

# Carbs Cals Salads 80 Healthy Salad Recipes 350 Photos Of Ingredients To Create Your Own

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### Carbs Cals Salads 80 Healthy

#### **Nutritional Information 2016 - Steak-Out**

and sour cream (All salads include dressing See salad dressing nutritional information listed below) \*\*Salads\*\* Cals Fat Cals Sat (g) Total Fat (g) Chol (mg) Sod (mg) Prot (g) Carbs (g) Fiber (g) A'la Carte Salad 23 0 0 0 0 15 1 3 1 Chicken Chef Salad 410 170 9 19 94 650 33 21 2 Sirloin Chef Salad 463 193 10 22 120 676 40 21 2

#### **NUTRITIONAL INFORMATION - Cotton Patch Café**

NUTRITIONAL INFORMATION At Cotton Patch Cafe, we are not only passionate about our food, we are also committed to the health of our customers We have many different healthy options to choose from, whether it's a fresh, mixed greens salad, grilled tilapia, or grilled chicken and veggies-we have the delicious items you are looking for!

#### **NUTRITION GUIDE - Buffalo Wild Wings**

\* nutrition abbreviation key on page fi° cals fat (g) sat fat (g) trans fat (g) cholest (mg) sodium (mg) carb (g) fiber (g) sugar (g) protein (g) nutrition

guide buffalo wild wings® nutrition guide page 1 of 12 2,000 calories a day is used for general nutrition advice, but calorie needs vary 2019 buffalo wild wings, inc

**Starters 4950 138 12 7 74 2570 71 6 4 37 5850 146 13 92**

Walk-On's Bistreaux Bar Nutritional Allergen Information - 2018 Calories Cals From Fat Fat (g)

**Cals Fat Cals Item Name QTY Measure Wgt (g) (kcal) (kcal) ...**

Eggplant Parmigiana 1 Serving 36169 590 180 20 9 0 120 1670 80 8 11 27 Gianna 1 Serving 23015 540 170 19 7 0 50 1860 41 3 4 36 Ham and Cheese 1 Serving 24031 370 90 10 5 0 70 1970 42 4 4 28 Ham and Cheese Diablo 1 Serving 24031 380 90 10 45 0 55 1700 43 4 7 28 Healthy Cheese 1 Serving 24031 610 310 34 21 0 100 630 41 4 4 36 Healthy Ham and

**Nutritional values are estimated based on Fresh To Order's ...**

Averages Cals Pro Carb Fat Chol Sat Fat Trans Sodium Fiber Sugar With No Sauce Tot l 1 Ea ch 562 4 613 80 202 5 143 Averages Cals Pro Carb Fat Chol Sat Fat Trans Sodium Fiber Sugar SALADS Asian Salad Tot l 1 Ea ch 40 4 120 3 25 67 215 Caesar Salad Tot l 1 Ea ch 21 18 25 0 6 339 3 4 91 Club Salad Tot l 1 Ea ch 48 3 29 65 1657 290 Market

**Nutrition Data Effective: October 2018 2,000 calories a ...**

Page 1 of 16 Nutrition is Listed As Served, Unless Otherwise Noted Dishes denoted with a 'LT' indicates lighter take preparation Dishes denoted with ...

## **NUTRITIONAL INFORMATION**

APPETIZERS cals/serving FLATBREADS cals/serving SOUPS APPETIZER SALADS cals/serving Ahi Tuna Tacos (3 servings) 220 120 10040 590 Artisan Hummus & Roasted Vegetables (4 servings) 220 90 100460 30 Asian Ahi Tuna Sashimi (3 servings) 80 40 0 10470 Asian Pork Belly Tostadas (3 servings) 310 220 20 10040 440 Candied Bacon & Artisan ...

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## **CHILI'S NUTRITION**

Beverages - Beer Cals Fat Cals Fat (g) Sat (g) Trans (g) Chol (mg) Sod (mg) Carbs (g) Fiber (g) Sugar (g) Prot (g) Angry Orchard 10 fl oz 160 0 0 0 0 0 10 20 0 17 0 Angry Orchard 12 fl oz 190 0 0 0 0 0 15 24 0 20 0 Angry Orchard 16 fl oz 250 0 0 0 0 0 20 32 0 27 0 Angry Orchard 22 fl oz 350 0 0 0 0 0 25 44 0 37 0

## **IHOP Nutrition Information**

Nutrition Information The Dietary Guidelines for Americans recommend consuming less than 10 percent of calories per day from saturated fat and less than 2,300 milligrams per day of sodium for a typical adult eating 2,000 calories daily

### **CHILI'S NUTRITION**

Boneless Wings - Buffalo : Kraft Macaroni & Cheese

### **Healthy Kids Meals and Snacks - Reedsburg Utility Commission**

Healthy Kids Meals and Snacks Peanut Butter Play Dough Encourage children to wash their hands before using this! You can play with it and then eat it! It is good on graham crackers You can also add Cheerios, or raisins, or anything you want Chow Mein noodles can be added to make a bird's nest The mixture is a little

### **Carbohydrates (g) - Pizza Hut**

The Dietary Guidelines for Americans recommend limiting saturated fat to 20 grams and sodium to 2,300 milligrams for a typical adult eating 2000 calories daily

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