



# Steam Table Nutrition Information

## ENTRÉE

	Serving Size	Serving Wt. (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Asparagus Beef	5oz	142	250	20	4.5	0	25	460	11	1	6	8
Asparagus Chicken	5oz	142	210	15	2.5	0	30	490	10	1	6	11
Asparagus Pork	5oz	142	240	20	4.5	0	20	540	11	1	6	7
BBQ Pork	5oz	142	320	12	5	0	40	1450	41	0	29	12
Beef & Broccoli	5oz	142	200	14	3.5	0	25	460	11	2	6	8
Black Bean Beef	5oz	142	210	15	4	0	25	450	12	1	6	8
Black Bean Chicken	5oz	142	200	11	2	0	40	610	13	1	8	11
Black Bean Pork	5oz	142	210	16	4	0	20	540	12	1	6	7
Black Pepper Celery Beef	5oz	142	190	14	3.5	0	25	470	10	2	5	7
Black Pepper Celery Chicken	5oz	142	170	10	1.5	0	40	620	11	2	7	10
Black Pepper Celery Pork	5oz	142	190	14	3.5	0	20	550	10	2	5	6
Chicken & Broccoli	5oz	142	140	9	1.5	0	25	230	7	2	2	11
General Tso's Chicken	5oz	142	350	19	3	0	45	830	37	0	18	11
Jalapeno Beef	5oz	142	240	16	4	0	25	860	19	2	13	7
Jalapeno Chicken	5oz	142	230	12	2	0	40	1040	20	2	15	11
Jalapeno Pork	5oz	142	240	16	4	0	20	950	19	2	13	6
Kung Pao Beef	5oz	142	190	13	3	0	20	430	11	1	7	8
Kung Pao Chicken	5oz	142	180	11	2	0	35	530	10	1	7	10
Kung Pao Pork	5oz	142	190	15	3.5	0	15	460	9	1	5	7
Mongolian Beef	5oz	142	210	14	3	0	25	520	15	2	9	9
Mushroom Beef	5oz	142	190	13	3	0	25	490	11	1	7	9
Mushroom Chicken	5oz	142	170	10	1.5	0	40	600	11	1	7	11
Mushroom Pork	5oz	142	190	14	3.5	0	20	520	9	1	5	7
Orange Chicken	5oz	142	380	23	4	0	55	810	33	0	11	13
Peking Pork	5oz	142	360	24	7	0	50	590	25	0	20	12
Potato Beef	5oz	142	260	15	3.5	0	30	610	21	1	9	10
Potato Chicken	5oz	142	240	12	2	0	50	760	20	1	9	13
Potato Pork	5oz	142	260	18	4.5	0	25	660	19	1	6	8
Salt & Pepper Chicken	5oz	142	390	26	4	0	65	980	26	0	0	15
Salt & Pepper Tofu	5oz	142	240	19	2.5	0	0	220	10	0	0	9
Sesame Chicken	5oz	142	310	18	3	0	40	590	28	1	10	11
Spicy Eggplant Tofu	5oz	142	180	13	2	0	0	290	13	2	6	4
Spicy Mapo Tofu Pork	5oz	142	240	13	2.5	0	20	880	17	2	12	13
Spicy Teriyaki Chicken	5oz	142	250	8	1.5	0	100	1230	20	0	16	23
Stir Fry Green Bean	5oz	142	140	11	1.5	0	0	260	12	3	7	2
Sweet & Sour Chicken	5oz	142	330	18	3	0	40	540	33	0	13	10
Sweet & Sour Meatball	5oz	142	360	25	9	0	50	650	21	0	14	15
Teriyaki Chicken	5oz	142	270	9	2	0	100	1190	21	0	16	23
Tofu Veggie Delight	5oz	142	240	23	3.5	0	0	170	8	2	2	3
Twice Cooked Pork	5oz	142	200	10	2.5	0	10	830	22	2	16	5
Veggie Delight	5oz	142	100	7	1	0	0	220	8	2	2	2

The nutrition provided on this chart excludes individually packaged sauces. The products listed in this publication, when made with approved AFC ingredients, will provide the nutritional composition as indicated. Information may vary slightly depending on location and supplier. The nutrition information is generated by the industry standard Genesis R&D Nutritional software.



# Steam Table Nutrition Information

## RICE & NOODLE

	Serving Size	Serving Wt. (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Authentic Yakisoba	10oz	283	370	13	2	0	0	1810	56	1	17	5
Cantonese Chow Mein Beef	10oz	283	630	23	4	0	20	1580	87	2	8	19
Cantonese Chow Mein Chicken	10oz	283	610	21	3	0	35	1680	86	2	8	21
Cantonese Chow Mein Pork	10oz	283	630	25	4.5	0	15	1610	85	2	6	17
Cantonese Chow Mein Vegetable	10oz	283	630	22	3	0	0	1670	95	2	7	15
Chow Fun Beef	10oz	283	420	22	4	0	20	1010	45	3	8	10
Chow Fun Chicken	10oz	283	400	20	3	0	35	1110	45	3	8	11
Chow Fun Pork	10oz	283	420	24	4.5	0	15	1040	44	3	6	8
Chow Fun Vegetable	10oz	283	390	21	3	0	0	1020	48	4	7	4
Classic Chow Mein Beef	10oz	283	590	24	4	0	35	1420	77	2	9	20
Classic Chow Mein Chicken	10oz	283	590	23	3.5	0	60	1600	76	2	9	22
Classic Chow Mein Pork	10oz	283	590	23	3.5	0	60	1600	76	2	9	22
Classic Chow Mein Vegetable	10oz	283	590	24	3.5	0	20	1440	82	2	7	14
Classic Fried Rice Beef	10oz	283	540	18	3.5	0	105	750	81	0	6	14
Classic Fried Rice Chicken	10oz	283	540	18	3	0	120	880	80	0	5	16
Classic Fried Rice Pork	10oz	283	540	20	4	0	105	750	78	0	3	12
Classic Fried Rice Vegetable	10oz	283	540	18	3	0	100	700	85	0	3	10
Singapore Noodle Beef	10oz	283	320	13	2.5	0	65	950	41	3	9	11
Singapore Noodle Chicken	10oz	283	320	12	2	0	85	1130	39	3	9	13
Singapore Noodle Pork	10oz	283	320	16	3.5	0	60	950	37	3	6	8
Singapore Noodle Vegetable	10oz	283	290	12	2	0	50	920	41	3	7	5
Steamed Brown Rice	10oz	283	330	3	0	0	0	5	70	0	2	7
Steamed White Rice	10oz	283	460	1	0	0	0	40	105	0	0	7

## SOUP

	Serving Size	Serving Wt. (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Egg Flower Soup Chicken	8oz	227	60	1.5	0	0	45	800	7	0	1	3
Egg Flower Soup Shrimp	8oz	227	50	1	0	0	50	840	7	0	1	3
Hot & Sour Soup	8oz	227	60	1.5	0	0	40	780	9	0	2	3
Wonton Soup	8oz	227	60	2	0.5	0	5	1180	8	1	2	2

## FRIED CHICKEN

	Serving Size	Serving Wt. (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
General Tso's Chicken Wings	1pc	90	250	20	4.5	0	65	115	6	0	3	11
Salt & Pepper Chicken Wings	1pc	90	240	21	4.5	0	70	150	4	0	0	11
Teriyaki Chicken Wings	1pc	90	250	21	4.5	0	70	170	6	0	2	11
Golden Crunchy Chicken	1pc	172	390	21	4	0	120	1190	11	0	0	39

## FRIED ROLL

	Serving Size	Serving Wt. (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Fried Imitation Crab Roll	2pcs	120	300	13	3.5	0	10	730	41	0	10	3
Fried Shrimp Tempura Roll	2pcs	118	310	14	3.5	0	10	710	41	0	10	3
Fried Teriyaki Chicken Roll	2pcs	125	320	14	3.5	0	25	810	41	0	11	6

## APPETIZER

	Serving Size	Serving Wt. (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Egg Roll	1pc	92	220	10	2	0	10	400	22	0	3	9
Crab Rangoon	1pc	24	80	5	2	0	10	150	8	0	0	2
Dumpling	1pc	33	80	5	1.5	0	5	110	8	0	0	2
Sesame Ball	1pc	22	80	4.5	0	0	0	5	10	0	7	2
Vegetable Spring Roll	1pc	54	100	5	0.5	0	0	260	13	0	3	2

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