

Nutrition Information

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Updated: 07/31/2019

Hot Bar		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)
4 Cheese Calzone	1/2 Calzone	270	90	10	5	0	25	540	29	1	1	15	
BBQ Spare Rib	4 oz	360	250	27	10	0	90	240	6	0	5	23	
BBQ Tri Tip	4 oz	270	160	17	6	0	65	670	1	0	1	28	
Bone-In Mojo Chicken Wing	4 oz	260	180	21	5	0	100	500	5	0	0	14	
Bone-In Salt & Vinegar Chicken Wing	4 oz	260	170	19	5	0	65	780	6	0	0	16	
Bone-In Sriracha Chicken Wing	4 oz	250	160	17	4	0	60	670	8	0	1	15	
Bone-In Teriyaki Chicken Wing	4 oz	250	140	16	4	0	55	790	13	0	8	14	
Boneless Buffalo Chicken Wing	4 oz	250	160	17	4	0	60	670	8	0	1	15	
Boneless Orange Chicken Wing	4 oz	270	-	-	-	-	-	-	-	-	-	-	
Boneless BBQ Chicken Wing	4 oz	230	80	9	1.5	0	30	570	24	0	11	13	
Broccoli Cheddar Quiche - Slice	1/6 Pie	330	250	28	17	0	275	280	11	1	1	9	
Broccoli Cheddar Quiche - Whole	1/6 Pie	330	250	28	17	0	275	280	11	1	1	9	
Broccolini	1 cup	45	25	2.5	1	0	5	35	3	1	1	2	
Buffalo Chicken Strips	4 oz	230	130	15	2.5	0	30	900	12	1	1	12	
Chicken Marsala	3.5 oz	130	20	2	0	0	10	290	21	1	3	8	
Chicken Parmesan	1 Chicken breast with 5 oz sauce	410	180	20	8	0	100	730	18	1	8	37	

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Chicken Samosa	1 Samosa	370	110	13	2.5	0	30	790	39	3	4	14
Chicken Strips	1 piece	270	140	15	1	0	35	710	16	0	0	17
Chicken Tamale	1 Tamale	325	180	20	7	0	54	720	22	1	1	14
Citrus-Glazed Carrots	1/2 cup	70	0	0	0	0	0	120	18	2	15	1
Classic Lasagna	4 oz	180	90	10	4.5	0	35	380	12	1	5	11
Corn Souffle	1 cup	290	90	10	5	0	130	80	48	1	25	6
Eggplant Rollantini	5.3 oz	320	170	19	8	0	35	560	19	1	3	20
Fried Chicken Breast	3 oz	180	100	11	3	0	50	430	8	0	0	13
Fried Chicken Leg	3 oz	180	90	10	3	0	45	470	10	0	0	13
Fried Chicken Thigh	3 oz	180	90	10	3	0	45	470	10	0	0	13
Fried Chicken Wing	3 oz	180	90	10	3	0	45	470	10	0	0	13
Gravy	1/4 cup	35	20	2	0.5	0	5	370	3	0	0	0
Green Bean Almondine	3 oz	50	20	2	0	0	0	85	7	3	3	2
Grilled Asparagus	1/2 cup	70	50	6	1	0	0	95	3	2	1	2
Grilled Chicken Breast	4 oz	140	20	2	0.5	0	95	620	1	0	0	29
Grilled Mixed Vegetables	4 oz	80	50	6	0	0	0	140	7	2	4	1

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Harvest Vegetables	3 oz	60	30	3.5	0	0	0	160	6	1	3	1
Herb-Baked Salmon	1 piece	290	150	16	5	0	110	670	2	<1	0	35
Mashed Potatoes	1/2 cup	130	40	4	0.5	0	0	400	22	3	1	3
Mashed Sweet Potatoes	4 oz	110	15	1.5	1	0	5	210	23	3	7	5
Meatball with Lasagna Sauce	1 piece	360	230	26	9	0	60	1050	12	2	4	19
Meatballs In Marinara Sauce	3 oz	160	100	11	3	0	23	493	7	2	3	10
Meatloaf	4 oz	250	140	15	5	0	50	290	14	<1	7	14
Pesto Salmon	1 piece	300	150	17	2.5	0	95	590	2	<1	0	34
Pork Tamale	1 Tamale	300	130	15	6	0	36	720	27	3	1	13
Quiche Lorraine- Slice	1/6 Pie	400	310	34	20	0	305	680	8	0	1	16
Quiche Lorraine- Whole	1/6 Pie	400	310	34	20	0	305	680	8	0	1	16
Red Chicken Enchilada	1 piece	340	160	18	6	0	50	850	27	2	6	21
Roasted Bell Peppers	1/2 cup	25	0	0	0	0	0	0	5	2	4	1
Roasted Broccoli	3 oz	60	30	3.5	0	0	0	45	5	1	1	3
Roasted Brussels Sprouts	4 oz	90	35	4	0.5	0	0	55	9	4	2	4
Roasted Carrots	3 oz	80	20	2.5	0	0	0	160	13	3	8	1

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Roasted Cauliflower	3 oz	70	40	4.5	0.5	0	0	75	5	2	2	2	
Roasted Eggplant	1/2 cup	60	60	6	1	0	0	150	0	0	0	0	
Roasted Mushrooms	3 oz	70	35	4	0	0	0	45	5	1	2	3	
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 Red Potatoes	3 oz	130	60	7	1.5	0	5	280	13	1	1	3	
Roasted Summer Squash	3 oz	60	35	4	0.5	0	0	50	4	1	3	2	
Roasted Sweet Potato	3 oz	110	25	3	0	0	0	75	19	3	4	1	
Roasted Zucchini	3 oz	50	35	4	0.5	0	0	45	3	1	2	1	
Rotisserie Chicken Breast	3 oz	160	110	12	3.5	0	55	300	0	0	0	14	
Rotisserie Chicken Leg	3 oz	160	110	12	3.5	0	55	410	0	0	0	14	
Rotisserie Chicken Thigh	3 oz	160	110	12	3.5	0	55	330	0	0	0	14	
Rotisserie Chicken Wing	3 oz	160	110	12	3.5	0	55	410	0	0	0	14	
Rotisserie Turkey Breast	3 oz	100	35	4	1	0	40	220	1	0	0	16	
Scalloped Potatoes	1/2 cup	240	140	15	8	0	40	520	17	1	2	10	
Slow-Cooked Ribs	4 oz	360	250	27	10	0	90	240	6	0	5	23	

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Southwest-Style Yam	1 piece (11 oz)	490	150	17	8	0	35	500	67	13	14	16
Stuffing	1 cup	160	35	4	0.5	0	0	380	26	1	3	5
Sukhi's Basmati Pullao	1 cup	340	50	6	0	0	0	860	60	0	0	5
Sukhi's Bengan Aloo	1 cup	170	60	7	1	0	0	1030	24	4	5	5
Sukhi's Chana Masala	1 cup	380	140	14	0	0	0	1010	52	14	12	14
Sukhi's Chicken Curry	1 cup	250	45	5	1	0	100	920	20	2	9	31
Sukhi's Chicken Tikka Masala	1 cup	320	130	14	7	0	130	1180	12	2	9	35
Sukhi's Dal Saag	1 cup	340	170	19	1	0	0	1030	31	7	5	9
Sukhi's Fire-Roasted Eggplant	1 cup	160	0	0	0	0	0	230	34	4	7	6
Sukhi's Lemon Rice	1 cup	380	60	6	1	0	0	1390	70	3	0	9
Sukhi's Madras Potatoes	1 cup	260	140	17	7	0	0	790	30	2	2	5
Sukhi's Madras Vegetable Curry	1 cup	220	120	12	6	0	0	840	26	5	2	5
Sukhi's Matar Aloo	1 cup	220	80	8	0	0	0	860	29	7	7	7
Sukhi's Matar Paneer	1 cup	220	110	12	2.5	0	0	1010	22	7	7	10
Sukhi's Toasted Tomato Curry Kale	1 cup	410	140	17	10	0	0	1080	48	22	2	14
Sukhi's Zucchini Lentil	1 cup	200	0	0	0	0	0	300	36	12	2	12

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Tandoori Chicken Samosa	1 Samosa	370	110	13	2.5	0	30	790	39	3	4	14	
Teriyaki Salmon	1 piece	290	120	14	2	0	95	990	8	<1	5	35	
Twice Baked Potato	1 Potato	400	150	16	9	0	50	640	45	4	3	15	
Whole Meatloaf	4 oz	250	140	15	5	0	50	290	14	<1	7	14	
Pepperoni Calzone	1/2 Calzone	330	150	17	7	0	40	590	28	1	1	15	
Asparagus Quiche	1/6 Pie	410	280	31	18	0	250	270	22	0	1	11	
Boneless General Tsao's Chicken Wing	4 pieces 28 grams sauce	320	140	16	2.5	0	30	870	28	1	7	15	
Holiday Carving Turkey Breast	2 oz	90	35	4	1	0	40	280	0	0	0	13	
All Natural Grilled Chicken Breast	3 oz	110	20	2	0	0	65	510	0	0	0	22	
All Natural Grilled Lemon Chicken Breast	3 oz	80	10	1	0	0	45	600	3	0	2	15	
Smoked Gouda Mac & Cheese	8 oz	340	140	15	9	0.5	50	930	37	1	6	13	
Mac & Cheese	8 oz	380	200	22	13	0.5	65	780	31	1	4	14	
Butter Chicken Samosa	1 Samosa	360	140	16	3	0	30	600	41	4	5	13	
Vegetable Samosa	1 Samosa	300	130	14	2	0	0	620	38	4	4	6	
Cheese Tamale	1 Tamale	350	170	19	9	0	40	440	31	3	1	14	
Chile Relleno	1 piece	370	280	31	9	0	14	480	13	1	0	10	

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Pork Egg Roll	1 Egg Roll	150	50	6	2	0	10	420	19	2	3	5
Vegetable Fried Rice	3.5 oz	130	20	2.5	0	0	5	280	24	1	1	3
Shanghai Noodles	3.5 oz	120	35	4	0.5	0	5	480	19	2	7	3
Korean BBQ Chicken	3.5 oz	160	20	2	0	0	30	610	24	0	19	11
Black Pepper Steak with Vegetables	3.5 oz	110	20	2.5	0.5	0	15	460	15	1	9	8
Biscuits & Gravy	3.5 oz	210	110	12	4.5	0	15	620	20	0	4	6
Breakfast Potatoes with Onions & Peppers	3.5 oz	120	35	4	0.5	0	0	370	19	0	0	2
Sausage Egg Scramble	3.5 oz	170	140	15	6	0	255	660	2	0	0	6
Veggie Egg Scramble	3.5 oz	90	45	5	3	0	15	190	4	1	1	8
Beef Stroganoff	7 oz	220	80	9	4	0	50	950	25	2	3	10
Chicken Penne Alfredo	7 oz	350	140	15	7	0	55	400	36	1	3	17
Penne with Sausage in Marinara Sauce	7 oz	300	130	14	4.5	0	30	860	32	2	6	12
Chicken Enchiladas with Black Beans	6.5 oz	320	120	13	4.5	0	35	690	33	4	6	17
Chicken Marsala	5 oz	170	50	5	2	0	75	410	6	0	3	22
Chicken Piccata	5 oz	170	50	6	2.5	0	80	370	6	0	2	22
Cilantro Lime Chicken	5 oz	170	50	5	1	0	70	460	7	0	3	23

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Lemongrass Chicken	5 oz	180	50	6	2.5	0	75	520	7	0	4	21	
Southwest Chipotle Chicken	5 oz	210	90	10	4.5	0	80	380	10	0	2	20	
Thai-Style Coconut Chicken	5 oz	180	60	7	4	0	70	310	7	0	4	22	
Ranchero Beans	4 oz	160	70	8	2.5	0	15	200	16	0	0	6	
Cilantro Lime Rice	4 oz	180	30	3	1	0	5	190	33	1	0	4	