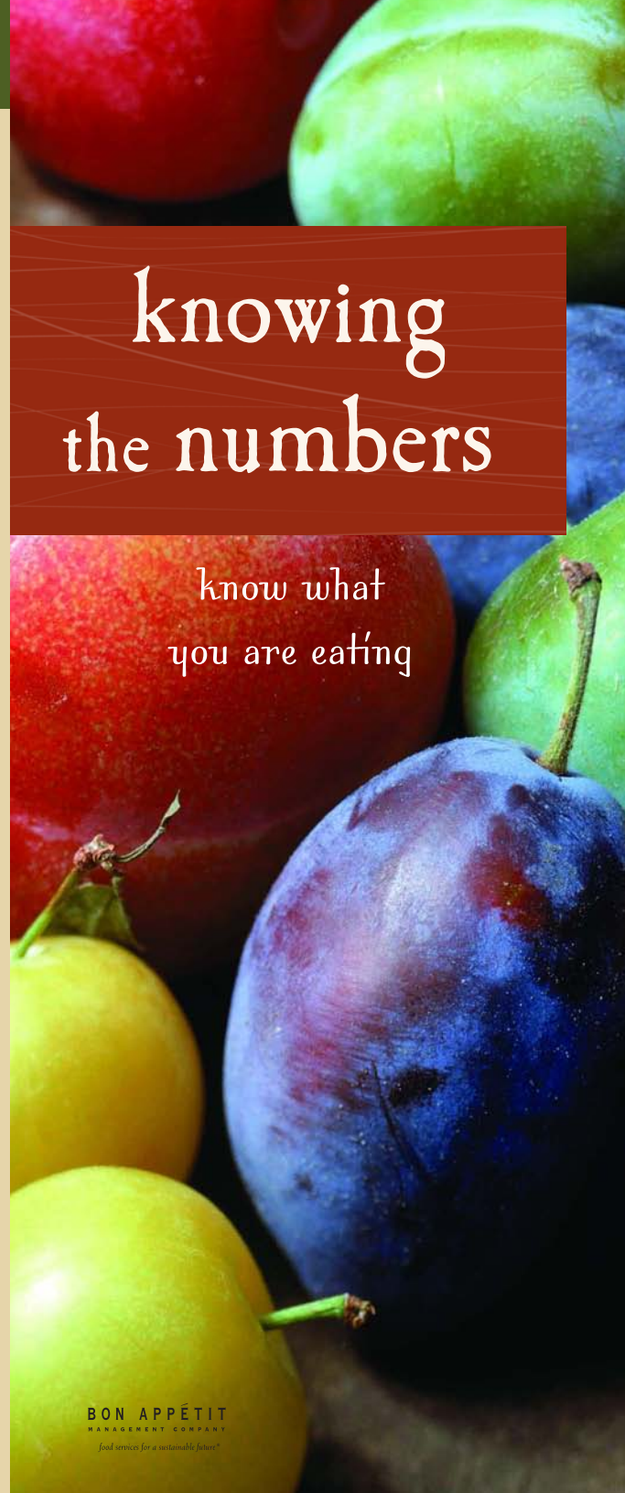
	calories	total fat (g)	sat fat (g)	chol (mg)	carb (g)	fiber	protein (g)	sodium (mg)
desserts & snacks								
angel food cake (1/6th of 9")	140	0	0	0	32	1	3	420
apple pie (1/8th of 9")	410	19	4.5	0	58	2	4	330
boston cream pie (1/6th of 9")	230	8	2	35	39	1	2	130
cheesecake (4 oz.)	360	26	11	60	29	0	6	230
chocolate cake w/ icing (2 oz.)	230	10	3	25	35	2	3	210
chocolate eclair (5"x 2")	260	16	4	125	24	1	6	340
chocolate pudding (1/2 cup)	170	4.5	2.5	15	28	1	4	140
coffee cake (1/8th of 8")	180	5	1	25	30	1	3	240
pecan pie (1/6th of 8")	540	22	3.5	55	79	3	6	320
cookies & bars								
brownie (4" sq.)	490	20	6	20	78	*	5	310
chocolate chip cookie (3 1/2-4")	190	9	4	0	26	1	2	120
oatmeal raisin cookie (4")	170	6	1.5	10	28	1	2	100
rice krispy treat (4" sq.)	180	4	0.5	0	35	0	1	150
sugar cookie (4")	190	8	2	20	27	0	2	140
gingerbread (2"x 3")	260	12	3	25	36	1	3	240
ice cream (1/2 cup)								
chocolate	190	13	8	45	15	1	3	40
vanilla	140	7	4.5	30	16	0	2	55
vanilla, soft serve	190	11	6	80	19	1	4	50
vanilla, low fat frozen yogurt	110	3	2	10	19	3	3	55
sherbet	110	1.5	1	0	22	1	1	35
toppings (1 Tbsp.)								
hot fudge	70	2.5	1	5	10	*	1	80
caramel sauce	50	0	0	0	14	0	0	70
snacks (2 oz.)								
popcorn								
3 cups popped with oil	170	9	1.5	0	19	3	3	290
3 cups air popped	90	1	0	0	19	3	3	0
corn chips	290	15	13	0	36	1	3	580
potato chips	320	22	5	0	29	2	3	370
tortilla chips	280	13	1.5	0	371	1	4	240
pretzels	220	1.5	0	0	45	2	6	770
cereal (1 cup)								
all-bran	160	3	0	0	46	18	8	150
bran flakes	130	1	0	0	32	7	4	290
capt'n crunch	140	2	1.5	0	31	1	2	270
cheerios	100	1.5	0	0	21	3	3	190
cinnamon toast crunch	180	4	0.5	0	33	2	2	290
cocoa puffs	140	2	0	0	31	2	1	190
cookie crisp	120	1.5	0	0	26	1	1	170
corn flakes	100	0	0	0	24	1	2	200
corn pops	110	0	0	0	26	0	1	110
fiber one	120	2	0	0	50	28	4	210
frosted flakes	150	0	0	0	36	1	2	180
frosted mini-wheats	190	1	0	0	45	5	6	0
fruit loops	110	1	0.5	0	25	3	1	135
granola	600	29	5	0	65	11	18	30
granola, low fat	350	4.5	1.5	0	74	6	7	220
grapenuts, flakes	120	1	0	0	32	3	4	190
kix	90	1	0	0	20	2	2	160
lucky charms	150	1.5	0	0	30	2	3	240

cereal, cont.	calories	total fat (g)	sat fat (g)	chol (mg)	carb (g)	fiber	protein (g)	sodium (mg)
rice krispies	100	0	0	0	23	0	2	240
puffed rice	50	0	0	0	12	0	1	0
puffed wheat	45	0	0	0	10	1	2	0
raisin bran	190	1.5	0	0	46	7	5	340
shredded wheat, bite size	180	1	0	0	42	7	6	0
special k	120	0	0	0	22	1	7	220
total	130	0.5	0	0	31	4	3	250
hot cereals (1 cup)								
cream of wheat, cooked, plain	130	0.5	0	0	26	1	4	30
grits, cooked, plain	180	1	0	0	38	2	4	5
oatmeal, cooked, plain	170	3.5	0.5	0	28	4	6	10
breads/pastries								
bagel, plain (4")	270	1.5	0	0	53	2	11	470
biscuit (4")	360	16	4.5	5	45	2	7	590
cinnamon bun (4-1/4")	260	15	3.5	15	29	1	5	240
croissant (medium)	230	12	7	40	26	1	5	420
danish pastry, cheese (medium)	270	16	5	15	26	1	6	320
doughnut								
glazed (4-1/4")	300	14	4	25	38	2	5	290
cream filled (3-1/2")	310	21	4.5	20	26	1	5	260
english muffin (1 each)	130	1	0	0	25	2	5	240
french bread (medium slice)	190	1.5	0	0	37	2	8	420
muffin (4 oz.)								
blueberry	320	12	2.5	40	46	2	7	500
bran	310	8	1	0	55	5	8	450
corn	360	14	2.5	50	50	3	8	669
pita (6-1/2")	170	0.5	0	0	33	1	5	320
pita, whole wheat (6-1/2")	170	1.5	0	0	35	5	6	340
tortilla								
flour (10")	220	5	1.5	0	36	2	6	450
corn (6")	50	0.5	0	0	11	2	1	10
white bread (1.5 oz. slice)	70	1	0	0	13	1	2	170
whole wheat bread (1.5 oz. slice)	70	1	0	0	12	2	4	130
beverages								
beer, regular (12 fl. oz.)	150	0	0	0	13	0	2	15
beer, light (12 fl. oz.)	100	0	0	0	6	0	1	15
coffee (16 fl. oz.)								
brewed, black	5	0	0	0	0	0	1	10
cappuccino, whole milk	190	9	6	40	15	0	9	140
mocha, whole milk	450	27	16	95	44	1	16	200
latte, whole milk	280	15	9	60	23	0	15	230
fruit juice, unsweet'd (8 fl. oz.)								
apple	110	0	0	0	28	0	0	10
grape	150	0	0	0	37	1	1	15
grapefruit	90	0	0	0	22	0	1	0
orange	120	0	0	0	27	1	2	10
tomato (8 fl. oz.)	45	0	0	0	10	1	2	650
fruit punch (12 fl. oz.)	170	0	0	0	45	1	0	140
lemonade (12 fl. oz.)	150	0	0	0	40	0	0	15

beverages, cont.	calories	total fat (g)	sat fat (g)	chol (mg)	carb (g)	fiber	protein (g)	sodium (mg)
milk (8 fl. oz.)								
whole	150	8	4.5	25	12	0	8	105
2%	120	5	2.5	20	12	0	8	115
1%	100	2.5	1.5	10	12	0	8	105
skim	80	0	0	5	12	0	8	105
soy	130	4.5	0.5	0	15	1	8	125
chocolate, 2%	190	5	3	20	30	2	7	160
chocolate, soy	150	3.5	0.5	0	24	1	6	130
soda (16 fl. oz.)								
diet	0	0	0	0	0	0	0	10
mountain dew	220	0	0	0	62	0	0	80
regular cola	210	0	0	0	53	0	0	10
sprite	210	0	0	0	54	0	0	50
tea, brewed, unsweet. (16 fl. oz.)	5	0	0	0	1	0	0	15
condiments (1 Tbsp.)								
apple butter	30	0	0	0	7	0	0	0
butter	100	12	7	30	0	0	0	80
bbq sauce (1/2 cup)	25	0	0	0	6	0	1	150
equal (1 pkt.)	5	0	0	0	1	0	0	0
half & half	20	1.5	1	5	1	0	0	5
honey	60	0	0	0	17	0	0	0
horseradish	5	0	0	0	2	0	0	45
jam/jelly/perserves,average	60	0	0	0	15	0	0	5
ketchup	15	0	0	0	4	0	0	170
margarine, tub	100	11	2	0	0	0	0	95
mayonnaise	100	11	1.5	5	0	0	0	75
mayonnaise, light	50	5	1	5	1	0	0	120
mustard, yellow	10	0.5	0	0	1	0	1	170
molasses	60	0	0	0	15	0	0	5
peanut butter, creamy	90	8	1.5	0	3	1	4	75
salsa, fresh	5	0	0	0	1	0	0	0
sour cream	25	2.5	1.5	5	0	0	0	10
soy sauce	10	0	0	0	1	0	2	1010
soy sauce, lower sodium (1 pkt.)	10	0	0	0	1	0	2	530
steak sauce	20	0	0	0	4	0	0	190
sugar	50	0	0	0	13	0	0	0
sweet'n low (1 pkt.)	0	0	0	0	0	0	0	0
splenda (1 pkt.)	5	0	0	0	1	0	0	0
syrup	45	0	0	0	12	0	0	15



knowing the numbers

We encourage you to look beyond the numbers. Healthy eating patterns are a result of skills and strategies for balancing your diet. Knowing the nutritional values of some basic foods can help you learn which foods provide too much or too little of the nutrients that concern you. Bon Appétit has compiled this guide of common nutritional values for many items you will find in our cafés. This guide does not represent specific Bon Appétit recipes but is based on standard nutrient values found in the USDA nutrient database.

Use these values not to restrict your choices but rather educate yourself about the nutritional qualities of your favorites and plan for all types of foods in your diet.

Bon Appétit!

Source of nutrition values: ESHA Food Processor Plus SQL Version 10.7.2

	calories	total fat (g)	sat fat (g)	chol (mg)	carb (g)	fiber	protein (g)	sodium (mg)
sauces								
alfredo sauce (1/2 cup)	220	20	10	70	6	0	4	840
marinara sauce (1/2 cup)	50	1	0	0	8	4	1	590
meat (1/2 cup)	140	8	2.5	25	11	*	8	430
pesto (1/4 cup)	310	28	8	20	4	2	11	480
teriyaki (1/4 cup)	100	0	0	0	22	0	2	1620
salad bar								
salad dressings (typical salad dressing ladle = 2 fl. oz. (4 tablespoons)								
blue cheese (1 tbsp.)	70	8	1	5	1	0	1	140
Caesar (1 tbsp.)	80	8	1.5	5	0	0	0	160
canola oil (1 tbsp.)	110	14	1	0	0	0	0	0
French (1 tbsp.)	70	7	1	0	2	0	0	135
Italian (1 tbsp.)	45	4	0.5	0	2	0	0	240
olive oil (1 tbsp.)	120	14	2	0	0	0	0	0
ranch (1 tbsp.)	70	8	1	5	1	0	0	120
thousand island (1 tbsp.)	60	6	1	5	2	0	0	140
vinaigrette (1 tbsp.)	70	8	1.5	0	0	0	0	0
vinegar, cider (1 tbsp.)	5	0	0	0	0	0	0	0
salad bar items								
almonds (2 tbsp.)	110	9	0.5	0	4	4	4	5
artichoke hearts plain (1/2 cup)	45	0	0	0	10	7	2	50
avocado (1/2 cup)	120	11	1.5	0	6	5	1	5
bacon bits (1 tbsp.)	45	3.5	1	10	0	0	3	180
beans (1/2 cup)								
adzuki beans	150	0	0	0	28	8	9	10
black beans	110	0	0	0	20	7	8	0
garbanzo beans	130	2	0	0	22	6	7	5
kidney beans	110	0	0	0	20	6	8	0
cheese (2 tbsp.)								
blue cheese, crumbled	60	5	3	15	0	0	4	240
cheddar cheese, shreds	60	4.5	3	15	0	0	4	90
cottage cheese, 2% (1/2 c.)	100	3	1	10	4	0	13	370
feta cheese	50	4	3	15	1	0	3	210
parmesan cheese	45	3	1.5	10	0	0	4	150
hummus (2 tbsp.)	50	2.5	0	0	6	1	1	75
oat bran, raw (2 tbsp.)	30	1	0	0	8	2	2	0
olives (10 small)	35	3.5	0	0	2	1	0	280
pecans (2 tbsp.)	90	10	1	0	2	1	1	0
sunflower seeds (2 tbsp.)	90	8	1	0	4	1	3	65
tofu, plain, raw cubes (1/2 cup)	80	4.5	0.5	0	2	0	8	10
vegetables, average raw (1 cup)	25	0	0	0	3	2	2	<10
fruits (raw)								
apple, whole, large	90	0	0	0	25	4	0	0
banana, whole, large	110	0	0	0	27	3	1	0
melon (1 cup)	50	0	0	0	13	1	1	25
orange, whole medium	60	0	0	0	15	3	1	0
pear, whole, large	100	0	0	0	28	6	1	0
strawberries (1 cup)	45	0	0	0	11	7	1	0
watermelon (1 cup)	45	0	0	0	11	1	1	0

	calories	total fat (g)	sat fat (g)	chol (mg)	carb (g)	fiber	protein (g)	sodium (mg)
dried fruit								
apricots (10 each)	80	0	0	0	22	3	1	0
banana chips (1 oz.)	150	10	8	0	17	2	1	0
dates (3 each)	60	0	0	0	16	2	1	0
figs (5 each)	105	0.5	0	0	27	4	2	5
raisins (1/4 cup)	120	0	0	0	33	2	1	0
trail mix (1/2 cup)	350	22	4	0	34	4	10	170
salads (1/2 cup)								
coleslaw	40	1.5	0	5	7	1	1	15
potato salad	180	10	2	85	14	2	3	660
salad greens, average raw (2 c.)	20	0	0	0	3	1	2	30
deli salads (1/2 cup)								
chicken salad	160	18	4	60	4	0	19	750
tuna salad	190	9	1.5	15	10	0	16	410
deli								
Typical sandwich contains 4 oz. of meat / cheese								
meats (1 oz.)								
bologna, beef	90	8	3	15	1	0	3	310
chicken breast, roasted	45	1	0	25	0	0	9	20
ham	45	2.5	1	15	1	0	5	370
pastrami	40	1.5	1	20	0	0	6	250
roast beef, fresh roasted	60	2.5	1	30	0	0	10	10
salami	70	6	3	20	1	0	4	320
tuna, water-packed drained	35	1	0	10	0	0	7	105
turkey breast	30	0	0	10	1	0	5	290
cheeses (1 oz.)								
american	90	7	4.5	20	2	0	6	270
cheddar	110	9	6	30	0	0	7	180
monterey jack	110	9	5	25	0	0	7	150
mozzarella	90	6	3	15	1	0	7	150
provolone	100	8	5	20	1	0	7	250
grill								
1/4 # burger with bun	410	17	6	70	35	1	27	400
1/4 # cheeseburger with bun	520	26	12	100	35	1	34	570
1/2 # burger with bun	620	31	11	140	35	1	46	460
1/2 # cheeseburger with bun	730	40	17	170	35	1	53	630
vegetarian burger with bun	200	2.5	0.5	0	33	5	13	480
chicken sandwich								
fried, (5 oz. w/bun)	410	14	3.5	70	42	1	27	570
grilled (5 oz. w/bun)	350	6	1.5	80	35	2	35	410
french fries (6 oz.)	540	29	7	0	64	6	6	330
hot dog, 2 oz. plain, with bun	340	19	8	35	31	1	11	900
onion rings (6 oz.)	690	45	15	0	65	2	9	640
wings, chicken (6 pcs.)	270	14	4	155	3	1	33	2130

	calories	total fat (g)	sat fat (g)	chol (mg)	carb (g)	fiber	protein (g)	sodium (mg)
entrées & sides								
breakfast foods								
bacon (3 slices)	130	10	3.5	25	0	0	5	550
bacon, canadian (2 slices.)	90	4	1.5	25	1	0	11	730
egg, boiled (1 large)	80	5	1.5	210	1	0	6	60
egg, fried (1 large)	90	7	2	210	0	0	6	95
egg, scrambled (1/2 cup)	180	13	4	385	2	0	12	310
egg whites (3 each)	50	0	0	0	1	0	11	160
hash browns (1/2 cup)	100	5	0.5	0	14	1	1	135
omelette, 3 egg w/ 1/4 c. cheese	330	24	11	660	2	2	25	390
pancakes (4-inch)	90	3.5	0.5	20	11	0	3	200
sausage, beef/pork (2 oz.)	180	16	6	35	1	0	7	520
waffles (7" round)	220	11	2	50	25	1	6	380
potatoes								
potato, baked w/salt (8 oz.)	210	0	0	0	48	5	6	550
potatoes, mashed (1 cup)	240	9	5	25	35	3	4	670
potato, sweet, baked (8 oz.)	200	0	0	0	47	7	5	80
protein								
chicken (4 oz.)								
baked w/skin	220	9	2.5	80	0	0	34	95
baked or grilled w/out skin	140	4	1	95	0	0	35	85
fried w/skin	290	15	4	95	10	0	28	310
turkey w/skin (4 oz.)	270	11	3	95	0	0	32	75
1/4 cup gravy	30	1.5	0	0	3	0	2	340
salmon, grilled (4 oz.)	205	9	2	100	0	0	29	65
grains, cooked plain (1 c.)								
barley, pearled	190	0.5	0	0	44	0	4	0
barley, whole	270	2	0	0	59	14	7	0
egg noodles	220	3.5	0.5	45	40	1	7	10
quinoa	220	3.5	0	0	39	5	8	15
rice, brown	220	2	0	0	45	4	5	10
rice, white	210	0	0	0	45	1	4	0
rice, wild	170	0.5	0	0	35	3	7	0
pizza (1 slice = 4 oz.)								
cheese	270	9	4	15	28	1	12	510
pepperoni	320	13	5	25	39	2	14	610
pastas								
spaghetti / pasta noodles (1 c.)	220	1.5	0	0	43	3	8	180
spaghetti / whole wheat	170	1	0	0	37	6	7	0