

# grill

## KNOWING YOUR NUMBERS

### Know What You Are Eating

|                                | Calories | Total Fat(g) | Sat Fat(g) | Chol(mg) | Carb(g) | Fiber(g) | Protein(g) | Sodium(mg) |
|--------------------------------|----------|--------------|------------|----------|---------|----------|------------|------------|
| <b>grill</b>                   |          |              |            |          |         |          |            |            |
| 1/4lb burger with bun          | 410      | 17           | 6          | 70       | 35      | 1        | 27         | 400        |
| 1/4lb cheeseburger with bun    | 520      | 26           | 12         | 100      | 35      | 1        | 34         | 570        |
| 1/2lb burger with bun          | 620      | 31           | 11         | 140      | 35      | 1        | 46         | 460        |
| 1/2lb 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        |
| <b>chicken sandwich</b>        |          |              |            |          |         |          |            |            |
| 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       |
| <b>condiments</b>              |          |              |            |          |         |          |            |            |
| bbq sauce (1 tbsp.)            | 25       | 0            | 0          | 0        | 6       | 0        | 1          | 150        |
| ketchup (1 tbsp.)              | 15       | 0            | 0          | 0        | 4       | 0        | 0          | 170        |
| mayonnaise (1 tbsp.)           | 100      | 11           | 1.5        | 5        | 0       | 0        | 0          | 75         |
| mayonnaise, light (1 tbsp.)    | 50       | 5            | 1          | 5        | 1       | 0        | 0          | 120        |
| mustard, yellow (1 tbsp.)      | 10       | 0.5          | 0          | 0        | 1       | 0        | 1          | 170        |
| steak sauce (1 tbsp.)          | 20       | 0            | 0          | 0        | 4       | 0        | 0          | 190        |
| <b>breakfast foods</b>         |          |              |            |          |         |          |            |            |
| bacon (3 slices)               | 130      | 10           | 3.5        | 25       | 0       | 0        | 9          | 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        |
| omlette, 3 egg w/1/4 cheese    | 330      | 24           | 11         | 660      | 2       | 0        | 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        |

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!