

NUTRITIONAL VALUE CHART VEGETABLES AND SIDES

ITEM	AMOUNT	CAL. (kcal)	PROTEIN (g)	FAT (g)	CARBS (g)	FIBER (g)	SUGAR (g)	SODIUM (g)	SAT.FAT. (g)	CHOL (mg)
AMBROSIA	4 OZ.	141	1	6	23	1	18	43	5	4
ANTIPASTA SALAD	4 OZ.	203	8	15	4	1.41	0.5	996	6	33
AU GRATIN POTATOES	4 OZ.	110	3	1.5	22	2	2	580	0	0
BABY LIMA BEANS	4 OZ.	110	6	0	21	5	6	25	0	0
BAKED APPLES	4 OZ.	67	0.42	1.54	14	0.84	12.28	21	0.28	0
BAKED BEANS	4 OZ.	96	4.7	1	16	4	6	290	0.33	3.3
BAKED POTATOES	8 OZ.	165	3	0	39	3	1.5	0	0	0
BEEF BASE	8 OZ.	570	0	19	76	0	38	36860	0	0
BLACK BEANS	4 OZ.	110	8	0	19	7	0	300	0	0
BLACK OLIVES	1 OZ.	30	0	2.5	<1	0	0	100	0	0
BROCCOLI CASSEROLE	4 OZ.	130	9.5	8.25	4.81	0.47	1.74	249	4.89	76
BROCOLLI SALAD	4 OZ.	232	2	21	9	1.33	5.43	255	5.5	35
BROILED TOMATOES	4 OZ.	38	1	2	5	1	2	10	0.3	0
BROWN RICE	8 OZ.	170	4	1.5	36	2	0	0	0	0
BRUSSEL SPROUTS	4 OZ.	60	4	0	11	4	2.66	20	0	0
BURGANDY MUSHROOMS	4 OZ.	47	1	1	1	<1	1	156	0	0
CALIFORNIA BLEND VEG.	3/4 CUP	30	2	0	5	2	1	25	0	0
CARROTS	2/3 CUP	35	1	0	6	2	3	45	0	0
CAULIFLOWER	4 OZ.	27	3	0	4	3	2	33	0	0
CHEDDAR CHEESE	2 OZ.	110	7	9	1	0	0	180	5	30
CHICKEN BASE	8 OZ.	488	0	0	98	0	65	42560	0	0
CHOPPED SPINACH	6 OZ.	60	4	0	6	2	1	250	0	0
COLE SLAW	4 OZ.	364	0.71	36	11.75	1.41	7	227	6.56	33
COLLARD GREENS	4 OZ.	15	1	0	1.5	1	0	15	0	0
CORN BREAD	3 OZ.	226	3.38	15	17.25	0.98	2.26	318	2.25	38
CORN NUGGETS	4 OZ.	273	2.95	15.14	30.16	0	0	422	0	0
CRANBERRY SAUCE	2 OZ.	100	0	0	26	1	17	35	0	0
CREAMED CORN	4 OZ.	219	5.6	2.9	44.6	4	3.9	23	0.53	1.32
CREAMED SPINACH	4 OZ.	138	7	8	5.45	1	1.38	224	3.64	19
CUCUMBER SALAD	4 OZ.	16	0.15	0.07	4	0.23	2.72	54	0	0
DINNER ROLL	1.75 OZ.	150	3	4	26	1	5	200	1	0
EGG ROLLS	1 - 3 OZ.	190	6	11	19	2	3	380	3	10
FRENCH FRIES	4 OZ.	150	2.5	5	22.5	2.5	1	31	1.25	0

FRIED OKRA	3/4 OZ	90	3	0	19	2	2	310	0	0
FRIED YELLOW SQUASH	3 OZ.	90	2	7	19	1	1	300	0	0
GREAT NORTHERN BEANS	4 OZ	70	8	0	22	13	11	20	0	0
GREEN BEANS	4 OZ	30	2	0	5	2	1	370	0	0
GREEN PEA & CH. SALAD	4 OZ.	219	5	19	7	2	2	263	4	27
GREEN PEAS	2/3 CUP	70	5	0	12	4	4	200	0	0
HASH BROWN CASSEROLLE	4 OZ.	129	3	5	18	1	1	220	2	7
HUSHPUPPIES	3 PCS.	120	2	4.5	18	1	2	360	0.5	0
JAPANESE BREAD CRUMBS	1 OZ.	25	1	0	5	0	0	17	0	0
KENS BBQ SAUCE	2 OZ.	100	0	0	24	0	22	660	0	0
MACARONI AND CHEESE	4 OZ.	241	10	10	26	1	2	580	6	27
MACARONI SALAD	4 OZ.	304	2	29	15	1	3	463	7	50
MARGARINE	1 TBSP.	100	0	11	0	0	0	110	2	0
MARINARA SAUCE	4 OZ.	110	2	4.5	14	<1	11	700	0.5	0
MASHED POTATOES	4 OZ	200	4	0	44	4	2	50	0	0
MEATBALLS - 3 PCS.	3 OZ.	250	13	26	7	1	0	540	8	45
MEXICAN CORN	4 OZ	64	2	0	13	2	2	0	0	0
NAVY BEANS	4 OZ	80	8	0	23	12	1	15	0	0
NEW RED POTATOES	2/3 CUP	70	2	0	16	2	0	35	0	0
OKRA AND TOMATOES	4 OZ	36	1.6	0.75	7.15	2.3	0	157	0	0
OKRA AND TOMATOES	4 OZ.	40	1	2	4	2	2	95	1	0
ORIENTAL STIR FRY VEG.	3/4 CUP	30	2	0	5	2	1	25	0	0
PARMESAN CHEESE	2 TSP.	35	3	2.5	0	0	0	110	1.5	5
PASTA SALAD	4 OZ.	196	6	2	34	2	4	227	0	0
PEAR CHUTNEY	2 OZ.	41	8	0	10	1	8	2	0	0
PEARL ONIONS	8 OZ.	38	1.25	0	8	1.25	6	38	0	0
PENNE PASTA	4 OZ.	210	7	1	41	2	2	0	0	0
PEPPER GRAVY	4 OZ.	80	0	6	10	0	4	380	1	0
PINTO BEANS	4 OZ	60	7	0	22	14	1	15	0	0
PLAIN FRIED RICE	4 OZ.	87	2	2	14	0.5	1	295	0.3	2
PORK FRIED RICE	4 OZ	343	16	8	36	1.25	2	768	3	4.35
POTATO WEDGES	4 OZ	163	2.5	7.5	22.5	2.5	0	525	1.875	0
REFRIED BEANS	4 OZ	130	8	2	20	6	1	410	0.5	0
RICE PILAF	4 OZ	240	4	0.5	43	1	0	780	0	0
SALSA	1 OZ.	10	0	0	2	1	2	200	0	0
SHOEPEG CORN	4 OZ	120	3	0.75	24	1.5	4.5	330	0	0
SLICED ALMONMDS	1/2 OZ.	81	4	7	2	1	0	0	0	0

