



This analysis is provided to assist our customers in making sensible decisions in their diets. Leading health organizations recommend moderate consumption of a variety of foods with an average of less than 30% calories from fat, less than 10% from saturated fat, 300 milligrams of cholesterol and 2,400 milligrams of sodium per day. Based on a 2,000-calorie diet, 30% of calories from fat would be approximately 65 grams of fat. Adjustments are necessary for calorie levels above or below this reference amount.

	Serving Size	Weight (g)	Calories	Protein (g)	Carbohydrate (g)	Fat (g)	Cholesterol (mg)	Saturated Fat (g)	Sodium (g)	Dietary Fiber (g)
<b>Chicken</b>										
Szechuan Chicken	1 serving	283	315	31	16	13	123	2	1908	3
Kung Pao Chicken	1 serving	322	454	38	24	22	140	4	1814	3
Sesame Chicken	1 serving	236	449	31	54	10	121	2	2205	1
Sweet & Sour Chicken	1 serving	293	387	30	47	7	121	1	521	0
Garlic Black Bean Chicken	1 serving	326	352	36	12	17	140	3	525	3
Chicken & Broccoli	1 serving	393	425	38	33	15	140	3	1605	5
Chicken & Zucchini	1 serving	326	325	36	9	15	140	3	607	1
Teriyaki Chicken	1 serving	221	309	39	9	12	155	3	1258	1
<b>Beef</b>										
Szechuan Beef	1 serving	334	452	49	17	20	129	4	1697	3
Kung Pao Beef	1 serving	331	623	56	25	33	129	6	1939	4
Sesame Beef	1 serving	247	485	49	25	20	125	4	1255	1
Garlic Black Bean Beef	1 serving	340	456	50	16	21	129	5	1113	4
Beef & Broccoli	1 serving	371	522	52	33	20	129	4	1948	5
<b>Entrée</b>										
House Lo Mein	6 oz.	170	194	6	31	5	0	0.6	618	2
House Fried Rice	6 oz.	318	584	17	103	12	68	1	3024	3
House Vegetable Stir Fry	6 oz.	169	90	5	11	4	0	0.6	199	3
<b>Sides</b>										
Egg Rolls	3 oz.	91	187	4	30	6	2	1	490	2
Dumplings	3 item	66	190	10	16	8	69	3	385	0
Dumpling Sauce	1 oz.	15	11	0	2	0	0	0	646	0
Soy Sauce	1 T.	18	11	1	1	0	0	0	1315	0
<b>Promo</b>										
General Tso's Chicken	1 serving	247	297	30	27	7	112	1	1003	1
Shrimp Fried Rice	12 oz.	340	634	26	109	11	137	1	2779	4
Sweet & Sour Shrimp	1 serving	281	447	13	85	6	54	1	663	3
Kung Pao Delight	1 serving	393	540	47	36	23	163	4	2981	4
Kung Pao Chicken & Beef Noodle Bowl	14 oz.	428	497	37	44	20	90	3	776	5
Szechuan Chicken	1 serving	282	302	30	13	13	123	2	1337	2
Szechuan Sesame Noodles	8 oz.	227	306	11	40	12	1	2	960	4
Hoisin Explosion	1 serving	349	399	36	13	22	140	3	879	3
Orange Chicken	1 serving	265	395	30	42	10	121	2	466	1