

# Nutritional Facts

A guide to common nutritional values

## Salad Bar

	calories	total fat (g)	saturated fat (g)	cholesterol (mg)	carbs. (g)	protein (g)	sodium (mg)
<b>salad dressings</b>							
olive oil (1 tbsp.)	119	14	2	0	0	0	0
caesar (1tbsp.)	76	8	1	1	1	<1	248
canola oil (1 tbsp.)	123	14	1	0	0	0	0
cider vinegar (1 tbsp.)	2	0	0	0	<1	0	0
blue cheese (1 tbsp.)	76	8	2	3	1	<1	164
french (1 tbsp.)	88	10	2	0	<1	0	92
italian (1 tbsp.)	69	7	1	0	2	<1	116
ranch (1 tbsp.)	74	8	2	8	<1	<1	287
vinaigrette (1 tbsp.)	72	8	2	0	0	0	150
<b>salad bar items</b>							
adzuki beans (1/2 cup)	147	0	0	0	29	6	9
almonds (1 oz.)	167	15	1	0	7	5	126
artichoke hearts <i>plain</i> (1/2 cup)	32	0	0	0	6	2	250
avocado (1/2 med.)	153	15	3	0	6	2	21
bacon bits (1 tbsp.)	30	2	<1	5	0	3	313
three bean salad (1/2 cup)	90	<1	3	<1	23	2	277
black beans (1/2 cup)	121	<1	0	0	20	8	0
blue cheese, <i>crumbled</i> (1 oz.)	100	8	5	21	<1	6	396
cheddar cheese, <i>shredded</i> (1 oz.)	114	9	6	30	<1	7	176
coleslaw (1/2 cup)	41	2	<1	5	8	<1	14
cottage cheese (1/2 cup)	117	5	3	17	3	14	457
feta cheese (1 oz.)	75	6	4	25	1	4	316
garbanzo beans (1/2 cup)	135	2	<1	0	23	7	11
hummus (1 tbsp.)	26	1	<1	0	3	<1	37
kidney beans (1/2 cup)	113	0	0	0	20	8	2
raw oat bran (2 tbsp.)	29	1	0	0	8	5	<1
olives (10 small)	45	5	<1	2	<1	<1	900
parmesan cheese (1 tbsp.)	23	2	1	4	0	1	93
pecans (1 oz.)	190	19	2	0	5	2	0

potato salad (1/2 cup)	179	11	4	85	14	4	661
sunflower seeds (2 tbsp.)	103	10	1	0	3	4	102
tofu, <i>plain, raw</i> (1/2 cup)	94	6	1	0	2	10	10
wheat germ (2 tbsp.)	54	3	<1	0	7	4	<1
<b>fruits &amp; vegetables (raw unless specified)</b>							
apple, <i>whole, large</i>	80	0	0	0	27	0	0
asparagus, <i>steamed</i> (1/2 cup)	22	0	0	0	4	2	10
banana, <i>large</i>	110	0	0	0	29	1	0
beets (1/2 cup)	26	0	0	0	6	<1	42
bell pepper (1/2 cup)	13	0	0	0	3	<1	1
broccoli (1/2 cup)	12	0	0	0	4	2	10
cabbage, <i>red</i> (1/2 cup)	10	0	0	0	2	<1	4
carrots (1/2 cup)	31	0	0	0	7	1	25
cauliflower (1/2 cup)	12	0	0	0	3	1	7
celery (1/2 cup)	13	0	0	0	3	<1	68
corn, <i>steamed</i> (1/2 cup)	89	1	<1	0	21	3	14
cucumber (1/2 cup)	23	0	0	0	1	4	2
jicama (1/2 cup)	7	0	0	0	2	0	1
lettuce, <i>iceberg</i> (1/2 cup)	4	0	0	0	<1	0	2
lettuce, <i>romaine</i> (1/2 cup)	4	0	0	0	1	0	2
melon (1 cup)	60	0	0	0	16	1	0
mushrooms (1/2 cup)	9	0	0	0	2	1	1
orange, <i>medium</i>	60	0	0	0	16	1	0
onions (1/2 cup)	30	0	0	0	7	<1	2
pear, <i>large</i>	100	0	0	0	25	1	0
peas, <i>steamed</i> (1/2 cup)	58	0	0	0	10	4	3
radishes (10 each)	7	0	0	0	2	0	11
snow peas (1/2 cup)	15	0	0	0	3	1	5
spinach (1/2 cup)	6	0	0	0	1	<1	22
squash, <i>summer</i> (1/2 cup)	13	0	0	0	1	1	11
squash, <i>winter</i> (1/2 cup)	21	0	0	0	5	1	2
strawberries (1 cup)	45	0	0	0	0	1	0
tomatillos, <i>raw</i> (1 each)	11	0	0	0	2	<1	0
tomato (1 each)	26	0	0	0	6	1	11

water chestnuts (1/2 cup)	66	0	0	0	15	1	9
<b>deli (meats)</b>							
bologna, <i>beef</i> (1 oz.)	87	8	3	16	<1	3	275
chicken breast, <i>roasted</i> (1 oz.)	38	2	<1	14	0	5	171
ham (1 oz.)	51	3	1	16	<1	5	369
pastrami (1 oz.)	99	8	3	26	1	5	348
roast beef (1 oz.)	68	4	2	21	0	7	354
salami (1 oz.)	76	7	3	14	0	3	237
tuna, <i>drained</i> (3 oz.)	99	1	0	26	0	22	287
tuna salad (1/2 cup)	158	8	1	11	8	14	342
turkey breast (1 oz.)	31	1	0	13	1	5	327
<b>deli (cheese)</b>							
american (1 oz.)	106	9	6	27	<1	6	405
cheddar (1 oz.)	114	9	6	30	<1	7	176
havarti (1 oz.)	111	8	5	34	<1	6	144
monterey jack (1 oz.)	106	9	5	25	0	7	152
mozzarella (1 oz.)	80	6	4	22	0	6	106
muenster (1 oz.)	104	9	5	27	0	7	178
provolone (1 oz.)	100	8	5	20	<1	7	248
swiss (1 oz.)	107	8	5	26	1	8	74
<b>entrées</b>							
burger, <i>with bun</i> (1 large)							
<i>plain</i>	512	27	10	87	40	26	824
<i>veggie</i>	185	3	<1	<1	26	14	500
<i>with cheese</i>	608	37	16	111	37	32	1043
chicken, (1/2 breast)							
<i>baked w/skin</i>	193	8	2	82	0	30	70
<i>baked w/out skin</i>	142	3	1	73	0	27	64
<i>fried w/skin</i>	364	18	5	119	13	35	385
<i>grilled w/out skin</i>	150	4	<1	73	0	35	95
chicken sandwich							
<i>fried, large</i>	515	29	9	60	39	24	957
french fries (6 oz.)	577	31	7	0	67	7	335
grains, <i>cooked plain</i> (1 cup)							

<i>barley, pearled</i>	172	<1	0	0	36	6	5
<i>egg noodles</i>	212	2	<1	53	40	8	11
<i>rice, brown</i>	216	2	0	0	45	5	9
<i>rice, white</i>	254	<1	0	0	57	5	4
<i>rice, wild</i>	166	1	0	0	35	7	6
<i>spaghetti noodles</i>	210	1	0	0	42	7	3
grilled cheese sandwich (1)	462	28	13	55	32	18	456
hot dog, <i>plain, with bun</i>	270	17	6	30	20	10	830
<i>with chili</i>	360	21	8	40	30	13	1190
lasagna (10 oz.)							
<i>meat</i>	450	20	9	65	46	27	450
<i>vegetarian</i>	482	12	7	30	21	23	870
mac & cheese (1 cup)	430	22	12	42	40	17	1086
onion rings (15 pieces)	160	9	2	0	21	2	320
pizza ( 1 slice)							
<i>cheese</i>	280	6	4	20	40	16	675
<i>pepperoni</i>	320	14	4	28	40	20	534
<i>vegetable with meat</i>	368	14	4	40	42	26	764
potato, <i>baked</i> (3 oz.)	88	0	0	0	20	2	7
potatoes, <i>mashed</i> (1 cup)	223	9	6	25	35	4	619
potato, <i>sweet, baked</i>	118	0	0	0	28	2	12
salmon, <i>baked</i> (3 oz.)	155	7	1	60	0	22	48
turkey (4 oz.)							
<i>roasted with gravy</i>	262	11	4	92	0	33	156
wings, <i>chicken</i> (6 pcs.)	612	42	12	150	4	48	144
<b>desserts</b>							
angel food cake (2 oz.)	161	0	0	0	36	5	161
apple pie (3 oz.)	231	9	2	0	37	2	195
boston cream pie (3 oz.)	311	10	3	30	51	5	192
brownie (2 oz.)	236	8	2	1	39	3	121
carrot cake (1.5 oz.)	250	11	3	55	35	3	310
cheesecake (2 oz.)	257	16	6	30	24	5	189
cherry pie (3 oz.)	237	10	4	0	33	2	160
chocolate cake (1.5 oz.)	270	13	7	75	35	3	450

chocolate chip cookie (3 oz.)	414	24	7	25	50	5	310
chocolate éclair (3 oz.)	239	14	4	110	23	5	82
chocolate pudding (1/2 cup)	158	5	3	17	26	5	147
coffee cake (2 oz.)	232	13	3	20	38	5	310
cream puff (5 oz.)	370	22	6	180	34	9	480
devil's food cake (1.5 oz.)	227	11	1	10	30	3	160
fruit crisp (1/2 cup)	230	5	1	20	46	3	257
gingerbread (2 oz.)	267	13	3	20	35	3	99
ice cream (1/2 cup)							
<i>chocolate</i>	143	7	5	22	19	3	50
<i>strawberry</i>	127	6	6	19	18	2	40
<i>vanilla</i>	178	12	7	45	17	3	41
<i>vanilla, soft serve</i>	185	11	6	78	19	4	52
<i>vanilla, frozen yogurt</i>	114	4	3	2	17	3	63
hot fudge (1 tbsp.)	73	3	1	0	12	1	27
carmel sauce (1 tbsp.)	60	0	0	0	15	0	5
oatmeal raisin cookie (3 oz.)	470	16	4	30	76	6	460
pecan pie (4 oz.)	431	24	3	100	53	5	228
pound cake (1 oz.)	243	12	7	132	28	4	230
rice pudding (1/2 cup)	217	4	3	17	40	6	85
sherbet (1/2 cup)	127	2	1	4	27	1	24
sugar cookie (3 oz.)	425	18	6	20	60	306	95
yellow cake w/icing (2 oz.)	292	12	5	95	44	3	208
<b>snacks</b>							
chips (1 oz.)	152	10	3	0	15	2	168
corn chips (1 oz.)	153	9	2	0	17	2	218
dried fruit							
<i>apricots (10 each)</i>	83	0	0	0	22	1	3
<i>banana chips (1 oz.)</i>	147	10	8	0	17	<1	2
<i>dates (10 each)</i>	228	0	0	0	61	2	2
<i>figs (10 each)</i>	477	2	<1	0	122	6	20
<i>raisins (1/3 cup)</i>	101	0	0	0	27	12	15
<i>trail mix (1 oz.)</i>	131	8	2	0	13	4	65
popcorn (3 cups)							

<i>popped with oil</i>	165	9	2	0	18	3	291
pretzels (1 oz.)	108	1	0	0	23	3	486
tortilla chips (1 oz.)	142	7	1	0	18	2	150
<b>cereal</b>							
all-bran (1/2 cup)	50	0	0	0	22	4	140
bran flakes (3/4 cup)	90	0	0	0	23	3	220
cream of wheat, <i>plain</i> (3/4 cup)	96	<1	0	0	20	3	104
capt'n crunch (3/4 cup)	113	2	1	0	24	2	241
cheerios (1-1/4 cup)	110	2	0	0	20	4	290
cinnamon toast crunch (1 cup)	120	3	<1	0	22	1	220
cocoa puffs (1 cup)	110	1	0	0	25	1	170
cookie crisp (1 cup)	110	1	0	0	25	2	190
corn flakes (1 cup)	100	0	0	0	24	1	290
corn pops (1 cup)	110	0	0	0	26	1	90
fiber one (1/2 cup)	6	1	0	0	23	2	140
frosted flakes (3/4 cup)	110	<1	0	0	26	2	125
frosted mini-wheats (1/2 cup)	100	0	0	0	24	3	0
fruit loops (1 cup)	110	1	0	0	25	2	125
granola (1/4 cup)	126	5	3	0	19	3	5
grapenuts (1/4 cup)	105	<1	0	0	23	3	260
grits, <i>cooked, plain</i> (1/2 cup)	73	<1	0	0	16	4	0
kix (1-1/2 cup)	110	<1	<1	0	23	3	260
lucky charms (1 cup)	110	1	0	0	23	3	180
rice krispies (1 cup)	112	0	0	0	25	2	208
oat bran, <i>cooked, plain</i> (2/3 cup)	92	2	0	0	17	6	1
oatmeal, <i>cooked, plain</i> (1 cup)	99	2	0	0	19	4	1
puffed rice (1 cup)	57	0	0	0	13	1	0
puffed wheat (1 cup)	52	0	0	0	11	2	1
s'mores (3/4 cup)	120	2	1	0	0	1	250
special k (1-1/3 cup)	110	0	0	0	21	6	230
total (1 cup)	100	<1	0	0	22	3	140
<b>bread and starch</b>							
bagel, <i>plain</i> (4 oz.)	330	2	0	0	65	13	650
biscuit (3")	190	7	2	0	28	4	540

cinnamon bun (2 oz.)	220	10	6	55	31	4	190
croissant (2 oz.)	270	17	4	5	27	4	260
danish pastry, <i>cheese</i> (2.5 oz.)	265	16	5	11	26	6	320
doughnut							
<i>glazed</i> (2.5 oz.)	241	14	4	4	27	4	200
<i>cream filled</i> (3 oz.)	306	21	5	20	26	5	263
english muffin (1 each)	135	1	0	0	26	5	265
french bread (1 oz.)	81	1	0	0	15	3	173
muffin (4 oz.)							
<i>banana nut</i>	380	14	3	10	58	6	576
<i>blueberry</i>	325	11	3	34	49	6	506
<i>bran</i>	313	10	3	77	53	7	530
<i>corn</i>	413	14	2	6	70	6	518
pita (2 oz.)	165	1	0	0	33	5	321
tortilla chips (1 oz.)							
<i>flour</i> (10")	234	5	1	0	40	6	344
<i>corn</i> (6")	60	<1	0	0	12	2	42
white bread (1 oz.)	90	2	0	0	15	2	153
whole wheat bread (1 oz.)	70	1	0	0	13	3	149

### beverages

beer, <i>regular</i> (12 oz.)	155	0	0	0	11	1	14
beer, <i>light</i> (12 oz.)	100	0	0	0	5	1	10
coffee, <i>brewed, black</i> (6 oz.)	4	0	0	0	1	0	4
fruit juice (8 oz.)							
<i>apple</i>	116	0	0	0	29	0	7
<i>grape</i>	155	0	0	0	38	1	7
<i>grapefruit</i>	93	0	0	0	22	1	3
<i>orange</i>	104	0	0	0	25	1	6
<i>tomato</i> (6 oz.)	32	0	0	0	8	1	658
fruit punch (12 oz.)	214	0	0	0	53	0	28
lemonade (8 oz.)	100	0	0	0	26	0	8
mello yello (12 oz.)	174	0	0	0	44	0	22
milk, <i>whole</i> (8 oz.)	150	8	5	33	11	8	120
milk, <i>2%</i> (8 oz.)	121	5	3	18	12	8	122

milk, 1% (8 oz.)	102	3	2	10	12	8	122
milk, <i>skim</i> (8 oz.)	86	<1	0	4	12	8	126
milk, <i>soy</i> (8 oz.)	80	5	0	0	4	7	30
milk, <i>chocolate</i> , 2% (8 oz.)	179	5	3	17	26	8	150
soda (12 oz.)							
<i>diet</i>	1	0	0	0	0	0	8
<i>regular</i>	154	0	0	0	40	0	8
tea, <i>brewed, unsweetened</i> (6 oz.)	2	0	0	0	<1	0	5
<b>breakfast foods</b>							
bacon (3 slices)	109	9	3	16	0	6	303
bacon, <i>canadian</i> (2 oz.)	105	5	2	33	1	14	877
eggs, <i>boiled</i> (1 large)	77	5	2	213	<1	6	62
eggs, <i>fried</i> (1 large)	91	7	2	211	<1	6	162
eggs, <i>scrambled</i> (1 large)	101	8	2	215	1	7	171
egg whites (1 each)	17	0	0	0	0	4	55
hash browns (1 cup)	326	22	9	0	33	4	37
pancakes (4-inch)	74	1	<1	5	14	2	239
sausage, <i>beef/pork</i> (2 oz.)	229	22	8	48	1	9	642
waffles (7" round)	218	11	2	52	25	6	383
<b>condiments and sauces</b>							
alfredo sauce (1/2 cup)	460	44	20	90	4	8	1100
apple butter (1 tbsp.)	33	0	0	0	7	0	0
butter (1 tbsp.)	102	12	7	31	0	0	117
bbq sauce (1 tbsp.)	12	0	0	0	2	0	127
equal (1 pkt.)	4	0	0	0	1	0	0
half & half (1 tbsp.)	20	2	1	6	<1	<1	6
honey (1 tbsp.)	64	0	0	0	17	0	1
horseradish (1 tbsp.)	6	0	0	0	1	0	14
jam/jelly/preserves (1 tbsp.)	48	0	0	0	13	0	8
ketchup (1 tbsp.)	16	0	0	0	4	0	178
margarine (1 tbsp.)	102	11	2	0	0	0	153
margarine, <i>low fat</i> (1 tbsp.)	51	6	1	0	0	0	138
marinara sauce (1/2 cup)	37	<1	0	0	9	2	738
mayonnaise (1 tbsp.)	99	11	2	8	<1	0	78



mayonnaise, <i>low fat</i> (1 tbsp.)	50	5	1	5	1	0	115
mustard, <i>yellow</i> (1 tsp.)	4	0	0	0	<1	0	63
mustard, <i>brown</i> (1 tsp.)	5	0	0	0	<1	0	65
molasses (1 tbsp.)	53	0	0	0	14	0	11
peanut butter (2 tbsp.)	188	16	3	0	7	8	153
salsa (3 tbsp.)	25	0	0	0	6	1	300
sour cream (1 tbsp.)	26	3	2	5	<1	0	6
soy sauce (1 tbsp.)	10	0	0	0	1	1	768
steak sauce (1 tbsp.)	15	0	0	0	3	0	265
sugar (1 tbsp.)	48	0	0	0	13	0	0
sweet'n low (1 pkt.)	4	0	0	0	1	0	4
syrup (1 tbsp.)	57	0	0	0	15	0	17
teriyaki sauce (1 tbsp.)	15	0	0	0	3	1	690

Use these values not to restrict your choices but rather educate yourself about the nutritional qualities of your favorites and plan for all types of food in your diet.

Source of nutritional values: USDA database of food and values & ESHA (Food Processor II.) 8/06.)