

Taco vs Burrito (vsdiff.com)

Attribute	Taco	Burrito
Typical tortilla	<i>Small corn or flour (≈4-6 in)</i>	<i>Large flour (≈10-14 in)</i>
Folding style	Folded or open-faced	Rolled and fully wrapped
Common fillings	Single focused filling (meat, fish, veg)	Layered mix (rice, beans, meat, veg, sauce)
Typical calories	≈150-350 per taco (varies by filling)	≈500-1,200 per burrito (size-dependent)
Usual eating context	Street snack or multi-item meal	Standalone meal / portable lunch

Source: <https://vsdiff.com/taco-vs-burrito/>