

salad bar

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)
salad bar								
salad dressings								
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
vinegar and oil (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 (1/2 cup)	150	0	0	0	28	8	9	10
black beans (1/2 cup)	110	0	0	0	20	7	8	0
garbanzo beans (1/2 cup)	130	2	0	0	22	6	7	5
kidney beans (1/2 cup)	110	0	0	0	20	6	8	0
cheese								
blue cheese, crumbled (2 tbsp.)	60	5	3	15	0	0	4	240
cheddar cheese, shreds (2 tbsp.)	60	4.5	3	15	0	0	4	90
cottage cheese, 2% (1/2 cup)	100	3	1	10	4	0	13	370
feta cheese (2 tbsp)	50	4	3	15	1	0	3	210
parmesan cheese (2 tbsp.)	45	3	1.5	10	0	0	4	150
coleslaw (1/2 cup)	40	1.5	0	5	7	1	1	15
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
potato salad (1/2 cup)	180	10	2	85	14	2	3	660
salad greens, average raw (2 cups)	20	0	0	0	3	1	2	30
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

Typical salad bar ladle = 2 floz. (4 tablespoons)

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!