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## Is taco bell safe to eat right now

1 / 4 Courtesy Taco Bell
Glen Bell opened the very first Taco Bell in 1962. It was located at 7112 Firestone Boulevard in Downey, California. Measuring at 400 square feet with only a walk-up window, the small stucco building displayed colorful letters on the front and a large sign of a sombrero and a bell. Taco Bell offered Reader’s Digest a few photos of what the very first store looked like. This is why Taco Bell is actually one of the healthiest fast food chains.
2 / 4 Courtesy Taco Bell
Before opening up Taco Bell, Glen Bell owned and operated a few other restaurants. His goal with Taco Bell was to stand out from his competitors, such as McDonald’s. Glen Bell introduced Mexican-inspired food to the masses. The concept was so new to his customers that they even referred to tacos as “táy-kohs.” Here’s what Walmart looked like when it first opened.
4 / 4 Courtesy Taco Bell
Taco Bell took the successful franchise public in 1970 and it has continued to grow since. With over 7,000 locations across the United States and another over 500 locations in nearly 30 countries around the world, they continue to provide customers with bold flavors, quality ingredients, and breakthrough value. They launched a breakfast menu in 2014, allowed for mobile ordering, and launched delivery nationwide earlier this year. From releasing a clothing line with Forever 21 to hosting weddings at their Las Vegas Cantina and even launching a pop-up hotel later this summer, Taco Bell continues to push boundaries on how fans can experience the brand. Continue the trip back in time with these photos of what the first-ever Costco looked like.
Originally Published: June 26, 2020
By Nick Mendillo, @grevaltInvalid dateTaco Bell is my favorite restaurant in the world. Not only do they provide delicious, cheesy, melty food at an affordable price, but they also understand their consumer base better than any other fast food chain I can think of. The fact that they stay open sometimes until 4am shows their love for those wanting 4th meal - or sometimes - 5th meal. In celebration of Taco Bell providing the Cave Dwellers our Opening Night Meal, let’s discuss my favorite menu items!9 - Enchirito Thanks to my good friend #kurffisette for introducing this to me in middle school. I always said “the best food is just meat cheese and sauce” and this is exactly that. It’s so saucy and cheesy; you have to eat it with a spork. Double points for only providing sporks.8 - Double Decker Taco I sometimes can’t decide if I want a taco or a burrito. This provides both. The man who thought of this is as brilliant as the man who innovated the idea of putting a toilet indoors. It’s so simple!7 - Cheese Roll-Up “Welcome to Taco Bell. What would you like?” “Cheese melted on a tortilla and that’s it!” “Of course, sir.” Best. Transaction. Ever.6 - Crunchwrap Supreme I don’t know why this discuss is so alluring. It’s probably because it’s shaped like a UFO. I rarely order this item, but when I get a craving for it, it’s terribly powerful. Sometimes you just need to eat a taco UFO. 5 - 1/2 Combo Burrito What a gluttonous gem! I honestly don’t think there is enough in this burrito. More is more, Taco Bell. Take note.4 - Beefy Melt Burrito This is no longer on the Taco Bell menu, sadly, but it’s so good I have to include it. Forget begging for Doritos Tacos - I want to set up a campaign to bring back this gooey cheesy delight.3 - Hard Taco Get Hard. Soft tacos are for girls. This is the foundation of Taco Bell and for 89¢, it’s heaven on earth. I recommend consuming 21 in 30 minutes. As a teen, eating 12 in one sitting was nothing. Crunch!2 - XXL Grilled Stuffed Burrito This is the only menu item that I get that can fill me up on its own. It’s a full steak meal in a crunchy, yet chewy tortilla. I get it with no rice, though, so to supplement the rice, I add more cheese. Ugh... I want one right now.1 - Cheesy Gordita Crunch Take a normal taco and add a mystery sauce. (The sauce is probably not a mystery, but I sure as heckfire can’t pinpoint it.) Add melty cheese to the outside of the shell wrapped in a fluffy Gordita shell and you have a warm pillow for your taste buds.Honorable Mention: Cheesy Beef and Bean BurritoI don’t know what happened to this burrito, but it was exactly as the title advertised. Cheese, Beef, Bean. That’s it. I miss this item very much and wish it came back.What’s your favorite Taco Bell item? Let’s get into a healthy debate in the comment section below! Taco Bell is my favorite restaurant in the world. Not only do they provide delicious, cheesy, melty food at an affordable price, but they also understand their consumer base better than any other fast food chain I can think of. The fact that they stay open sometimes until 4am shows their love for those wanting 4th meal - or sometimes - 5th meal. In celebration of Taco Bell providing the Cave Dwellers our Opening Night Meal, let’s discuss my favorite menu items!9 - Enchirito Thanks to my good friend #kurffisette for introducing this to me in middle school. I always said “the best food is just meat cheese and sauce” and this is exactly that. It’s so saucy and cheesy; you have to eat it with a spork. Double points for only providing sporks.8 - Double Decker Taco I sometimes can’t decide if I want a taco or a burrito. This provides both. The man who thought of this is as brilliant as the man who innovated the idea of putting a toilet indoors. It’s so simple!7 - Cheese Roll-Up “Welcome to Taco Bell. What would you like?” “Cheese melted on a tortilla and that’s it!” “Of course, sir.” Best. Transaction. Ever.6 - Crunchwrap Supreme I don’t know why this discuss is so alluring. It’s probably because it’s shaped like a UFO. I rarely order this item, but when I get a craving for it, it’s terribly powerful. Sometimes you just need to eat a taco UFO. 5 - 1/2 Combo Burrito What a gluttonous gem! I honestly don’t think there is enough in this burrito. More is more, Taco Bell. Take note.4 - Beefy Melt Burrito This is no longer on the Taco Bell menu, sadly, but it’s so good I have to include it. Forget begging for Doritos Tacos - I want to set up a campaign to bring back this gooey cheesy delight.3 - Hard Taco Get Hard. Soft tacos are for girls. This is the foundation of Taco Bell and for 89¢, it’s heaven on earth. I recommend consuming 21 in 30 minutes. As a teen, eating 12 in one sitting was nothing. 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Let’s get into a healthy debate in the comment section below!"/canonical:"/news/top-9-best-taco-bell-menu-items/c-43583602","author":{"name":"Nick Mendillo,@grevalt","type":"","tagline":"","twitter":""},"formattedDate":"Invalid date","articleType":"news","photo":null,"readMore":null},"isLegacyArticle":true,"locale":"en")> Taco Bell has always been a champion fast food spot for vegetarians and vegans alike due to its highly customizable menu that can adapt to any diet, whether it be low carb or plant-based. There is a taco for everyone. We get it. You want to make healthier decisions—but you can’t imagine a life without Taco Bell. Don’t worry, your health goals and Taco Bell can coexist. “Literally anything on the menu can be customized according to one’s lifestyle,” Missy Schaaphok RDN, Taco Bell’s in-house registered dietitian, says. “Using our Nutrition Calculator can help achieve the desired outcome. We cater to consumers’ lifestyle of choice—like items high in protein, vegetarian, or low cal and low fat.”In fact, as stated by Taco Bell itself, 75% of the menu is under 500 calories. Your favorites can also be made healthier by ordering them “fresco style,” which substitutes fresh pico de gallo in place of cheese, sour cream, mayo-based sauces, and guac. This can cut the fat down in your meal significantly. Taco Bell even has a menu specifically catered to vegetarians, so if reducing your meat consumption is one of your goals, it’ll be easy at your local T-Bell. Here are seven of the healthiest options you can order at Taco Bell the next time you want to live más.Burrito Supreme Fresco Style340 calories, 14 grams of fat, 9 grams of fiber, 16 grams of proteinHonestly, any menu item from Taco Bell can be made more nutritious by making it fresco style. It’s like a not-so-secret life hack to having Taco Bell that’s still delicious but with a lot less fat. The same applies to their burrito supreme; when made fresco style, the entire thing comes out to 340 calories with 9 grams of fiber and 16 grams of protein. Yes, there’s quite a bit of fat, too, but it’s much better than if you included the sour cream and cheese.Photo by Cole Saladino for ThrillistChicken Soft Taco Fresco Style150 calories, 6 grams of fat, 2 grams of fiber, 9 grams of proteinChicken soft tacos are like the chicken noodle soup of the fast food world: reliable, comforting, and always tasty. Taco Bell’s, when created fresco style, rings in at a mere 150 calories with 9 grams of protein. Slather on the hot red sauce and make your soft taco dreams come true.Courtesy of Taco BellBean Burrito380 calories, 11 grams of fat, 9 grams of fiber, 14 grams of proteinBeans, beans, they’re good for your heart. That’s why you shouldn’t hesitate to order Taco Bell’s bean burrito. It clocks in at 380 calories with 9 grams of fiber and 14 grams of protein. Replace the added red sauce with pico de gallo to further reduce your sodium intake and up your vegetable consumption.Veggie Power Menu Bowl430 calories, 17 grams of fat, 10 grams of fiber, 12 grams of proteinVeggies! Power! The goodness in this bowl is already in the name. As Taco Bell likes to describe it, “the power-up boost you get from the bowl is so similar to a power-up in a video game.” The Veggie Power Menu Bowl contains rice, black beans, cheese, romaine lettuce (see, vegetables), guacamole, pico de gallo, and creamy avocado ranch sauce. Skip the sour cream if you want to reduce fat and add a scoop of steak or chicken if you’re in need of some extra protein.Taco BellCheesy Toasted Breakfast Burrito340 calories, 17 grams of fat, 2 grams of fiber, 11 grams of proteinBreakfast on the go doesn’t have to be complicated, expensive, or filled with greasy hash browns. Taco Bell’s grilled breakfast burrito is under 350 calories and boasts 10 grams of protein, making it a satisfying, fulfilling start to your day. And at just over a dollar off of Taco Bell’s cravings value menu, this burrito definitely gives you serious nutritional bang for your buck. Who would’ve thought Taco Bell’s breakfast could be so satisfying?Black Bean Crunchwrap Supreme Fresco Style440 calories, 12 grams of fat, 8 grams of fiber, 12 grams of proteinNot only is the Black Bean Crunchwrap Supreme—served fresco style—an incredibly fresh and hearty main course, this menu item also happens to be vegan. Once you swap out the sour cream and cheese for diced tomatoes, you’re left with a completely plant-based option that has a healthy amount of both fiber and protein. Bonus: the hot sauces at Taco Bell are also vegan. Feel free to add a dollop of guacamole for extra healthy fats and to make this meal a little bit more filling.Courtesy of Taco BellGrilled Steak Soft Taco Fresco Style150 calories, 4 grams of fat, 2 grams of fiber, 10 grams of protein You don’t have to live off of unseasoned chicken, brown rice, and broccoli to be healthy. Taco Bell’s Grilled Steak Soft Taco, which boasts 10g of protein and only 150 calories, will give you the beefy flavor you crave without filling you up with too much fat. Though ordering the steak taco fresco style eliminates the creamy avocado ranch sauce and cheese, you can still have bold flavor in your taco by requesting the addition of jalapenos. And if you’re looking to make your taco a bit healthier, adding a dollop of refried beans will up the fiber and protein.Courtesy of Taco BellBlack Beans and Rice170 calories, 3.5 grams of fat, 4 grams of fiber, 4 grams of proteinTaco Bell has a bunch of great sides—gooey Fiesta Potatoes, platters of nachos, and more—that may be delicious but won’t necessarily help reduce calorie intake if that’s something you’re aiming for. If you’re trying to round out your meal, but still want food that can be nourishing, opt for a simple side of black beans and rice. This side is less than 200 calories and will provide some fiber and protein without being laden with too much fat from cheese and sour cream. Black beans and rice, paired with a simple fresco style burrito or taco, makes for a solid meal. Want more Thrillist? Follow us on Instagram, Twitter, Pinterest, YouTube, TikTok, and Snapchat!Kat Thompson is a senior staff food writer at Thrillist. Follow her on twitter @kathompson.