

Deli Cold Case Mains & Sides		Serving Size	Total Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Fried Chicken Leg	3 oz	180	90	10	3	0	45	470	10	0	0	0	13
Fried Chicken Thigh	3 oz	180	90	10	3	0	45	470	10	0	0	0	13
Fried Chicken Breast	3 oz	180	100	11	3	0	50	430	8	0	0	0	13
Fried Chicken Wing	3 oz	180	90	10	3	0	45	470	10	0	0	0	13
Chicken Strips	100 g	270	140	15	1	0	35	710	16	0	0	0	17
Buffalo Chicken Strips	4 oz	230	130	15	2.5	0	30	900	12	1	1	1	12
Rotisserie Chicken Wing	3 oz	160	110	12	3.5	0	55	410	0	0	0	0	14
Rotisserie Chicken Thigh	3 oz	160	110	12	3.5	0	55	330	0	0	0	0	14
Rotisserie Chicken Leg	3 oz	160	110	12	3.5	0	55	410	0	0	0	0	14
Rotisserie Chicken Breast	3 oz	160	110	12	3.5	0	55	300	0	0	0	0	14
Broccoli Cheddar Quiche - Slice	1/6 Pie	400	270	30	18	0	245	290	22	0	0	1	10
Broccoli Cheddar Quiche - Whole	1/6 Pie	400	270	30	18	0	245	290	22	0	0	1	10
Quiche Lorraine - Slice	1/6 Pie	400	310	34	20	0	305	680	8	0	0	1	16
Quiche Lorraine - Whole	1/6 Pie	400	310	34	20	0	305	680	8	0	0	1	16
Boneless BBQ Chicken Wing	4 oz	230	80	9	1.5	0	30	570	24	0	0	11	13
Boneless Orange Chicken Wing	8 oz	540	270	30	5	0	55	1160	43	0	0	16	24

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Boneless Buffalo Chicken Wing		8 oz	470	270	30	5	0	60	1820	24	2	2	24
Bone-In Teriyaki Chicken Wing		4 oz	250	140	16	4	0	55	790	13	0	8	14
Bone-In Salt & Vinegar Chicken Wing		4 oz	260	170	19	5	0	65	780	6	0	0	16
Bone-In Mojo Chicken Wing		4 oz	270	190	21	5	0	100	500	5	0	0	14
Bone-In Sriracha Chicken Wing		8 oz	240	150	17	4	0	60	740	9	0	2	15
Classic Lasagna		6 oz	310	150	7	8	0	60	650	20	2	9	19
BBQ Tri Tip		3 oz	210	120	13	4.5	0	50	500	1	0	1	21
Slow Cooked Ribs		4 oz	360	250	27	10	0	90	240	6	0	5	23
Meatloaf		4 oz	250	140	15	5	0	50	290	14	<1	7	14
Whole Meatloaf		4 oz	250	140	15	5	0	50	290	14	<1	7	14
Rotisserie Turkey Breast		3 oz	100	35	4	1	0	40	220	1	0	0	16
Chicken Parmesan		1 piece	570	280	31	14	0	150	1690	23	<1	5	51
Meatball with Lasagna Sauce		1 piece	360	230	26	9	0	60	1050	12	2	4	19
Twice Baked Potato		1 Potato	400	150	16	9	0	50	640	45	4	3	15
Meatballs In Marinara Sauce		3 oz	160	100	11	3	0	23	493	7	2	3	10
Red Chicken Enchilada		6.5 oz	320	120	13	4.5	0	35	690	33	4	6	17

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Updated: 07/31/2019

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BBQ Spare Rib	5 oz	440	300	34	13	0	110	300	7	0	6	28	
Gravy	1/4 cup	60	35	4	1.5	0	5	320	5	0	1	1	
Mashed Potatoes	1/2 cup	130	35	4	1	1	0	380	21	3	1	3	
Scalloped Potatoes	1/2 cup	240	140	15	8	0	40	520	17	1	2	10	
Corn Souffle	1 cup	290	90	10	5	0	130	80	48	1	25	6	
Stuffing	1 cup	160	35	4	0.5	0	0	380	26	1	3	5	
Mashed Sweet Potatoes	1/2 cup	200	45	5	1.5	0	5	160	37	5	12	3	
Chicken Samosa	1 Samosa	330	130	14	2.5	0	30	730	38	4	5	12	
Tandoori Chicken Samosa	1 Samosa	310	110	12	2	0	20	640	39	4	5	11	
Roasted Brussels Sprouts	3 oz	90	35	4	0.5	0	0	55	9	4	2	4	
Citrus-Glazed Carrots	1/2 cup	40	0	0	0	0	0	60	10	2	7	1	
Green Bean Almondine	3 oz	50	20	2	0	0	0	85	7	3	3	2	
Broccolini	1 cup	45	25	2.5	1	0	5	35	4	1	1	2	
Asparagus with Parmesan	3 oz	50	25	2.5	1	0	5	190	4	2	1	4	
Grilled Mixed Vegetables	5 oz	100	60	7	0.5	0	0	180	9	2	5	1	
Roasted Red Potatoes	3 oz	130	60	7	1.5	0	5	280	13	1	1	3	

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Harvest Vegetables	3 oz	60	30	3.5	0	0	0	160	6	1	3	1	
Roasted Carrots	3 oz	80	20	2.5	0	0	0	160	13	3	8	1	
Roasted Cauliflower	3 oz	70	40	4.5	0.5	0	0	75	5	2	2	2	
Roasted Mushrooms	1 cup	70	45	5	1	0	0	125	3	0	1	2	
Roasted Rainbow Carrots	3 oz	80	35	4	0.5	0	0	105	11	3	5	1	
Roasted Red Onion	1/2 cup	80	50	6	1	0	0	135	8	1	3	1	
Roasted Sweet Potato	3 oz	110	25	3	0	0	0	75	19	3	4	1	
Grilled Asparagus	1/2 cup	70	50	6	1	0	0	95	3	2	1	2	
Roasted Bell Peppers	1/2 cup	25	0	0	0	0	0	0	5	2	4	1	
Roasted Eggplant	1/2 cup	60	60	6	1	0	0	150	0	0	0	0	
Roasted Summer Squash	3 oz	60	35	4	0.5	0	0	50	4	1	3	2	
Herb-Baked Salmon	1 piece	290	150	16	5	0	110	670	2	<1	0	35	
Teriyaki Salmon	1 piece	290	120	14	2	0	95	990	8	<1	5	35	
Pesto Salmon	1 piece	300	150	17	2.5	0	95	590	2	<1	0	34	
Chicken Tamale	1 Tamale	320	180	20	7	0	54	720	22	1	1	14	
Pork Tamale	1 Tamale	300	140	15	6	0	36	720	27	3	1	13	

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Eggplant Rollantini	5 oz	330	170	19	8	0	35	560	19	1	3	20	
Chicken Florentine	3 oz	170	60	7	2.5	0	50	280	11	1	0	16	
Prosciutto Stuffed Chicken	5 oz	330	130	14	4	0	100	770	17	1	1	33	
Four Cheese Calzone	1/2 Calzone	270	90	10	5	0	25	540	29	1	1	15	
Pepperoni & Four Cheese Calzone	1/2 Calzone	330	150	17	7	0	40	590	28	1	1	15	
Chicken Marsala	3.5 oz	130	20	2	0	0	10	290	21	0	3	8	
Roasted Broccoli	3 oz	60	35	3.5	0	0	0	45	5	1	1	3	
Tri-Color Roasted Carrots with Harissa	3 oz	80	20	2.5	0	0	0	160	13	3	8	1	
Raley's Lemon Chicken Breast	1 Breast	150	20	2.5	0.5	0	95	1140	3	0	1	29	
Southwest-Style Yam	1 piece (11 oz)	490	150	17	8	0	35	500	67	13	14	16	