

Nutrition Analysis Chicken Out Rotisserie 2006

Recipe	Serving Size	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Dietary Fiber	Sugars	Proteins
SALADS												
Milan Chicken Cutlet Salad ♥(no dressing)	one salad	348	62	7	2	0	132	568	17	4	3	53
Asian Chicken Salad ♥ (no dressing, no wontons)	one salad	325	85	9	2	0	96	441	21	7	12	41
Santa Fe Chicken Salad(no dressing, roll, tortilla strips)	one salad	399	131	15	7	0	126	606	22	8	8	47
Caesar Salad ♥ (no croutons, dressing, roll)	one salad	90	39	4	2	0	10	109	8	5	3	7
Grilled Chicken Garden Salad ♥ (no dressing or croutons)	one salad	269	45	5	1	0	96	474	17	6	8	40
Garden Salad ♥(no dressing, croutons, roll)	one salad	73	8	1	4	0	15	299	76	8	12	13
Caesar Salad with Grilled Chicken (no dressing or croutons)	one salad	310	91	10	4	0	111	556	10	5	5	45
NEW Chicken Caesar Pasta Salad(no dressing, croutons, cheese)♥	one salad	599	87	10	2	0	193	826	46	7	9	79
NEW Signature Chicken Salad	7 oz	677	462	51	8	0	127	1273	14	1	9	39
NEW Citrus Low Fat Chicken Salad ♥	7 oz	540	254	28	4	0	135	1911	18	1	10	50
Salad Dressings												
Southwest	1 oz	146	144	16	2	0	7	222	2	1	0	0
Perfect Caesar	1 oz	181	180	20	3	0	9	237	0	0	0	1
Asian Seseme Ginger	1 oz	125	99	11	2	0	0	252	6	0	5	0
Honey Balsamic Vinaigrette	1 oz	161	149	16	2	0	2	58	4	0	3	0
Blue Cheese Classique	1 oz	125	99	11	2	0	0	252	6	0	5	0
Mitch's Ranch	2 Tbsp.	110	100	11	2	0	10	280	1	0	0	0
Fat Free Raspberry Vinaigrette ♥	2 Tbsp.	70	0	0	0	0	0	370	17	0	12	0
Fat Free Honey Dijon Mustard ♥	2 Tbsp.	50	0	0	0	0	0	150	11	0	9	0
Croutons		229	94	10	4	0	15	192	30	1	3	4
WRAPS												
1/2 House Chicken Salad Wrap	1/2 wrap	333	115	13	3	0	49	765	33	2	3	21
1/2 Grilled Chicken Wrap	1/2 wrap	359	136	15	3	0	50	693	32	2	3	22
1/2 Grilled Chicken Caesar Wrap	1/2 wrap	386	165	18	4	0	54	711	31	2	2	24
1/2 Garden Veggie & Cheese Wrap	1/2 wrap	352	165	18	10	0	36	842	32	3	4	16
1/2 Apricot Chicken Salad Wrap	1/2 wrap	412	168	19	4	0	51	835	37	3	9	24
1/2 Asian Chicken Salad Wrap	1/2 wrap	341	107	12	3	0	46	684	35	2	6	22
1/2 BBQ Chicken w/ Cole Slaw Wrap	1/2 wrap	395	85	9	3	0	73	1517	43	2	14	32
1/2 Santa Fe Salad Wrap	1/2 wrap	371	141	16	3	0	50	961	34	3	4	24
1/2 Turkey Wrap	1/2 wrap	364	155	17	3	0	49	539	31	2	2	20
NEW Grilled Chicken Lettuce Wrap ♥ no dressing	3 Wrap Platter	364	125	14	7	0	126	766	15	3	8	45
NEW Grilled Chicken Salad Wrap ♥ (All Citrus Chicken Salad)	3 Wrap Platter	540	223	25	4	0	116	1665	33	5	21	45
ENTREES												
Chicken Breast (skinless) ♥	6 oz.	273	51	6	2	0	135	564	3	0	2	49
1/4 White Chicken (no skin) ♥	one breast half & one wing	228	52	6	2	0	111	244	1	0	1	40
1/4 Dark Chicken (no skin) ♥	one thigh & one drumstick	223	87	10	3	0	107	247	1	0	1	31
1/4 White Chicken w/skin	one breast half & one wing	371	155	17	5	0	133	902	5	0	4	46
1/4 Dark Chicken w/skin	one thigh & one drumstick	337	166	18	5	0	125	903	5	0	4	36
Milan Chicken Cutlet ♥	one cutlet	288	53	6	2	0	132	571	6	0	1	49
Chicken Tender	one tender	128	40	4	1	0	58	261	9	0	1	12
Albacore Tuna Salad ♥	4 oz	248	181	20	3	0	34	592	3	0	1	15
Pulled Rotisserie Chicken Breast ♥	9 oz	452	85	9	3	0	224	958	5	0	4	82
BBQ Pulled Chicken	8 oz	539	74	8	2	0	197	2710	39	0	31	72
Rotisserie Turkey ♥	4 oz	200	72	8	0	0	88	80	0	0	0	28
Roasted Beef ♥	8 oz	328	72	8	0	0	56	2032	8	0	0	48
BBQ Beef	one serving	450	72	8	4	0	60	3062	36	0	28	52
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ENTREES con't												
House Chicken Salad ♥	8 oz	404	198	22		0	130	1070	9	1	5	42
Apricot Chicken Salad	8 oz	607	323	36	6	0	135	928	23	3	17	49
NEW Grilled Vegetable Skewer over Jasmine Rice ♥	1 Skewer	361	6	1	0	0	0	1072	89	6	75	4
NEW Grilled Chicken Lettuce Wrap ♥ no dressing	3 Wrap Platter	364	125	14	7	0	126	766	15	3	8	45
NEW Grilled Chicken Salad Wrap ♥ (All Citrus Chicken Salad)	3 Wrap Platter	540	223	25	4	0	116	1665	33	5	21	45
SOUP & CHILE												
Chicken Bean Chile ♥	14 oz	548	76	8	1	0	54	2263	79	19	26	43
Chicken Noodle Soup ♥	13 oz	211	50	6	2	0	80	396	9	1	3gm	30gm
SANDWICHES												
Half Sandwich: Grilled Chicken with Brie	half	435	175	19	7	0	96	702	32	2	5gm	33gm
Half Sandwich: Turkey, Havarti & Granny Smith Apple Slices	half	454	194	22	8	0	76	412	40	3	11gm	26gm
Half Sandwich: Apricot Chicken Salad	half	288	87	10	1	0	35	318	35	2	8gm	17gm
SIDES												
Peas, Corn & Carrots ♥	11 oz	176	25	3	1	0	6	528	34	8	7gm	8gm
Red Skin Mashed Potatoes	8 oz	334	146	16	10	0	42	1317	44	4	3gm	5gm
Farm Fresh Cole Slaw ♥	6 oz.	226	150	17	3	0	9	417	18	3	13gm	2gm
NEW Sesame Ginger Green Beans ♥	4 oz	97	64	7	1	0	0	753	7	3	1gm	3gm
NEW Caesar Pasta Salad	7 oz	457	209	23	5	0	21	551	49	5	8	14
NEW Jasmine Rice ♥	6 oz.	343	109	12	2	0	3	487	52	1	3	5
Vegetarian Baked Beans ♥	9 oz	281	17	2	0	0	0	565	58	11	21gm	12gm
Jumbo Baked Sweet Potato ♥	one	319	5	1	0	0	0	127	73	12	30gm	7gm
Broccoli & Carrots ♥	5 oz	48	4	0	0	0	0	62	10	4	4gm	3gm
Baked Idaho Potato (no skin) ♥	one	218	2	0	0	0	0	12	50	4	4gm	5gm
Chunky Cinnamon Applesauce ♥	9 oz	241	36	4	2	0	9	36	52	5	43gm	1gm
Creamed Spinach	8 oz	277	194	22	13	0	64	733	14	3	6gm	9gm
Cranberry Relish ♥	10 oz	285	18	2	0	0	45	64	69	3	66gm	1gm
Mashed Sweet Potatoes ♥	10 oz	423	6	1	0	0	0	120	102	4	54gm	4gm
Fresh Fruit Salad ♥	6 oz.	98	4	0	0	0	0	12	24	1	22gm	1gm
Apple Cornbread Stuffing	8 oz	453	185	21	10	0	38	1612	58	2	7gm	9gm
Pot Pies												
Regular Chicken Pot Pie (double crusted)	Regular Size	1396	713	79	29	0	134	3039	140	11	13gm	37gm
WINGS												
8 Wings (per wing)	1 Wing	81	47	5	1	0	21	546	1	0	1gm	7gm