>Fat (Grams)</b>
Breakfast Jack	110	12
Hash Brown (1)	90	10
Egg Roll (1)	130	6
Soy Sauce	0	0
Sweet & Sour Dipping Sauce	0	0
Fruit Cup	90	0
Regular Beef Taco	160	8
Salsa, Fire Roasted Tomato	0	0
Sour Cream	45	5
Taco Sauce	0	0
Chicken Fajita Pita - no salsa	280	9
Asian Chicken Salad (with Grilled Chicken) (does not include dressing)	160	1.5
Side Salad (does not include dressing)	50	3
Low Fat Balsamic Dressing	20	2

Nutrition information for Jack in the Box is © 2007 Jack in the Box Inc. Selected nutrition information is provided here as a service to Dr. Gourmet readers. Download the complete nutrition information at <http://www.jackinthebox.com/ourfood/index.php?section=7>