Chipotle Burrito Bowl Nutrition 2026

Calories and macros for every bowl and ingredient · Chipotle Menu Guide

Bowl Nutrition Menu

Each bowl: white rice, black beans, fresh tomato salsa and cheese. Veggie bowl adds fajita veggies and guacamole.

Bowl	Calories	Protein	Carbs	Fat	Fiber	Sodium
Chicken Burrito Bowl	655	50 g	67 g	20.5 g	9 g	1,610 mg
Steak Burrito Bowl	625	39 g	68 g	19.5 g	10 g	1,630 mg
Barbacoa Burrito Bowl	645	42 g	69 g	20.5 g	10 g	1,830 mg
Carnitas Burrito Bowl	685	41 g	67 g	25.5 g	9 g	1,750 mg
Pollo Asado Burrito Bowl	685	40 g	70 g	25.5 g	—	—
Sofritas Burrito Bowl	625	26 g	76 g	23.5 g	12 g	1,860 mg
Veggie Burrito Bowl	725	21 g	80 g	35.5 g	16 g	1,820 mg

Calories by Ingredient

One regular serving of each bowl ingredient.

Ingredient	Serving	Calories	Protein	Carbs	Fat	Sodium
Cilantro-lime white rice	4 oz	210	4 g	40 g	4 g	350 mg
Cilantro-lime brown rice	4 oz	210	4 g	36 g	6 g	190 mg
Black beans	4 oz	130	8 g	22 g	1.5 g	210 mg
Pinto beans	4 oz	130	8 g	21 g	1.5 g	210 mg
Chicken	4 oz	180	32 g	0 g	7 g	310 mg
Steak	4 oz	150	21 g	1 g	6 g	330 mg
Barbacoa	4 oz	170	24 g	2 g	7 g	530 mg
Carnitas	4 oz	210	23 g	0 g	12 g	450 mg
Pollo Asado	4 oz	210	22 g	3 g	12 g	—
Sofritas	4 oz	150	8 g	9 g	10 g	560 mg
Fresh tomato salsa	4 oz	25	0 g	4 g	0 g	550 mg
Roasted chili-corn salsa	4 oz	80	3 g	16 g	2 g	330 mg
Tomatillo-green chili salsa	2 fl oz	15	0 g	4 g	0 g	260 mg
Tomatillo-red chili salsa	2 fl oz	30	0 g	4 g	0 g	500 mg
Fajita veggies	2 oz	20	1 g	5 g	0 g	150 mg
Romaine lettuce	1 oz	5	0 g	1 g	0 g	0 mg
Cheese	1 oz	110	6 g	1 g	8 g	190 mg
Sour cream	2 oz	110	2 g	2 g	9 g	30 mg
Guacamole	4 oz	230	2 g	8 g	22 g	370 mg
Queso blanco	2 oz	120	5 g	4 g	9 g	250 mg
Chips (regular bag)	4 oz	540	7 g	73 g	25 g	390 mg

Based on Chipotle's published US nutrition facts for regular portions. Chipotle Menu Guide is not affiliated with Chipotle Mexican Grill, Inc.