



Retail Brand Nutritional Analysis

	Recipe #	Serving Size	Weight (gms/ml)	Calories	Fat (gms)	Saturated Fat (gms)	Trans Fat (gms)*	Cholesterol (mgs)	Carbohydrates (gms)	Dietary Fiber (gms)	Sugars (gms)	Protein (gms)	Sodium (mg)	Vitamin A %DV	Vitamin C %DV	Calcium % DV	Iron % DV
A la Cart																	
Buffalo Chicken Wings	8049	6 wings	393	890	67	16	0	185	28	<1	4	43	3260	8	2	10	15
Chicken Wings, plain	8008	6 wings	272	560	33	9	0	155	25	<1	2	40	1450	8	2	40	2
Crispy Chicken Sandwich	8002	1 sandwich	159	370	13	3	0	45	39	3	3	24	2000	2	2	8	20
Crispy Chicken Tenders, plain	8003	3 tenders	170	330	12	2	0	50	30	1	<1	25	1340	0	2	4	6
Grilled Chicken Sandwich	8001	1 sandwich	173	280	5	2	0	75	24	<1	3	32	640	2	4	8	15
Popcorn Chicken, plain	8010	6 oz	170	338	12	2	0	50	32	1	<1	25	1000	2	2	2	10
Sides																	
Baked Beans	8097	6 oz	170	180	0.5	0	0	0	38	8	11	9	640	0	0	1	75
Buttermilk Biscuit	8099	1 biscuit	64	230	9	2.5	0	0	30	1	3	5	770	0	0	2	10
Cheesecake, NY Slice	8014	1 slice	120	480	34	17		30	33	1	24	9	300	25	0	8	6
Cole Slaw	8094	5 oz	142	200	11	0	0	5	23	3	18	1	410	4	510	6	0
Cookies																	
Chocolate Chip	8015	1 cookie	28	130	6	3	0	5	17	0	10	1	95	2	0	0	4
Peanut Butter		1 cookie	28	120	6	2	0	5	17	0	11	2	150	4	0	0	2
Sugar		1 cookie	28	120	5	2.5	0	5	18	0	10	1	115	4	0	0	2
Corn on the Cob	8098	3" piece	79	70	1	0	0	0	17	1	4	3	10	2	4	0	0
Macaroni Salad	8095	5 oz	142	260	10	1.5	0	10	36	1	10	5	700	2	2	2	8
Pie, Apple	8009	1 slice	133	320	14	3	0	0	47	1	21	2	370	0	0	0	8
French Fries	8007	4 oz	113	460	17	3	0	0	69	6	0	6	1330	0	25	0	6
Fresh Fruit Cup	8023	10 oz	283	100	0.5	0	0	0	25	2	22	2	30	70	90	2	4
Beverages																	
Coca-cola		20 oz.	600	240	0	0		0	70	0	70	0	80	0	0	0	0
Pepsi cola		20 oz.	600	250	0	0		0	70	0	70	0	60	0	0	0	0
Whole Milk		1/2 pint		140	8	4.5		25	11	0	13	8	95	6	0	30	0
Whole Milk		pint		280	16	9		50	22	0	26	16	190	10	0	60	0
Sauce Options																	
8031																	
Ken's																	
Cannonball BBQ Sauce		2 T	30	50	0	0	0	0	12	0	10	0	330	2	2	0	0
Chunky Bleu Cheese		2 T	30	160	17	3.5	0	15	1	0	1	1	310	0	0	4	0
Homestyle Ranch		2 T	30	100	11	1.5	0	10	1	0	0	0	290	0	0	2	0
Honey Mustard		2 T	30	130	11	1.5	0	15	7	0	6	0	210	0	0	0	0
Dijon Mustard		1 T	15	15	0	0	0	0	0	0	0	0	360	0	0	0	0
Ketchup, Heinz		2 T	34	30	0	0	0	0	8	0	8	8	380	4	0	0	0
Mayonnaise		2 T	28	200	22	3	0	10	<1	0	0	0	160	2	0	0	0
Picante Salsa		2 T	30	10	0	0	0	0	3	0	1	0	230	2	0	0	0
Bistro Sauce	8037	1 oz	28	150	16	2	0	5	2	0	2	0	230	2	2	2	0
Toppings																	
8032																	
Iceberg Lettuce		0.5 oz	14	2	0	0	0	0	<1	0	0	0	0	2	2	0	0
Red Onion		2 slices	28	12	0	0	0	0	3	0	1	0	0	0	4	2	0
Tomato		1 slice	20	4	0	0	0	0	<1	0	<1	0	0	4	4	0	0

Notes:

Analysis is based on a standard recipe which may include condiments and side dishes. Variability occurs periodically due to adjustments in serving sizes, product availability from food suppliers and recipe formulation. We have attempted to provide as complete a nutrition analysis as possible. The analysis is comprised of data from our suppliers, the US Dept. of Agriculture, and NutritionistPro nutrient analysis software program from Axxya Systems in Stafford, Texas. This information is not a substitute for laboratory analysis. Labeling regulations allow for rounding of amounts