

Salad Bar - Nutritional Information



	Cals	Fat	Carbs	Choles		Cals	Fat	Carbs	Choles
Apples, Granny Smith (1 med)	80	0	22	0	Mushrooms (1 cup)	15	0	2	0
Artichoke Hearts (1/2 Cup)	50	0	11	0	Olives, Black (5 med)	25	2	1	0
Asparagus (1 cup)	27	0	5	0	Onion Rings (10 small)	195	12.8	18.3	0
Avocado (1 cup) 240	22	13	0		Onions, Scallions (1 cup)	32	0	7	0
Bacon Bits (1 tbsp)	30	2	0	10	Peaches, Canned (1 cup)	171	0	44	0
Bamboo Shoots (1 cup)	41	0	8	0	Peanuts (1 oz)	161	14	4.6	0
Beans, Black (1 cup)	662	3	121	0	Peas, Green (1 cup)	117	0	21	0
Bean Sprouts (2/3 cup)	15	0	3	0	Pecans (1 oz)	196	20	4	0
Beets (1 cup) 58	0	13	0		Pepperoncini (1 oz)	10	0	1	0
Bok Choy (1 cup) 10	0	2	0		Pimentos (1 cup)	44	1	10	0
Broccoli (1 cup) 31	0	6	0		Pineapple (1 cup) 74	0	20	0	
Carrots (1 cup) 52	0	12	0		Pumpkin Seeds (1 oz)	160	12	4	0
Cantaloupe (1 cup)	60	0	14	0	Radish (1 cup)	19	0	4	0
Cauliflower (1 cup)	25	0	5	0	Raisins (1 cup)	434	1	115	0
Celery (1 cup) 14	0	3	0		Raspberries (1 cup)	64	1	15	0
Cellophane Noodles (1/2 cup)	351	0	86	0	Red Cabbage (1 cup)	28	0	7	0
Cheese, 3 Cheese Blend (1/4 cup)	100	7	2	25	Sesame Seeds (1 tbsp)	52	4.4	2.1	0
Cheese, Blue (1 oz)	100	8	0.7	21	Sesame Sticks (1 oz)	153	10.4	13.2	0
Cheese, Cheddar (1 oz)	114	9	0.4	30	Spinach (1 cup)	7	0	1	0
Corn (1 cup) 166	5	31	0		Squash, Yellow (1 cup)	25	0	5	0
Cottage Cheese (1/2 cup) 116	5	3	17		Strawberries (1 cup)	49	0	12	0
Couscous (1 cup) 176	0	36	0		Sunflower Seeds (1 oz)	165	14	7	0
Cucumber (1/2 cup)	8	0	2	0	Tofu (1 oz)	26	2	1	0
Dates, Pitted (1/4 cup)	135	0	36	0	Tomatoes (1 cup)	27	0	6	0
Diced Chicken (3 oz)	110	2.5	2	65	Tortilla Strips (2 oz)	35	1.5	5	0
Diced Turkey (3 oz)	87	1	3	36	Wasabi Peas (1/3 cup)	120	2.5	19	0
Dried Apricots (1/4 cup)	100	0	24	0	Water Chestnuts (1/2 cp)	60	0	15	0
Egg, Hard Boiled (1 egg)	78	5	1	212	Watermelon (1 cup)	46	0	12	0
Garbanzo Beans (1 cup)	286	3	54	0	Zucchini (1 cup)	20	0	4	0
Golden Raisins (1 cup)	498	1	131	0					
Green Beans (1 cup)	34	0	8	0	DRESSINGS				
Honeydew (1 cup)	64	0	16	0	Blue Cheese (1 oz)	141	15	2	5
Jicama (1 cup)	46	0	11	0	Caesar (1 oz)	148	16	1	1
Kalamata Olives (5 olives)	45	4.5	1	0	French (1 oz)	128	13	4	0
Kidney Beans (1 cup)	613	2	110	0	Honey Mustard (1 oz)	58	3	8	0
Lettuce, Romaine (1 cup)	8	0	2	0	Italian (1 oz)	81	8	3	0
Lima Beans (1 cup)	190	0	36	0	Ranch (1 oz)	136	14	2	9
Mandarin Oranges (1 cup)	92	0	24	0	Thousand Island (1 oz)	104	10	4	7