

Nutritional Information for Main Line and popular dishes served at Sheppard AFB Dining Facilities. This is not a complete listing. Please Email the Food Service Office if you require information for additional dishes. *Note: If viewing this PDF document on your mobile device, rotate the screen to landscape mode for easier readability. This PDF document is searchable.*

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 EAT OFTEN

 EAT OCCASIONALLY

 EAT RARELY

Asparagus	29 Calories	4g Protein	5g Carbs	0 Sugars	0 Fat	0 Sat. Fat	13mg Sodium
Asparagus, Grilled	142 Calories	2g Protein	4g Carbs	2g Sugars	14g Fat	2g Sat. Fat	584mg Sodium
Asparagus, Mediteranean Grilled	63 Calories	2g Protein	7g Carbs	3g Sugars	3g Fat	0 Sat. Fat	627mg Sodium
Baked Beans	170 Calories	8g Protein	0 Carbs	14g Sugars	2g Fat	1g Sat. Fat	744mg Sodium
Baked Beans, Boston Style	211 Calories	10g Protein	40g Carbs	15g Sugars	2g Fat	1g Sat. Fat	1428mg Sodium
Baked Beans, Italian Style	119 Calories	7g Protein	20g Carbs	5g Sugars	2g Fat	1g Sat. Fat	682mg Sodium
Baked Florentine Turkey Roulade	301 Calories	24g Protein	30g Carbs	4g Sugars	10g Fat	3g Sat. Fat	536mg Sodium
Baked Mac and Cheese	387 Calories	20g Protein	31g Carbs	5g Sugars	21g Fat	12g Sat. Fat	782mg Sodium
BBQ Beef Cubes	413 Calories	30g Protein	33g Carbs	27g Sugars	18g Fat	7g Sat. Fat	1134mg Sodium
BBQ Brisket	448 Calories	61g Protein	11g Carbs	8g Sugars	16g Fat	6g Sat. Fat	649mg Sodium
Beans, Pinto, Simmered	162 Calories	9g Protein	22g Carbs	1g Sugars	5g Fat	1g Sat. Fat	462mg Sodium
Beans, Savory Style	126 Calories	9g Protein	23g Carbs	1g Sugars	0 Fat	0 Sat. Fat	18mg Sodium
Beef and Corn Pie	446 Calories	38g Protein	36g Carbs	5g Sugars	17g Fat	6g Sat. Fat	690mg Sodium
Beef Ball Stroganoff	386 Calories	30g Protein	30g Carbs	4g Sugars	15g Fat	6g Sat. Fat	803mg Sodium
Beef Brogul	241 Calories	32g Protein	11g Carbs	2g Sugars	8g Fat	3g Sat. Fat	341mg Sodium
Beef Bulgogi	313 Calories	43g Protein	11g Carbs	4g Sugars	10g Fat	3g Sat. Fat	957mg Sodium
Beef Pot Pie	519 Calories	50g Protein	40g Carbs	6g Sugars	17g Fat	6g Sat. Fat	1044mg Sodium
Beef Stew	366 Calories	30g Protein	20g Carbs	4g Sugars	18g Fat	7g Sat. Fat	569mg Sodium
Beef Stir Fry	334 Calories	34g Protein	19g Carbs	9g Sugars	13g Fat	3g Sat. Fat	1317mg Sodium
Beets, Marinated	123 Calories	3g Protein	9g Carbs	4g Sugars	9g Fat	1g Sat. Fat	32mg Sodium
Black Eyed Peas	139 Calories	9g Protein	25g Carbs	0 Sugars	1g Fat	0 Sat. Fat	539mg Sodium
Bread Stick	110 Calories	4g Protein	21g Carbs	0 Sugars	1g Fat	0 Sat. Fat	220mg Sodium
Bread, Dinner Roll	140 Calories	4g Protein	21g Carbs	1g Sugars	4g Fat	1g Sat. Fat	220mg Sodium
Broccoli	39 Calories	3g Protein	8g Carbs	2g Sugars	0 Fat	0 Sat. Fat	38mg Sodium
Broccoli Combo	92 Calories	3g Protein	17g Carbs	2g Sugars	2g Fat	1g Sat. Fat	37mg Sodium
Broccoli Parmesan	81 Calories	7g Protein	11g Carbs	4g Sugars	2g Fat	1g Sat. Fat	222mg Sodium
Broccoli Polonaise	68 Calories	4g Protein	8g Carbs	2g Sugars	3g Fat	1g Sat. Fat	179mg Sodium
Brussel Sprouts	56 Calories	5g Protein	11g Carbs	0 Sugars	1g Fat	0 Sat. Fat	83mg Sodium
Buttered Egg Noodles	246 Calories	8g Protein	39g Carbs	1g Sugars	6g Fat	3g Sat. Fat	328mg Sodium
Carrots	128 Calories	2g Protein	16g Carbs	10g Sugars	7g Fat	1g Sat. Fat	392mg Sodium
Carrots on the Griddle	110 Calories	1g Protein	11g Carbs	5g Sugars	7g Fat	1g Sat. Fat	78mg Sodium
Carrots, Glazed	108 Calories	1g Protein	20g Carbs	14g Sugars	3g Fat	2g Sat. Fat	179mg Sodium
Carrots, Olive-Oil Braised w/Warm Spices	77 Calories	1g Protein	14g Carbs	6g Sugars	2g Fat	0 Sat. Fat	453mg Sodium
Carrots, Roasted w/ Rosemary	57 Calories	1g Protein	11g Carbs	5g Sugars	1g Fat	0 Sat. Fat	78mg Sodium
Cauliflower	24 Calories	2g Protein	5g Carbs	2g Sugars	0 Fat	0 Sat. Fat	24mg Sodium
Cauliflower Au Gratin	134 Calories	6g Protein	11g Carbs	4g Sugars	8g Fat	5g Sat. Fat	225mg Sodium
Cauliflower Combo	95 Calories	4g Protein	13g Carbs	1g Sugars	4g Fat	1g Sat. Fat	131mg Sodium
Cauliflower, Curried	143 Calories	3g Protein	11g Carbs	5g Sugars	11g Fat	2g Sat. Fat	37mg Sodium
Cauliflower, Fried	265 Calories	6g Protein	21g Carbs	2g Sugars	18g Fat	2g Sat. Fat	393mg Sodium
Cauliflower, Parmesan	77 Calories	6g Protein	10g Carbs	4g Sugars	2g Fat	1g Sat. Fat	6mg Sodium
Cauliflower, Roasted w/ Dressing	198 Calories	4g Protein	10g Carbs	4g Sugars	17g Fat	2g Sat. Fat	66mg Sodium

Cauliflower, Roasted w/ Parmesan	107 Calories	3g Protein	3g Carbs	3g Sugars	7g Fat	1g Sat. Fat	229mg Sodium
Cheese Manicotti	707 Calories	35g Protein	80g Carbs	15g Sugars	28g Fat	16g Sat. Fat	1802mg Sodium
Cheese Tortellini with Marinara	269 Calories	11g Protein	41g Carbs	9g Sugars	7g Fat	3g Sat. Fat	1028mg Sodium
Chicken Breast Dijon	218 Calories	25g Protein	20g Carbs	13g Sugars	3g Fat	1g Sat. Fat	1069mg Sodium
Chicken Bulgogi	50 Calories	6g Protein	3g Carbs	1g Sugars	1g Fat	0 Sat. Fat	249mg Sodium
Chicken Cacciatore	458 Calories	48g Protein	16g Carbs	10g Sugars	23g Fat	6g Sat. Fat	758mg Sodium
Chicken Cordon Bleu	422 Calories	35g Protein	17g Carbs	2g Sugars	24g Fat	8g Sat. Fat	1171mg Sodium
Chicken Enchilada	515 Calories	46g Protein	50g Carbs	16g Sugars	14g Fat	4g Sat. Fat	2392mg Sodium
Chicken Florentine	456 Calories	45g Protein	44g Carbs	3g Sugars	10g Fat	3g Sat. Fat	597mg Sodium
Chicken Kabob	262 Calories	21g Protein	21g Carbs	17g Sugars	10g Fat	2g Sat. Fat	443mg Sodium
Chicken, Baked	269 Calories	31g Protein	0 Carbs	0 Sugars	15g Fat	4g Sat. Fat	371mg Sodium
Chicken, Bourbon	175 Calories	25g Protein	10g Carbs	6g Sugars	3g Fat	1g Sat. Fat	369mg Sodium
Chicken, Cajun	225 Calories	33g Protein	2g Carbs	0 Sugars	9g Fat	2g Sat. Fat	754mg Sodium
Chicken, Cranberry Glazed	443 Calories	22g Protein	76g Carbs	7g Sugars	6g Fat	2g Sat. Fat	805mg Sodium
Chicken, Crispy Oven Baked	193 Calories	27g Protein	12g Carbs	3g Sugars	3g Fat	1g Sat. Fat	396mg Sodium
Chicken, G4G Grilled	162 Calories	23g Protein	0 Carbs	0 Sugars	7g Fat	1g Sat. Fat	123mg Sodium
Chicken, Ginger BBQ	184 Calories	26g Protein	10g Carbs	7g Sugars	4g Fat	1g Sat. Fat	296mg Sodium
Chicken, Grilled Honey Sriracha	182 Calories	26g Protein	11g Carbs	7g Sugars	3g Fat	1g Sat. Fat	281mg Sodium
Chicken, Grilled w/ Mustard Sauce	199 Calories	28g Protein	11g Carbs	1g Sugars	4g Fat	1g Sat. Fat	755mg Sodium
Chicken, Herbed Baked	176 Calories	32g Protein	1g Carbs	0 Sugars	4g Fat	1g Sat. Fat	286mg Sodium
Chicken, Honey Ginger	220 Calories	33g Protein	11g Carbs	9g Sugars	4g Fat	1g Sat. Fat	339mg Sodium
Chicken, Honey Mustard Breast	172 Calories	29g Protein	4g Carbs	4g Sugars	3g Fat	1g Sat. Fat	419mg Sodium
Chicken, Hot and Spicy	395 Calories	61g Protein	19g Carbs	0 Sugars	7g Fat	2g Sat. Fat	559mg Sodium
Chicken, Jamaican	216 Calories	33g Protein	11g Carbs	9g Sugars	4g Fat	1g Sat. Fat	249mg Sodium
Chicken, Mexican Baked	265 Calories	30g Protein	2g Carbs	0 Sugars	15g Fat	4g Sat. Fat	834mg Sodium
Chicken, Parmesan	306 Calories	41g Protein	9g Carbs	4g Sugars	11g Fat	5g Sat. Fat	571mg Sodium
Chicken, Savory Baked	339 Calories	32g Protein	3g Carbs	1g Sugars	22g Fat	5g Sat. Fat	484mg Sodium
Chicken, Southern Fried	483 Calories	50g Protein	14g Carbs	0 Sugars	24g Fat	7g Sat. Fat	562mg Sodium
Chicken, Specialty Thai	188 Calories	24g Protein	6g Carbs	5g Sugars	7g Fat	1g Sat. Fat	611mg Sodium
Chicken, Teriyaki	520 Calories	39g Protein	30g Carbs	23g Sugars	27g Fat	5g Sat. Fat	3161mg Sodium
Chili Mac	447 Calories	27g Protein	65g Carbs	7g Sugars	9g Fat	3g Sat. Fat	742mg Sodium
Collard Greens	88 Calories	7g Protein	17g Carbs	1g Sugars	1g Fat	0 Sat. Fat	128mg Sodium
Collard Greens Sauteed w/Garlic	144 Calories	4g Protein	10g Carbs	0 Sugars	11g Fat	2g Sat. Fat	306mg Sodium
Collard Greens, Southern Style	107 Calories	8g Protein	7g Carbs	1g Sugars	6g Fat	2g Sat. Fat	327mg Sodium
Corn	97 Calories	3g Protein	23g Carbs	4g Sugars	1g Fat	0 Sat. Fat	304mg Sodium
Corn Bread Dressing	225 Calories	5g Protein	28g Carbs	4g Sugars	10g Fat	2g Sat. Fat	612mg Sodium
Corn Calico	101 Calories	4g Protein	20g Carbs	3g Sugars	2g Fat	0 Sat. Fat	271mg Sodium
Corn Combo	107 Calories	3g Protein	17g Carbs	4g Sugars	4g Fat	1g Sat. Fat	193mg Sodium
Corn on the Cob	123 Calories	4g Protein	29g Carbs	5g Sugars	1g Fat	0 Sat. Fat	13mg Sodium
Corn, Cream Style Corn	138 Calories	3g Protein	35g Carbs	6g Sugars	1g Fat	0 Sat. Fat	499mg Sodium
Corn, Mexican	154 Calories	5g Protein	31g Carbs	5g Sugars	4g Fat	1g Sat. Fat	384mg Sodium
Corn, Scalloped	118 Calories	3g Protein	18g Carbs	3g Sugars	5g Fat	2g Sat. Fat	117mg Sodium
Cornbread	213 Calories	4g Protein	36g Carbs	10g Sugars	6g Fat	2g Sat. Fat	417mg Sodium
Cornbread, Jalapeno	213 Calories	4g Protein	36g Carbs	10g Sugars	6g Fat	2g Sat. Fat	417mg Sodium
Country Style Fried Steak	385 Calories	27g Protein	9g Carbs	1g Sugars	27g Fat	7g Sat. Fat	358mg Sodium
Fish, Almond Crusted Cod	231 Calories	26g Protein	6g Carbs	1g Sugars	12g Fat	2.8g Sat. Fat	452mg Sodium
Fish, Baja Baked Cod	288 Calories	36g Protein	0 Carbs	2g Sugars	7g Fat	2g Sat. Fat	576mg Sodium
Fish, Baja Fish Taco	745 Calories	33g Protein	43g Carbs	5g Sugars	49g Fat	9g Sat. Fat	1063mg Sodium
Fish, Baked	130 Calories	20g Protein	0 Carbs	0 Sugars	5g Fat	2g Sat. Fat	585mg Sodium
Fish, Baked Salmon	319 Calories	26g Protein	7g Carbs	1g Sugars	20g Fat	4g Sat. Fat	204mg Sodium
Fish, Baked w/Lemon Garlic Butter	165 Calories	28g Protein	0 Carbs	0 Sugars	5g Fat	2g Sat. Fat	520mg Sodium

Fish, Basil Baked	99 Calories	17g Protein	0 Carbs	0 Sugars	3g Fat	1g Sat. Fat	543mg Sodium
Fish, Caribbean Catfish	261 Calories	27g Protein	8g Carbs	1g Sugars	13g Fat	4g Sat. Fat	243mg Sodium
Fish, Creole Fillets	180 Calories	28g Protein	5g Carbs	2g Sugars	5g Fat	0 Sat. Fat	588mg Sodium
Fish, Grilled Salmon w/Citrus Butter	680 Calories	35g Protein	2g Carbs	0 Sugars	61g Fat	10g Sat. Fat	1607mg Sodium
Fish, Lemon Baked	168 Calories	31g Protein	0 Carbs	0 Sugars	4g Fat	1g Sat. Fat	279mg Sodium
Fish, Lemon Pepper Catfish	162 Calories	21g Protein	0 Carbs	0 Sugars	8g Fat	2g Sat. Fat	247mg Sodium
Fish, Mediterranean Salmon	476 Calories	35g Protein	1g Carbs	0 Sugars	37g Fat	6g Sat. Fat	339mg Sodium
Fish, Onion-Lemon Baked	180 Calories	31g Protein	1g Carbs	0 Sugars	5g Fat	2g Sat. Fat	280mg Sodium
Fish, Oven Fried	254 Calories	29g Protein	12g Carbs	1g Sugars	9g Fat	1g Sat. Fat	414mg Sodium
Fish, Parmesan	148 Calories	18g Protein	3g Carbs	0 Sugars	7g Fat	4g Sat. Fat	470mg Sodium
Fish, Parmesan Crusted Cod	216 Calories	28g Protein	4g Carbs	1g Sugars	10g Fat	3g Sat. Fat	474mg Sodium
Fish, Polynesian Fillet	144 Calories	27g Protein	5g Carbs	4g Sugars	1g Fat	0 Sat. Fat	204mg Sodium
Fish, Salisbury Grilled Salmon	258 Calories	26g Protein	7g Carbs	2g Sugars	14g Fat	4g Sat. Fat	620mg Sodium
Fish, Salmon w/Maple Ginger Glaze	442 Calories	36g Protein	31g Carbs	29g Sugars	20g Fat	3g Sat. Fat	1256mg Sodium
Fish, Southern Fried Catfish	268 Calories	28g Protein	18g Carbs	0 Sugars	13g Fat	3g Sat. Fat	430mg Sodium
Fish, Southwestern	146 Calories	27g Protein	4g Carbs	0 Sugars	1g Fat	0 Sat. Fat	407mg Sodium
Fish, Stuffed & Baked	256 Calories	29g Protein	19g Carbs	0 Sugars	6g Fat	2g Sat. Fat	334mg Sodium
Fish, Sweet and Spicy Orange Salmon	882 Calories	82g Protein	8g Carbs	5g Sugars	56g Fat	12g Sat. Fat	546mg Sodium
French Style Peas	235 Calories	5g Protein	18g Carbs	0 Sugars	16g Fat	0 Sat. Fat	144mg Sodium
G4G Grilled Chicken Sandwich	282 Calories	30g Protein	28g Carbs	9g Sugars	6g Fat	1g Sat. Fat	997mg Sodium
Garlic Peas	118 Calories	6g Protein	18g Carbs	7g Sugars	3g Fat	0 Sat. Fat	253mg Sodium
German Chicken Schnitzel	554 Calories	48g Protein	220mg Carbs	Sugars	28g Fat	8g Sat. Fat	742mg Sodium
Green Bean Sesame Glaze	99 Calories	4g Protein	15g Carbs	6g Sugars	3g Fat	0 Sat. Fat	359mg Sodium
Green Beans , Herbed	100 Calories	4g Protein	16g Carbs	5g Sugars	2g Fat	1g Sat. Fat	17mg Sodium
Green Beans w/Feta	75 Calories	2g Protein	6g Carbs	1g Sugars	5g Fat	2g Sat. Fat	227mg Sodium
Green Beans w/Mushroom	57 Calories	2g Protein	6g Carbs	2g Sugars	3g Fat	1g Sat. Fat	173mg Sodium
Green Beans, French Style	64 Calories	3g Protein	12g Carbs	4g Sugars	0 Fat	0 Sat. Fat	12mg Sodium
Grilled Steak	557 Calories	38g Protein	0 Carbs	0 Sugars	44g Fat	3g Sat. Fat	87mg Sodium
Hacienda Corn and Black Beans	112 Calories	4g Protein	25g Carbs	6g Sugars	6g Fat	1g Sat. Fat	699mg Sodium
Hamburger Yakisoba (Ground Beef)	414 Calories	41g Protein	24g Carbs	2g Sugars	16g Fat	6g Sat. Fat	489mg Sodium
Hard Boiled Eggs, 2/serving	130 Calories	11g Protein	1g Carbs	0 Sugars	9g Fat	3g Sat. Fat	129mg Sodium
Japanese Stir Fry Vegetables	86 Calories	4g Protein	14g Carbs	6g Sugars	3g Fat	0 Sat. Fat	422mg Sodium
Jerk Roast Turkey	174 Calories	34g Protein	4g Carbs	1g Sugars	3g Fat	1g Sat. Fat	311mg Sodium
Mambo Pork Roast	227 Calories	28g Protein	11g Carbs	7g Sugars	7g Fat	2g Sat. Fat	201mg Sodium
Meatloaf	326 Calories	35g Protein	12g Carbs	3g Sugars	15g Fat	5g Sat. Fat	530mg Sodium
Meatloaf , Cajun	346 Calories	29g Protein	18g Carbs	4g Sugars	17g Fat	7g Sat. Fat	679mg Sodium
Meatloaf, Turkey and Spinach	315 Calories	29g Protein	18g Carbs	6g Sugars	15g Fat	5g Sat. Fat	793mg Sodium
Mixed Vegetables	52 Calories	5g Protein	6g Carbs	0 Sugars	0 Fat	0 Sat. Fat	180mg Sodium
Mushrooms & Onions, Sauteed	75 Calories	1g Protein	6g Carbs	3g Sugars	6g Fat	1g Sat. Fat	203mg Sodium
Mushrooms, Roasted	192 Calories	5g Protein	8g Carbs	3g Sugars	17g Fat	2g Sat. Fat	22mg Sodium
Noodles, Jefferson	192 Calories	7g Protein	21g Carbs	1g Sugars	9g Fat	3g Sat. Fat	526mg Sodium
Okra Melange	48 Calories	1g Protein	7g Carbs	3g Sugars	2g Fat	1g Sat. Fat	219mg Sodium
Okra, Fried	27 Calories	2g Protein	6g Carbs	3g Sugars	0 Fat	0 Sat. Fat	3mg Sodium
Oriental Pepper Steak	258 Calories	31g Protein	7g Carbs	3g Sugars	11g Fat	4g Sat. Fat	393mg Sodium
Oriental Stir Fry Cabbage	60 Calories	2g Protein	13g Carbs	4g Sugars	1g Fat	0 Sat. Fat	338mg Sodium
Orzo with Lemon and Herbs	201 Calories	6g Protein	34g Carbs	2g Sugars	1g Fat	0 Sat. Fat	713mg Sodium
Pasta Primavera	321 Calories	14g Protein	55g Carbs	10g Sugars	5g Fat	1g Sat. Fat	380mg Sodium
Pasta Provencal	371 Calories	17g Protein	64g Carbs	7g Sugars	6g Fat	2g Sat. Fat	900mg Sodium
Pasta Toscano	573 Calories	30g Protein	30g Carbs	6g Sugars	30g Fat	10g Sat. Fat	1653mg Sodium
Pasta, Greek Lemon Turkey	377 Calories	27g Protein	55g Carbs	2g Sugars	5g Fat	1g Sat. Fat	810mg Sodium

Pasta, Italian Broccoli	433 Calories	18g Protein	83g Carbs	16g Sugars	4g Fat	1g Sat. Fat	1491mg Sodium
Pasta, Lemon Basil	295 Calories	27g Protein	31g Carbs	2g Sugars	7g Fat	1g Sat. Fat	894mg Sodium
Pasta, Lemon Basil Shrimp	295 Calories	27g Protein	31g Carbs	2g Sugars	7g Fat	1g Sat. Fat	894mg Sodium
Pasta, Southwestern Shrimp Linguine	370 Calories	31g Protein	50g Carbs	4g Sugars	5g Fat	2g Sat. Fat	1223mg Sodium
Pasta, Spinach Lasagna	349 Calories	25g Protein	44g Carbs	14g Sugars	10g Fat	5g Sat. Fat	1150mg Sodium
Peas	131 Calories	8g Protein	24g Carbs	9g Sugars	0 Fat	0 Sat. Fat	11mg Sodium
Peas and Carrots	65 Calories	4g Protein	14g Carbs	0 Sugars	1g Fat	0 Sat. Fat	167mg Sodium
Peas w/ Mushrooms and Onions	127 Calories	7g Protein	21g Carbs	7g Sugars	2g Fat	0 Sat. Fat	296mg Sodium
Peas w/ Onions	131 Calories	7g Protein	22g Carbs	9g Sugars	2g Fat	0 Sat. Fat	Sodium
Peppers and Onions, Sauteed	67 Calories	1g Protein	4g Carbs	2g Sugars	5g Fat	2g Sat. Fat	2mg Sodium
Pineapple BBQ Meatballs	242 Calories	21g Protein	16g Carbs	5g Sugars	10g Fat	4g Sat. Fat	410mg Sodium
Polish Sausage	406 Calories	16g Protein	24g Carbs	2g Sugars	27g Fat	9g Sat. Fat	970mg Sodium
Pork Chop, Baked Dijon	284 Calories	29g Protein	9g Carbs	2g Sugars	3g Fat	0 Sat. Fat	695mg Sodium
Pork Chops, Grilled	191 Calories	27g Protein	0 Carbs	0 Sugars	8g Fat	2g Sat. Fat	266mg Sodium
Pork Chops, Stuffed Baked	262 Calories	31g Protein	10g Carbs	2g Sugars	10g Fat	3g Sat. Fat	227mg Sodium
Pork Schnitzel	383 Calories	16g Protein	19g Carbs	0 Sugars	26g Fat	9g Sat. Fat	1109mg Sodium
Potato Crispy Wedges	131 Calories	2g Protein	23g Carbs	2g Sugars	4g Fat	0 Sat. Fat	155mg Sodium
Potato, Baked	187 Calories	5g Protein	42g Carbs	2g Sugars	0 Fat	0 Sat. Fat	15mg Sodium
Potato, Baked Halves	237 Calories	6g Protein	53g Carbs	3g Sugars	1g Fat	0 Sat. Fat	25mg Sodium
Potato, Roasted Rosemary Wedge	104 Calories	2g Protein	23g Carbs	1g Sugars	1g Fat	0 Sat. Fat	192mg Sodium
Potato, Sweet, Baked	138 Calories	3g Protein	32g Carbs	10g Sugars	0 Fat	0 Sat. Fat	49mg Sodium
Potato, Sweet, Glazed	190 Calories	1g Protein	39g Carbs	31g Sugars	4g Fat	1g Sat. Fat	242mg Sodium
Potato, Sweet, Roasted	260 Calories	2g Protein	26g Carbs	8g Sugars	17g Fat	2g Sat. Fat	50mg Sodium
Potatoes and Herbs	123 Calories	3g Protein	28g Carbs	2g Sugars	0 Fat	0 Sat. Fat	55mg Sodium
Potatoes, Buttered Parsley	170 Calories	3g Protein	32g Carbs	1g Sugars	4g Fat	1g Sat. Fat	614mg Sodium
Potatoes, Cottage Fried	175 Calories	2g Protein	28g Carbs	1g Sugars	6g Fat	2g Sat. Fat	242mg Sodium
Potatoes, Franconia	126 Calories	2g Protein	22g Carbs	1g Sugars	4g Fat	1g Sat. Fat	242mg Sodium
Potatoes, Garlic and Soy Roasted	157 Calories	3g Protein	24g Carbs	2g Sugars	6g Fat	1g Sat. Fat	605mg Sodium
Potatoes, Garlic Mashed	155 Calories	3g Protein	20g Carbs	2g Sugars	7g Fat	4g Sat. Fat	1035mg Sodium
Potatoes, Hacienda	149 Calories	3g Protein	34g Carbs	13g Sugars	0 Fat	0 Sat. Fat	586mg Sodium
Potatoes, Lyonnaise	201 Calories	3g Protein	35g Carbs	2g Sugars	6g Fat	2g Sat. Fat	218mg Sodium
Potatoes, O'Brien	134 Calories	3g Protein	29g Carbs	2g Sugars	1g Fat	0 Sat. Fat	194mg Sodium
Potatoes, Oven Browned	127 Calories	2g Protein	22g Carbs	1g Sugars	4g Fat	1g Sat. Fat	234mg Sodium
Potatoes, Rissolle	111 Calories	3g Protein	25g Carbs	2g Sugars	0 Fat	0 Sat. Fat	10mg Sodium
Potatoes, Roasted Redskin	128 Calories	4g Protein	28g Carbs	2g Sugars	1g Fat	0 Sat. Fat	181mg Sodium
Potatoes, Scalloped	118 Calories	3g Protein	18g Carbs	3g Sugars	5g Fat	2g Sat. Fat	177mg Sodium
Potatoes, Sweet, Southern Style	177 Calories	2g Protein	38g Carbs	12g Sugars	2g Fat	1g Sat. Fat	212mg Sodium
Refried Beans w/Cheese	138 Calories	8g Protein	16g Carbs	1g Sugars	5g Fat	3g Sat. Fat	379mg Sodium
Rice Pilaf	186 Calories	3g Protein	32g Carbs	1g Sugars	5g Fat	2g Sat. Fat	418mg Sodium
Rice, Barley Pilaf	127 Calories	3g Protein	25g Carbs	1g Sugars	2g Fat	0 Sat. Fat	52mg Sodium
Rice, Brown	207 Calories	4g Protein	43g Carbs	1g Sugars	2g Fat	0 Sat. Fat	217mg Sodium
Rice, Brown w/Tomatoes	157 Calories	4g Protein	33g Carbs	3g Sugars	1g Fat	0 Sat. Fat	112mg Sodium
Rice, Dirty	115 Calories	3g Protein	25g Carbs	1g Sugars	1g Fat	0 Sat. Fat	455mg Sodium
Rice, Harvest Blend	333 Calories	8g Protein	42g Carbs	8g Sugars	17g Fat	3g Sat. Fat	314mg Sodium
Rice, Hopping John	212 Calories	9g Protein	30g Carbs	1g Sugars	7g Fat	2g Sat. Fat	458mg Sodium
Rice, Islander	147 Calories	5g Protein	30g Carbs	2g Sugars	1g Fat	0 Sat. Fat	155mg Sodium
Rice, Long Grain & Wild	166 Calories	4g Protein	34g Carbs	0 Sugars	2g Fat	0 Sat. Fat	770mg Sodium
Rice, Lyonnaise	164 Calories	3g Protein	33g Carbs	1g Sugars	2g Fat	0 Sat. Fat	211mg Sodium
Rice, Mexican	199 Calories	4g Protein	36g Carbs	2g Sugars	4g Fat	0 Sat. Fat	365mg Sodium
Rice, Oriental	125 Calories	4g Protein	26g Carbs	1g Sugars	0 Fat	0 Sat. Fat	519mg Sodium

Rice, Red Beans & Rice	193 Calories	9g Protein	26g Carbs	3g Sugars	6g Fat	2g Sat. Fat	591mg Sodium
Rice, Sicilian Brown w/ Vegetable	251 Calories	9g Protein	48g Carbs	6g Sugars	3g Fat	1g Sat. Fat	518mg Sodium
Rice, Spicy Brown Pilaf	146 Calories	4g Protein	29g Carbs	2g Sugars	2g Fat	0 Sat. Fat	729mg Sodium
Rice, Steamed	173 Calories	3g Protein	37g Carbs	0 Sugars	1g Fat	0 Sat. Fat	213mg Sodium
Roast Beef	166 Calories	19g Protein	2g Carbs	0 Sugars	4g Fat	2g Sat. Fat	1206mg Sodium
Roast Turkey	190 Calories	23g Protein	3g Carbs	0 Sugars	9g Fat	3g Sat. Fat	608mg Sodium
Roasted Butternut Squash	166 Calories	3g Protein	26g Carbs	7g Sugars	4g Fat	0 Sat. Fat	14mg Sodium
Roasted Pepper Potato	120 Calories	3g Protein	23g Carbs	2g Sugars	2g Fat	1g Sat. Fat	157mg Sodium
Roasted Tofu	118 Calories	10g Protein	3g Carbs	1g Sugars	7g Fat	1g Sat. Fat	136mg Sodium
Salad, Quinoa and Garbanzo Bean	212 Calories	4g Protein	18g Carbs	2g Sugars	14g Fat	2g Sat. Fat	106mg Sodium
Salisbury Steak	287 Calories	33g Protein	7g Carbs	2g Sugars	13g Fat	5g Sat. Fat	470mg Sodium
Shrimp Jambalaya	265 Calories	23g Protein	25g Carbs	7g Sugars	9g Fat	2g Sat. Fat	1803mg Sodium
Shrimp Kabob	105 Calories	17g Protein	9g Carbs	2g Sugars	4g Fat	2g Sat. Fat	1496mg Sodium
Shrimp Scampi	265 Calories	26g Protein	6g Carbs	1g Sugars	15g Fat	8g Sat. Fat	1317mg Sodium
Shrimp, French Fried	538 Calories	37g Protein	20g Carbs	1g Sugars	35g Fat	5g Sat. Fat	593mg Sodium
Simmered Beef	303 Calories	23g Protein	4g Carbs	1g Sugars	21g Fat	9g Sat. Fat	408mg Sodium
Southwestern Sweet Potatoes Black Beans/Corn	472 Calories	15g Protein	90g Carbs	8g Sugars	7g Fat	1g Sat. Fat	623mg Sodium
Spaghetti w/Turkey Meat Sauce	370 Calories	22g Protein	57g Carbs	14g Sugars	6g Fat	2g Sat. Fat	870mg Sodium
Spicy Southwest Black Bean Burger	373 Calories	21g Protein	50g Carbs	2g Sugars	13g Fat	3g Sat. Fat	1457mg Sodium
Spinach	34 Calories	4g Protein	5g Carbs	1g Sugars	1g Fat	0 Sat. Fat	100mg Sodium
Spinach & Tomato Orzo	124 Calories	4g Protein	23g Carbs	2g Sugars	2g Fat	0 Sat. Fat	139mg Sodium
Spinach, Garlic, Sauteed	108 Calories	3g Protein	13g Carbs	0 Sugars	6g Fat	1g Sat. Fat	817mg Sodium
Steak Ranchero	363 Calories	39g Protein	9g Carbs	2g Sugars	19g Fat	6g Sat. Fat	527mg Sodium
Steak Smothered in Onions	328 Calories	39g Protein	9g Carbs	4g Sugars	15g Fat	4g Sat. Fat	354mg Sodium
Stir Fried Garden Veg w/Marinated	204 Calories	8g Protein	24g Carbs	5g Sugars	9g Fat	1g Sat. Fat	462mg Sodium
Stir Fry Chicken w/Broccoli	416 Calories	37g Protein	62g Carbs	9g Sugars	4g Fat	1g Sat. Fat	1411mg Sodium
Stuffed Green Peppers (Beef)	324 Calories	29g Protein	26g Carbs	7g Sugars	12g Fat	5g Sat. Fat	1067mg Sodium
Stuffed Green Peppers w/Turkey and Lentils	374 Calories	34g Protein	36g Carbs	8g Sugars	12g Fat	3g Sat. Fat	1093mg Sodium
Succotash	114 Calories	5g Protein	24g Carbs	0 Sugars	1g Fat	0 Sat. Fat	128mg Sodium
Swedish Meatballs (Ground Turkey)	238 Calories	25g Protein	11g Carbs	2g Sugars	11g Fat	3g Sat. Fat	881mg Sodium
Sweet Chilli BBQ Meatballs	258 Calories	21g Protein	20g Carbs	10g Sugars	10g Fat	4g Sat. Fat	432mg Sodium
Swiss Steak w/Brown Gravy	301 Calories	39g Protein	6g Carbs	1g Sugars	13g Fat	4g Sat. Fat	810mg Sodium
Tabbouleh Salad w/ Ruby Wild	257 Calories	6g Protein	32g Carbs	4g Sugars	12g Fat	2g Sat. Fat	195mg Sodium
Teriyaki Steak	503 Calories	42g Protein	57g Carbs	47g Sugars	13g Fat	4g Sat. Fat	2458mg Sodium
Toasted Barley w/Pepper, Corn, Sundried Tomato Salad	110 Calories	4g Protein	24g Carbs	5g Sugars	1g Fat	0 Sat. Fat	226mg Sodium
Tomatoes, Stewed	19 Calories	1g Protein	4g Carbs	3g Sugars	0 Fat	0 Sat. Fat	134mg Sodium
Tuna Noodles	607 Calories	28g Protein	54g Carbs	7g Sugars	32g Fat	14g Sat. Fat	1368mg Sodium
Tuna Salad	130 Calories	21g Protein	0 Carbs	0 Sugars	4g Fat	1g Sat. Fat	42mg Sodium
Turkey A La King	299 Calories	19g Protein	15g Carbs	3g Sugars	18g Fat	3g Sat. Fat	1876mg Sodium
Turkey Breast Fillet	252 Calories	37g Protein	18g Carbs	1g Sugars	4g Fat	1g Sat. Fat	243mg Sodium
Turkey Lentil Chili	264 Calories	23g Protein	27g Carbs	3g Sugars	8g Fat	2g Sat. Fat	804mg Sodium
Turkey Nuggets	268 Calories	27g Protein	27g Carbs	1g Sugars	5g Fat	1g Sat. Fat	2094mg Sodium
Vegetable Medley	88 Calories	4g Protein	14g Carbs	7g Sugars	3g Fat	0 Sat. Fat	326mg Sodium
Ziti with Meat Sauce	343 Calories	21g Protein	48g Carbs	12g Sugars	7g Fat	3g Sat. Fat	424mg Sodium

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