

Food Menu Report: Chinese

Item Name	Quantity	Measure	Calories	Fat (g)	SatFat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
Appetizers												
Egg roll, veggie	1	Serving	190	10	2	0	5	380	21	1	2	3
Egg roll, pork	1	Serving	190	10	2.5	0	10	490	20	32	2	6
Egg roll, chicken	1	Serving	180	9	2	0	5	380	19	2	2	6
Rangoon, Star Crab	1	Serving	130	8	3	0	10	150	11	0	1	2
Soup												
Chinese, Soup, Hot & Sour Soup	1	Serving	50	1.5	0	0	30	550	6	1	1	3
Chinese, Soup, Egg Drop	1	Serving	60	1.5	0.5	0	55	340	10	1	1	2
Poultry												
Chinese, Entree, Black Pepper Duck	6	oz.	180	7	1.5	0	30	1040	19	1	10	10
Chinese, Entree, Garlic Chicken	6	oz.	220	10	1.5	0	25	1270	21	1	11	12
Chinese, Entree, Chicken with Vegetables	6	oz.	220	10	1.5	0	25	1300	21	2	11	12
Chinese, Entree, Mushroom Chicken	6	oz.	220	10	1.5	0	25	1260	20	1	11	13
Chinese, Entree, Black Pepper Chicken	6	oz.	220	11	2	0	25	1130	19	1	10	12
Chinese, Entree, Chicken with Broccoli	6	oz.	230	10	1.5	0	25	1310	22	2	11	12
Chinese, Entree, Kung Pao Chicken- Spicy	6	oz.	230	11	2	0	20	1200	20	2	11	11
Chinese, Entree, Hunan Chicken	6	oz.	240	11	2	0	20	1450	23	2	13	12
Chinese, Entree, Szechuan Chicken	6	oz.	250	10	1.5	0	25	970	28	2	19	11
Chinese, Entree, Cashew Chicken	6	oz.	260	14	2.5	0	20	1240	22	2	11	12
Chinese, Entree, Almond Chicken	6	oz.	270	15	2	0	20	1240	21	3	11	13
Chinese, Entree, Beijing Chicken	6	oz.	270	11	2.5	0	80	740	21	1	17	22
Chinese, Entree, Spicy Orange Chicken	6	oz.	360	18	3	0	25	1110	34	0	17	13
Chinese, Entree, General Chicken	6	oz.	360	16	3	0	40	1000	42	1	28	12
Chinese, Entree, Sweet and Sour Chicken	6	oz.	370	19	3.5	0	30	480	35	0	20	13
Chinese, Entree, Sweet Orange Chicken	6	oz.	390	18	3	0	25	450	46	0	28	12
Chinese, Entree, Sesame Chicken	6	oz.	390	19	3	0	25	600	42	0	25	12
Chinese, Entree, Black Pepper Duck	8	oz.	240	9	2	0	40	1390	25	1	13	14
Chinese, Entree, Garlic Chicken	8	oz.	290	14	2.5	0	30	1690	27	2	15	16
Chinese, Entree, Mushroom Chicken	8	oz.	290	14	2.5	0	30	1680	27	1	14	17
Chinese, Entree, Chicken with Broccoli	8	oz.	300	14	2.5	0	30	1740	29	3	14	16
Chinese, Entree, Kung Pao Chicken- Spicy	8	oz.	300	15	2.5	0	30	1610	27	2	15	14

Chinese, Entree, Chicken with Vegetables	8	oz.	300	14	2.5	0	30	1740	28	2	15	16
Chinese, Entree, Black Pepper Chicken	8	oz.	300	15	2.5	0	30	1500	26	1	13	16
Chinese, Entree, Hunan Chicken	8	oz.	320	15	2.5	0	30	1930	30	3	17	16
Chinese, Entree, Szechuan Chicken	8	oz.	330	14	2.5	0	30	1300	38	2	25	14
Chinese, Entree, Cashew Chicken	8	oz.	350	19	3	0	30	1650	30	2	15	17
Chinese, Entree, Almond Chicken	8	oz.	350	20	2.5	0	30	1650	29	3	15	17
Chinese, Entree, Beijing Chicken	8	oz.	360	15	3.5	0	105	980	28	1	23	29
Chinese, Entree, Spicy Orange Chicken	8	oz.	480	24	4.5	0	35	1480	46	0	23	18
Chinese, Entree, General Chicken	8	oz.	480	22	3.5	0	55	1340	56	1	37	16
Chinese, Entree, Sweet and Sour Chicken	8	oz.	490	25	4.5	0	40	640	46	0	26	17
Chinese, Entree, Sweet Orange Chicken	8	oz.	530	24	4.5	0	35	600	61	0	38	16
Chinese, Entree, Sesame Chicken	8	oz.	530	25	4	0	35	800	56	0	34	16
Chinese, Entree, Black Pepper Duck	12	oz.	360	14	3	0	60	2080	37	2	20	21
Chinese, Entree, Black Pepper Chicken	12	oz.	440	22	3.5	0	50	2250	39	2	20	24
Chinese, Entree, Chicken with Vegetables	12	oz.	440	21	3.5	0	45	2600	41	4	22	24
Chinese, Entree, Garlic Chicken	12	oz.	440	20	3.5	0	45	2540	41	2	22	25
Chinese, Entree, Mushroom Chicken	12	oz.	440	20	3.5	0	45	2520	40	2	22	26
Chinese, Entree, Chicken with Broccoli	12	oz.	450	21	3.5	0	45	2610	43	5	21	25
Chinese, Entree, Kung Pao Chicken- Spicy	12	oz.	450	23	4	0	40	2410	40	4	22	21
Chinese, Entree, Hunan Chicken	12	oz.	480	23	4	0	45	2890	45	4	26	24
Chinese, Entree, Szechuan Chicken	12	oz.	500	20	3.5	0	45	1950	57	3	38	22
Chinese, Entree, Cashew Chicken	12	oz.	520	28	5	0	45	2480	45	4	23	25
Chinese, Entree, Almond Chicken	12	oz.	530	29	4	0	45	2480	43	5	23	26
Chinese, Entree, Beijing Chicken	12	oz.	550	22	5	0	155	1480	42	1	34	44
Chinese, Entree, General Chicken	12	oz.	710	33	6	0	80	2000	84	2	56	24
Chinese, Entree, Spicy Orange Chicken	12	oz.	720	36	6	0	55	2210	69	1	35	27
Chinese, Entree, Sweet and Sour Chicken	12	oz.	740	38	7	0	60	960	69	0	39	25
Chinese, Entree, Sesame Chicken	12	oz.	790	37	6	0	55	1200	84	0	51	24
Chinese, Entree, Sweet Orange Chicken	12	oz.	790	36	6	0	55	900	91	0	57	24
Beef												
Chinese, Entree, Mushroom Beef	6	oz.	200	9	2.5	0	25	1180	19	1	11	11
Chinese, Entree, Beef with Broccoli	6	oz.	200	9	2.5	0	25	1150	21	2	11	11
Chinese, Entree, Beef with Vegetables	6	oz.	200	9	2.5	0	25	1220	20	2	11	10
Chinese, Entree, Mongolian Beef	6	oz.	210	11	3	0	30	930	19	2	11	10

Entrée, Pepper Beef, Chinese	6	oz.	220	10	2.5	0	25	1360	21	1	12	11
Entrée, Pepper Beef, Chinese	8	oz.	220	10	2.5	0	25	1360	21	1	12	11
Chinese, Entree, Mushroom Beef	8	oz.	260	12	3	0	30	1580	25	1	14	15
Chinese, Entree, Beef with Vegetables	8	oz.	260	12	3	0	30	1630	26	2	15	14
Chinese, Entree, Beef with Broccoli	8	oz.	270	12	3	0	30	1540	28	3	14	14
Chinese, Entree, Mongolian Beef	8	oz.	280	14	3.5	0	35	1240	26	2	14	13
Entrée, Pepper Beef, Chinese	12	oz.	220	10	2.5	0	25	1360	21	1	12	11
Chinese, Entree, Mushroom Beef	12	oz.	390	18	4.5	0	45	2370	38	2	22	23
Chinese, Entree, Beef with Vegetables	12	oz.	400	18	4.5	0	45	2440	40	4	22	21
Chinese, Entree, Beef with Broccoli	12	oz.	410	18	4.5	0	45	2310	42	5	22	21
Chinese, Entree, Mongolian Beef	12	oz.	420	21	6	0	55	1860	38	3	21	20
Pork												
Chinese, Entree, Pork with Green Bean	6	oz.	180	6	1.5	0	30	960	17	2	11	15
Chinese, Entree, Twice Cooked Pork	6	oz.	180	6	1.5	0	30	810	16	2	10	14
Chinese, Entree, Pork with Vegetables	6	oz.	180	6	1.5	0	30	1150	18	2	11	15
Chinese, Entree, Hunan Pork	6	oz.	200	7	1.5	0	25	1300	20	2	13	14
Chinese, Entree, Szechuan Pork	6	oz.	210	6	1.5	0	30	820	25	2	19	13
Chinese, Entree, Twice Cooked Pork	8	oz.	240	9	2	0	45	1080	22	3	13	19
Chinese, Entree, Pork with Vegetables	8	oz.	240	8	2	0	40	1530	23	2	15	19
Chinese, Entree, Pork with Green Bean	8	oz.	250	9	2	0	40	1280	22	3	14	21
Chinese, Entree, Szechuan Pork	8	oz.	270	8	2	0	40	1090	34	2	25	18
Chinese, Entree, Hunan Pork	8	oz.	270	10	2	0	35	1740	26	3	17	19
Chinese, Entree, Pork with Vegetables	12	oz.	360	12	3	0	55	2300	35	4	22	29
Chinese, Entree, Twice Cooked Pork	12	oz.	360	13	3	0	65	1630	33	4	19	29
Chinese, Entree, Pork with Green Bean	12	oz.	370	13	3	0	65	1930	33	4	22	31
Chinese, Entree, Hunan Pork	12	oz.	400	15	3	0	50	2610	40	4	26	29
Chinese, Entree, Szechuan Pork	12	oz.	410	12	3	0	55	1640	51	3	38	27
Shrimp												
Chinese, Entree, Kung Pao Shrimp - Spicy	6	oz.	140	3	0	0	85	1130	17	2	11	10
Chinese, Entree, Shrimp with Vegetables	6	oz.	150	3.5	0	0	90	1220	17	2	11	12
Chinese, Entree, Triple Delight	6	oz.	190	10	2	0	65	400	10	2	3	14
Chinese, Entree, Kung Pao Shrimp - Spicy	8	oz.	190	4.5	0.5	0	110	1500	23	3	15	14
Chinese, Entree, Shrimp with Vegetables	8	oz.	200	4.5	0.5	0	120	1620	23	2	14	16
Chinese, Entree, Triple Delight	8	oz.	250	14	3	0	90	530	14	3	4	18

Chinese, Entree, Kung Pao Shrimp - Spicy	12	oz.	290	6	1	0	165	2260	34	4	23	20
Chinese, Entree, Shrimp with Vegetables	12	oz.	300	7	1	0	180	2440	35	4	22	23
Chinese, Entree, Triple Delight	12	oz.	380	21	4	0	135	800	21	4	6	28
Rice & Lo Mein												
Chinese, Rice, Steamed	6	oz.	280	0	0	0	0	0	62	2	0	6
Chinese, Rice, Fried, Plain	6	oz.	300	4.5	0.5	0	15	360	58	2	0	6
Chinese, Lo Mein, Shrimp	6	oz.	290	2.5	0	0	75	1370	48	2	11	13
Chinese, Lo Mein, Vegetable	6	oz.	320	3	0	0	0	1580	62	3	14	8
Chinese, Lo Mein, Chicken	6	oz.	350	8	1.5	0	20	1440	51	2	11	13
Chinese, Lo Mein, Shrimp	8	oz.	380	3.5	0	0	100	1820	65	3	15	17
Chinese, Lo Mein, Vegetable	8	oz.	420	3.5	0.5	0	0	2110	83	4	19	11
Chinese, Lo Mein, Chicken	8	oz.	460	11	2	0	25	1920	68	3	15	18
Chinese, Rice, Steamed	8	oz.	380	0	0	0	0	0	83	3	0	8
Chinese, Rice, Fried, Plain	8	oz.	400	6	1	0	20	480	77	2	0	8
Chinese, Rice, Fried, Vegetable	8	oz.	400	6	1	0	20	480	77	2	0	8
Chinese, Rice, Fried, Shrimp	8	oz.	450	18	3	0	125	670	54	2	1	15
Chinese, Rice, Fried, Pork	8	oz.	470	20	4	0	65	590	52	2	1	19
Chinese, Rice, Fried, Beef	8	oz.	490	24	5	0	85	660	53	2	1	15
Chinese, Rice, Fried, Chicken	8	oz.	510	23	4	0	70	710	56	2	1	19
Seafood Entrees												
Chinese, Entree, Kung Pao Shrimp - Spicy	6	oz.	140	3	0	0	85	1130	17	2	11	10
Chinese, Entree, Triple Delight	6	oz.	190	10	2	0	65	400	10	2	3	14
Chinese, Entree, Shrimp with Vegetables	6	oz.	150	3.5	0	0	90	1220	17	2	11	12
Rice Bowl												
Rice Bowl, Mongolian Beef	1	Serving	690	20	4.5	0	55	1720	103	5	15	22
Rice Bowl, Garlic Chicken	1	Serving	700	19	3.5	0	50	2170	105	4	15	25
Rice Bowl, Spicy Kung Pao Chicken	1	Serving	710	21	3.5	0	50	2080	104	5	15	22
Rice Bowl, Cashew Chicken	1	Serving	750	24	4	0	50	2130	107	5	16	25
Rice Bowl, General Chicken	1	Serving	880	28	4.5	0	75	1810	133	4	38	24
Rice Bowl, Sweet & Sour Chicken	1	Serving	900	31	5	0	60	1120	124	3	27	25
Rice Bowl, Orange Chicken	1	Serving	930	30	5	0	55	1080	138	2	38	24
Rice Bowl, Sesame Chicken	1	Serving	930	31	5	0	55	1280	134	2	34	24