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Our steak and Barbacoa always start with Responsible Raised Beef. Then we achieve tenderness in two ways. First we boil the sous vide, which locks in moisture by heating the beef at a precise, low temperature in a looong time. Then we marinate it overnight in our smoky, spicy chipotle pepper adobo, and complete it on the grill (for beef) or add aromatic spices such as oregano, cloves and bay leaves, braise it slowly at low temperature until it is mouth-wateringly tender, then shred it by hand (for Barbacoa). Sorry, showing our beef nerd? Round and round we go When it comes to beef, it's not just the quality that matters – it's also cut. Our Barbacoa comes mainly from the shoulder, because these cuts have enough fat to keep the meat moist under our long braising method, making the end result seriously juicy and tender. Our beef, meanwhile, comes from all over: bottom rounds, top rounds, eye of rounds, inside round, outside round, tenderloin, knuckle, ball tips, and tender bran top. You get the picture. A lot of rounds. These cuts hold up to the heat of the grill, giving each bite a neatly charred outside and a perfect medium rare inside. Beef Barbacoa Carne Asada Steak Barbacoa Carne Asada For those who want their food healthy, delicious and ethically unassailable, the news hit hard: Chipotle, the non-GMO burrito palace with sustainable food policies that made it OK for even Bernie Sanders voters to eat fast food again, had been sideswiped by an e. coli outbreak. The bacteria, which come from livestock and cause severe stomach cramps and other symptoms too nasty to mention, sickened at least 43 people who ate in 17 different Chipotle restaurants between October 13 and November 6 - primarily in Oregon and Washington state, but also in California, Minnesota, New York and Ohio. But while the company and investigators at the Centers for Disease Control are monitoring the situation -- and reporting that no one has reported getting sick in recent weeks -- we recommend that you exercise caution when you're ready to return to the Mexican grill. Not because of e. coli – that situation looks pretty good in the hand. But rather, because some of Chipotle's burritos can pack as many calories as not one, not two, but three fast food burgers! Although calorie counts are clearly posted, it can be easy to lose track in the face of so many yummy options just outside the plexiglas grill. And sometimes the sodium counters the rival of even the Big Mac - especially if you order the chips. To discover the best and worst meals at Chipotle, Eat this, not that! ranked them by category, from meat to feast, burritos to salads, and the best and worst combinations in each category. Read on for the sensational results, and while we're on the theme of fast food, don't miss our important list of the McDonald's menu - rated! Chipotle won raves to offer vegetarian protein. but but to find out which filling is best for you. If you're looking for a meat-free option at Chipotle, we have bad news. This spicy organic tofu contains the highest amount of fat, sodium, carbohydrates and sugar of all its proteins. Although it has the fewest calories, it also contains the least protein. The point: You're better off sticking with vegetables. NUTRITION: 145 calories, 10 g fat (1.5 g saturated), 555 mg sodium, 9 g carbohydrates, 3.5 g fiber, 4.5 g sugar, 8 g protein. Chipotle touts this as antibiotic- and hormone-free shredded pork, seasoned with salt and pepper, juniper berries, thyme and bay leaves, fried and shredded by hand. These path barbacoa for a reason – they contain 12 grams of fat (6.5 which is saturated). Read on for things fast food chains don't want you to know! NUTRITION: 210 calories,12 g fat (6.5 g saturated), 450 mg sodium, 0 g carbohydrates, 0 g fiber, 0 g sugar, 23 g protein This season's beef, marinated overnight and hand shredded, contains fewer calories than both chicken and beef-but more sodium and less protein. NUTRITION: 165 calories, 7 g fat (2.5 g saturated), 530 mg sodium, 2 g carbohydrates, 1 g fiber, 0 g sugar, 24 g protein Surprising is Chipotle's beef and chicken neck and neck. Marinated in the same chipotle pepper and grilled, the beef contains only 10 more calories and milligrams of sodium, but less half a gram of fat and one gram of saturated fat. However, due to the number of protein and sugar, chicken is still a small advantage. NUTRITION: 190 calories, 6.5 g fat (2 g saturated), 320 mg sodium, 2 g carbohydrates, 0 g fiber, 1 g sugar, 30 g protein Chipotle prides itself on obtaining meat that is raised on pasture or in deep bedridden pens and is both antibiotic and hormone-free. Their chicken is marinated in spicy chipotle pepper and grilled. It contains 180 calories, the lowest amount of sodium of its colleagues and 32 grams of protein. This is your best choice. Speaking of proteins, click here for best proteins for weight loss! NUTRITION: 180 calories, 7 g fat (3 g saturated), 310 mg sodium, 0 g carbohydrates, 0.5 g fiber, 0 g sugar, 32 g protein You know brown is better, but do you know why? Whole wheat contains three parts of the grain, all nutritious and fiber filling. And although both Chipotle's brown and white rice are healthy prepared - steamed, seasoned with lemon and lime and sprinkled with coriander - and 210 calories, go for the brown. It contains 150 less milligrams of sodium, 4 fewer grams of carbohydrates and 1.5 grams of stomach-churn fiber. Click here to discover the other secret best carbohydrates for weight loss! NUTRITION: 210 calories, 4 g fat (0.5 g saturated), 345 mg sodium, 40 g carbohydrates, 1 g fiber, 0 g sugar, 3.5 g protein NUTRITION: 210 calories, 5.5 g fat (1 g saturated), 195 mg sodium, 36 g carbohydrates, 2.5 g fiber, 0 g sugar, 4 g protein ShutterstockChipotles bean options vary Some. Both are rich in hearty fiber and low in fat and sugar. When it comes down it, black beans pull ahead with 40 fewer milligrams of sodium and one gram of protein. NUTRITION: 115 calories, 1 g fat (0 g saturated), 300 mg sodium, 21 g carbohydrates, 10 g fiber, 1 g sugar, 6 g protein. NUTRITION: 120 calories, 1 g fat (0 g saturated), 260 mg sodium, 22 g carbohydrates, 12 g fiber, 1 g sugar, 7 g protein Although fajita vegetables contain 170 milligrams of sodium, they are more nutritionally dense than romaine salad. Both are safe choices and will not wreak havoc on the waistline. But if you look at your sodium, go with romaine. And if you pair it with a soda, read this list of diet soda - rated! NUTRITION: 20 calories, 0.5 g fat (0 g saturated), 170 mg sodium, 4 g carbohydrates, 1 g fiber, 2 g sugar, 1 g protein. NUTRITION: 5 calories, 0 g fat (0 g saturated), 0 mg sodium, 1 g carbohydrates, 1 g fiber, 0 g sugar, 0 g protein. You think you can't go wrong with a little tomato dip? Think again. Chipotle's worst salsa option is Roasted Chili-Corn, which contains white sweet corn, poblaño peppers, jalapeños and coriander. Sounds healthy, doesn't it? The calorie and fat count says otherwise. NUTRITION: 80 calories, 15 g fat (1.5 g saturated), 300 mg sodium, 16 g carbohydrates, 3 g fiber, 4 g sugar, 3 g protein. Then comes Green's siblings: Pureed tomatillos and red chiles, with pepper, garlic, cumin and Tabasco. It's a low-calorie, high-sodium addition to any dish. NUTRITION: 30 calories, 0 g fat (0 g saturated), 500 mg sodium, 4 g carbohydrates, 1.5 g of fiber, 0 g sugar, 0 g protein. This salsa is not far behind #1 choice. In fact, if it wasn't for the sodium content, this guy might have taken first. Spicy fried tomatoes, tomatillos and jalapeños have only 15 calories with 4 grams of carbohydrates. NUTRITION: 15 calories, 0 g fat (0 g saturated), 255 mg sodium, 4 g carbohydrates, 0 g fiber, 1.5 g sugar, 0 g protein. When it comes to salsas, the easier the better. Fresh tomato contains the basics – winter ripe tomatoes, red onions, coriander and spices. It also has the least sodium of the bunch. NUTRITION: 20 calories, 0 g fat (0 g saturated), 210 mg sodium, 5 g carbohydrates, 1 g fiber, 3 g sugar, 1 g protein. When it comes to fat toppings, a little way goes a long way - calories, fat and sodium add up quickly. Because Chipotle tends to pile on guac (mmm, guac), ask for half a portion to keep calories at bay. Even better, ask for half a part on the page. Despite moderate calories and sodium, this is a big fat mistake. NUTRITION: 115 calories, 9.5 g fat (7 g saturated), 30 mg sodium, 1 g carbohydrates, 0 g fiber, 2 g sugar, 2 g protein. Shredded white cheddar and Monterey Jack cheeses create a high saturated fat and sodium count. NUTRITION: 100 calories, 7.5 g fat (5 g saturated), 190 mg sodium, 1 g carbohydrates, 0 g fiber, 0 g sugar, 6 g protein. Yes, guac! It goop is your healthiest choice. Avocados are rich in healthy enunsaturated fats. According to a study in the journal Diabetes Care, a diet rich inununsaturated fats can actually prevent belly fat by turning off certain fat genes! NUTRITION: 230 calories, 22 g fat (3.5 g saturated), 375 mg sodium, 8 g carbohydrates, 6 g fiber, 1 g sugar, 2 g protein. No matter how healthy you keep your burrito fillings, there's no way to shake off the salt. Why? The tortilla itself is packed with 690 mg sodium – just under half a day's recommended intake! Nevertheless, we prepared a list of options, from worst to best. Order one, and you fall prey to the bad habits that lead to a belly fat. This fully loaded burrito has just under two days of salt, six days of RDA with saturated fat and almost a full day's recommended fat allowance! Not to mention that it serves more carbohydrates than you'll find in almost eight wholegrain dinner rolls! Although almost everything in this burrito is carb-heavy, tortilla (46 grams) and white rice (40 grams) tip the scales. NUTRITION: 1,390 calories, 68 g fat (23.5g saturated fat), 2,810 mg sodium, 139 g carbohydrates, 27 g fiber, 10 g sugar, 54.5g protein. Spicy BBQ steak and all the feasts add up to a whopping 1,270 calories, 61 grams of fat, 124 grams of carbohydrates and almost two days' worth of sodium! Surprisingly, this isn't the worst Chipotle burrito combination you can make, but it's pretty darn close. NUTRITION: 1,270 calories, 61 g fat (19.5g saturated fat), 2,960 mg sodium, 124 g carbohydrates, 23.5g fiber, 4g sugar, 50.5g protein. This beef wrap has 91 grams of carbohydrates and 1,980 milligrams of sodium. On the bright side, it's under 1,000 calories, has 54 grams of protein and the black beans contribute 19 grams of gut-friendly fiber, making it far from the worst option. If you need to order a beef burrito with cheese, choose Tomatillo-Green Salsa and store 65 calories, 15 grams of fat and 12 grams of carbohydrates. NUTRITION: 810 calories, 27 g fat (8 g saturated), 1980 mg sodium, 91 g carbohydrates, 19 g fiber, 8 g sugar, 54 g protein. Despite this burrito's healthier fillings, 2,000 mg of sodium count - mainly from tortilla (690 mg) and tofu (555 mg) - is a big white flag. And the carb content is far from moderate. However, this burrito contains half the carbohydrates and calories of our worst option and has 16 grams of hearty fiber. NUTRITION: 720 calories, 42.5 g fat (6 g saturated), 2000 mg sodium, 73 g carbohydrates, 15.5 g fiber, 10.5 g sugar, 19 g protein If you are looking for the lowest calorie option, a chicken burrito with fajita vegetables and cheese has 600 calories and 25 grams of fat - only a third of the damage you can do with the other fat-filled burritos. The combination also boasts 46 grams of muscle-building protein. Just make sure this meal almost loses out your daily sodium allowance, so if you're watching ditch the tortilla and choose a bowl. And don't do these other things slowing your metabolism! NUTRITION: 600 calories, 25 g fat (9 g saturated), 1360 mg sodium, 51 g carbohydrates, 4.5 g of fiber, 2 g sugar, 46 g protein. Aside from being a total salt bomb, the tortilla is basically a tasteless, nutritionally invalid carb blanket. You don't need it. We suggest you order a burrito bowl instead. It has all the flavors of a classic burrito for a fraction of calories and salt. Add a protein, a carbo and a healthy fat to keep your meal lean and nutritionally balanced. Rules of thumb: Choose a rice or a bean, because they both provide carbohydrates. Choose only one fat supplement such as guac, cheese or sour cream. We chose guac, because it is rich in monounsaturated and oleic acids, which have been shown to detect reduce abdominal fat. The fat and meat choices make this one of the worst Chipotle combinations. Sour cream, cheese, guac and pork contribute to 51 grams of fat, and even without salt-laden white tortilla, this bowl still has 89 grams of carbohydrates and 1,970 milligrams of sodium. You might as well get a burrito. (But not.) NUTRITION: 1090 calories, 59.5 g fat (23 g saturated fat), 1970 mg sodium, 89 g carbohydrates, 25.5 g fiber, 10 g sugar, 48 g protein. Before ordering this, consider skipping the sour cream and cheese or guac (not both). It can save you up to 355 calories, 23 grams of fat, 12 grams of saturated fat and 405 milligrams of sodium. If you need to order sour cream, ask for it on the side and use it sparingly. Ordering this bowl as it means you press on the entire daily sodium allowance and half of your calorie bank. NUTRITION: 990 calories, 53 g fat (19 g saturated fat), 2250 mg sodium, 78 g carbohydrates, 24 g fiber, 6 g sugar, 46 g protein Sofritas is salt enough without a floury blanket. But even with the addition of white rice, pintos, salsa, sour cream and cheese, this bowl is only 710 calories with 17 grams of fiber. Clean this order by swapping the white rice for brown. NUTRITION: 710 calories, 32 g fat (14 g saturated fat), 1630 mg sodium, 78 g carbohydrates, 16.5 g of fiber, 10.5 g sugar, 26.5 g protein. Although it is not our first bean choice, legumes such as pinto beans are a practically fat-free source of potassium, protein and stomach filling fiber, helping to slow digestion and stabilize blood sugar. In total, this bowl has two-thirds of the average man's protein RDA with 12 grams of fiber. For 650 calories and 21 grams of fat, you can enjoy beef without added carbohydrates and fat. NUTRITION: 650 calories, 21 g fat (9.5 g saturated), 1250 mg sodium, 69 g carbohydrates, 12 g fiber, 5.5 g sugar, 41.5 g protein. Steamed wholegrain brown rice, fajita vegetables, protein-rich grilled chicken and flab-fighting guacamole make for a nutrient-packed bowl! And with only 550 calories and a third of the carbohydrates of a burrito, this meal will not your diet. In addition, you get 49.49 metabolism-enhancing protein. Just skip the soda and order a large amount of water to counteract that sodium count. Consuming too much sodium may be why you don't lose belly fat! NUTRITION: 550 calories, 23 g fat (5.25 g saturated), 1072 mg sodium, 49 g carbohydrates, 9 g fiber, 5.5 g sugar, 39 g protein The first decision you need to make when ordering tacos is tortilla. Chipotle offers three options: crispy corn, soft corn and soft flour. You already know that the soft flour tortilla is loaded with salt, calories and fat. So let's focus on crispy corn and the soft corn tortillas: Both have 210 calories, 30 milligrams of sodium, 3 grams of protein and 6 grams of fiber, and their carbohydrates vary by just 5 grams. However, soft corn tortillas do not contain fat, while both the soft meltillas and crispy corn tortillas have 7.5 grams (3 grams saturated). Go for the soft corn tortillas, and store fat and sodium for fillings! And then read these ways to lose 10 pounds! This is without a doubt one of the worst options. In fact, these soft-flour tacos are a health disaster. They are sky-high in fat, carbohydrates and sodium – almost two days of salt, to be exact – and contain 14.5 grams of sugar! According to a 2015 article in the Nutrition Review, which surveyed dozens of studies conducted between 1972 and 2012, the more added sugar you consume, the less healthy your food will eat the rest of the day. Steer clear, unless you want man boobs! NUTRITION: 1,275 calories, 63.5g fat (20.5g saturated fat), 2,835 mg sodium, 140g carbohydrates, 27.5g fiber, 14.5g sugar, 37.5g protein Although this order contains some of our first choice ingredients, the end product is anything but dietary. You get three tacos for just under 1,000 calories, 1,965 milligrams of sodium and 125 grams of carbohydrates. If that sounds like a high price for such a small amount of food, it is! Save more than 300 calories by choosing rice or beans and asking for half an order of guac. NUTRITION: 970 calories, 34.5 g fat (6.5 g saturated fat), 1965 mg sodium, 125 g carbohydrates, 27 g fiber, 5.5 g sugar, 40.5g protein If you prefer tacos crunchy, you will probably choose the crispy corn tortillas. This combination includes iron-rich beef, belly-sliming pintos, fiberproof brown rice and fiery, metabolism-enhancing salsa. On the other hand, it also contains nutrient deficiency romaine and diet-sabotaging sour cream, adding up to too much saturated fat, sodium and carbohydrates. Choose a half-order of guac instead! In a study published in the Nutrition Journal, participants who ate half a fresh avocado with lunch reported a 40 percent reduced desire to eat for hours afterwards! NUTRITION: 875 calories, 30 g fat (13 g saturated fat), 1375 mg sodium, 95 g carbohydrates, 21 g fiber, 4.5 g sugar, 45 g protein Kill the soft meltillas, and this is a healthy meal. It contains our top choice meat, fiber filled beans, fresh fresh salsa, and half of the usual part of the heart-healthy guac. With them, however, you get a full day's worth of sodium and an extra 7.5 grams of fat and 39 grams of carbohydrates. Replace soft corn tortillas instead of another ETNT-approved Chipotle taco order. NUTRITION: 705 calories, 26.5g fat (7.3g saturated fat), 1538 mg sodium, 71 g carbohydrates, 19.5g fiber, 4.5g sugar, 47 g protein These meat-free tacos are the best option, with 660 calories and 21 grams of protein. Although full-fat cheese packs more calories, there is also more filling, which aids weight loss. A 2013 study review in the European Journal of Nutrition found that people who eat full-fat dairy are less likely to suffer from obesity than those who opt for low-fat dairy. (To add this benefit to your overall diet, check out our list of the best full-fat foods!) Celebrate Taco Tuesday any day of the week with this tasty and nutritious order. NUTRITION: 660 calories, 14.5g fat (6 g saturated fat), 845 mg sodium, 108 g carbohydrates, 21.5g fiber, 3 g sugar, 21 g protein ShutterstockChipotles salads consist of their signature ingredients over a bed of romaine salad. Unlike Bowls, whose base can be rice or beans, most of this dish is the green stuff. But that doesn't mean that calories, fat and sodium count can't creep up, because they do-fast. A serving of vinaigrette dressing is 2 grams, or almost 4 tablespoons, which has 270 calories, 25 grams of fat and 850 milligrams of sodium. Ask for dressing on the side and use about half. Here are our choices for the best and worst salad. ##WITH WHITE RICE, BLACK BEANS, FAJITA VEGETABLES, FRIED CHILI-CORN SALSA, SOUR CREAM, CHEESE, GUAC AND VINAIGRETTE If you're an avid ETNT reader, you know the word salad can be a trick. So you won't be shocked to learn that the worst Chipotle salad has more calories than the worst tacos and bun - and more fat than the worst combo in all three previous categories! With 114 grams of carbohydrates and 22.5 grams of saturated fat, the salad's whopping 56 grams of protein will not benefit your body. (Do you think it's bad? Read this to discover the most terrifying things in food!) NUTRITION: 1,345 calories, 77.5g fat (22.5g saturated fat), 2,840 mg sodium, 114 g carbohydrates, 26 g fiber, 24 g sugar, 56 g protein ##WITH BLACK BEANS, FAJITA VEGETABLES, FRESH TOMATO SALSA AND 1/2 ORDER OF VINAIGRETTE Chipotle's antibiotic- and hormone-free grilled chicken pairs with brain-curdling black beans to pack this salad's 43 grams of protein. We chose fresh tomato salsa because dozens of studies suggest a link between regular intake of lycopene (an antioxidant found in tomatoes) and a lower risk of cardiovascular disease, skin damage and certain cancers. Plus they're super low-cal! For under 500 calories you get 17 grams of slimming fiber and only 21 grams of fat. Nutrition: calories, 21 g fat (3.3 g g fat), 1,375 mg sodium, 42 g carbohydrates, 16.5 g fiber, 13 g sugar, 42.3 g protein ShutterstockOh, we then want to tell you to eat chips. But the truth is that they have 8 calories more than a Big Mac, with only 5 grams less fat and twice as many carbohydrates - and a third of the protein. It is better to dip a little chicken in half an order of guac. Hey, that sounds pretty good right now! Nutrition: 570 calories, 27 g fat (3.5 g saturated), 420 mg sodium, 73 g carbohydrates, 8 g fiber, 4 g sugar, 8 g protein protein

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