

Nutritional Analysis Chicken Out Rotisserie Spring 2011

CHICKEN OUT ROTISSERIE Menu items	Serving	Calories	Total Fat	Sat Fat	Cholesterol	Sodium	Total Carbs	Dietary Fiber	Sugars	Proteins
SALADS			gm	gm	mg	mg	gm	gm	gm	gm
Asian (no dressing, no wontons)	one salad	325	9	2.0	96	441	21	7	12	41
Caesar (no dressing or croutons)	one salad	310	10	4.2	111	556	10	5	5	45
Santa Fe (no dressing or tortilla strips)	one salad	399	15	7.3	126	606	22	8	8	47
Twiss (no dressing)	one salad	320	10	2.5	100	260	13	7	5	45
Cobb (no dressing)	one salad	720	29	12.0	385	1760	48	7	8	62
Apricot Chicken Salad on Lettuce	6 oz	610	36	6.0	135	930	23	3	17	49
Signature Chicken Salad on Lettuce	6 oz	790	58	10.0	145	1440	22	2	15	44
Salad Dressing-average serving										
Creamy Cole Slaw	2 fl oz	250	22	4.0	0	504	12	0	10	0
Fat Free Roasted Garlic Balsamic Vinaigrette	2 fl oz	30	0	0.0	0	640	6	0	6	0
Blue Cheese Classique	2 fl oz	250	22	4.0	0	504	12	0	10	0
Buttermilk Ranch	2 fl oz	220	22	4.0	20	560	2	0	0	0
Creamy Caesar	2 fl oz	362	20	6.0	18	474	0	0	0	2
Fat Free Honey Mustard	2 fl oz	100	0	0.0	0	300	22	0	18	0
Honey Balsamic Vinaigrette	2 fl oz	322	16	4.0	4	116	8	0	6	0
Katie's Sauce	3 tbl	160	0	0.0	0	900	42	0	40	2
Cucumber and Dill Sauce	2 fl oz	220	18	10.0	50	330	4	0	0	2
Dijon Mustard Vinaigrette	2 fl oz	220	20	3.0	0	440	12	0	10	0
Herb Vinaigrette	2 fl oz	380	42	4.0	0	150	4	0	4	0
Sesame Ginger	2 fl oz	240	16	2.0	0	440	20	0	16	0
Southwest	2 fl oz	292	32	4.0	14	444	4	2	0	0
WRAPS										
Apricot Chicken Salad	Whole	824	36	8.0	102	1670	74	6	18	48
Asian	Whole	682	24	6.0	92	1368	70	4	12	44
Cobb	Whole	860	41	9.0	250	1900	64	6	9	55
Garden Way	Whole	740	23	4.0	95	1390	90	8	37	47
Grilled Chicken Caesar	Whole	772	36	8.0	108	1422	62	4	4	48
Grilled Chicken Wrap	Whole	718	30	6.0	100	1386	64	4	6	44
Marc Antony	Whole	1140	76	14.0	125	1980	69	7	17	48
Metropolitan	Whole	630	15	5.0	90	1540	85	8	27	43
Popeye	Whole	650	27	10.0	130	890	53	6	5	48
Santa Fe Salad Wrap	Whole	742	32	6.0	100	1922	68	6	8	48
Union Gap	Whole	780	24	8.0	145	2620	80	5	28	57
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ENTREES										
1/4 Dark Chicken (no skin) thigh/leg	1/4 Chicken	223	10	3.0	107	247	1	0	1	31
1/4 Dark Chicken w/skin thigh leg	1/4 Chicken	337	18	5.0	125	903	5	0	4	36
1/4 White Chicken (no skin) breast/wing	1/4 Chicken	228	6	2.0	111	244	1	0	1	40
1/4 White Chicken w/skin breast/wing	1/4 Chicken	371	17	5.0	133	902	5	0	4	46
BBQ Pulled Chicken	6 oz	360	7	4.0	125	1860	27	0	22	44
Freshly Roasted Turkey Breast	6 oz	300	9	6.0	150	210	0	0	0	54
Grilled Chicken Filet (skinless)	6 oz	290	6	1.5	145	660	3	0	3	53
Milan Chicken Cutlet	6 oz	560	34	3.5	130	530	10	1	1	50
Pulled Rotisserie Chicken Breast	6 oz	290	6	1.5	145	610	3	0	2	53
Turkey Meatloaf	6 oz	390	26	7.0	160	1050	14	1	6	28
SOUP & CHILI BOWLS										
Baked Potato Corn Chowder	1.5 cup	545	29	18.0	80	1330	64	5	9	12
Turkey Bean Chili	1.5 cup	600	13	2.5	45	2480	91	22	24	34
Chicken Noodle Soup	1.5 cup	211	6	2.0	80	396	9	1	3	30
Tex Mex	1.5 cup	340	10	2.5	40	1470	42	7	12	20
Vegetable Primavera Soup	1.5 cup	330	7	1.0	45	1580	45	10	20	26
SANDWICHES										
Denmark	Whole	820	44	11.0	130	1000	62	8	19	47
Hollywood	Whole	550	15	4.5	110	1370	44	5	6	56
Sedona	Whole	1160	55	21.0	240	2240	79	3	5	85
Donovan	Whole	1430	79	19.0	185	2280	104	5	16	74
Louisiana	Whole	720	22	8.0	150	2490	70	4	28	57
Hot Openfaced Pulled Chicken on Biscuit	Whole	1180	47	32.0	225	3470	113	7	10	72
Hot Openfaced Roasted Turkey on Biscuit	Whole	1180	53	32.0	210	2940	110	7	8	62
Hot Openfaced Turkeymeatloaf on Biscuit	Whole	1180	57	33.0	210	3840	126	7	27	43
PANINI										
Archie	Whole	1000	42	15.0	190	2600	106	4	23	52
Brie	Whole	1150	57	17.0	210	2370	82	4	5	75
Buckhead	Whole	1200	62	16.0	215	2280	85	6	7	76
Club	Whole	850	29	7.0	120	1760	80	3	5	64
Lombardi	Whole	1070	45	9.0	160	1580	84	4	3	77
Philly	Whole	990	48	12.0	135	1820	81	3	6	57
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SIDES										
Apple Cornbread Stuffing	7 fl oz	453	21	10.0	38	1612	58	2	7	9
Baked Idaho Potato (no skin)	12 oz	218	0	0.0	0	12	50	4	4	5
Baked Idaho Potato Wedges	8 oz	220	6	0.0	0	370	39	4	2	5
Baked Sweet Potato Wedges	8 oz	220	6	0.0	0	260	39	6	12	4
Brown Rice and Red Beans	7 fl oz	260	5	0.5	0	680	43	7	4	10
Brown Rice and Vegetable Salad	7 fl oz	330	19	2.0	0	390	36	3	4	4
Chicken Gravy	2 fl oz	45	3	2.0	10	105	3	0	0	1
Chunky Cinnamon Applesauce	7 fl oz	241	4	2.0	9	36	52	5	13	1
Cucumber and Onion Salad	7 fl oz	45	0	0.0	0	95	11	1	8	1
Cranberry Relish	7 fl oz	285	2	0.0	45	64	69	3	66	1
Creamed Spinach	7 fl oz	320	25	14.0	75	1190	16	3	7	9
Farm Fresh Cole Slaw	7 fl oz	226	17	3.0	9	417	18	3	13	2
Fresh Fruit Salad	7 fl oz	98	0	0.0	0	12	24	1	22	1
Green Beans, Red Peppers and Caramelized Onions	7 fl oz	130	9	1.0	0	310	12	4	4	2
Hand Cut Fresh Fruit Salad	7 fl oz	110	0	0.0	0	10	29	3	25	1
Jumbo Baked Sweet Potato	1 pound	319	1	0.0	0	127	73	12	30	7
Macaroni and Cheese	7 fl oz	355	8	2.5	10	635	56	3	5	13
Mashed Sweet Potatoes	7 fl oz	423	1	0.0	0	120	102	4	54	4
Mushrooms and Caramelized Onions	7 fl oz	210	14	2.5	5	290	19	3	10	3
Peas, Corn & Carrots	7 fl oz	176	3	1.0	6	528	34	8	7	8
Potato Salad with Eggs	7 fl oz	395	27	6.0	175	640	29	3	3	8
Red Skin Mashed Potatoes	7 fl oz	334	16	10.0	42	1317	44	4	3	5
Steamed Vegetable Medley	7 fl oz	30	0	0.0	0	25	6	2	2	2
Zucchini and Yellow Squash	7 fl oz	45	3	2.0	10	125	5	2	3	2
Healthier Chips (Cape Cod 40% reduced fat)	1 package (1.5	200	9	0.5	0	160	27	2	1	3
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WINGS										
Cabos 7 Spice Wings	1 Wing	81	5	1.0	21	546	1	0	1	7
TURKEY BURGER SANDWICH										
Maine	1 ea	610	32	0.0	100	1040	48	4	9	36
DESSERTS										
Carrot Cake (6 layers)	1 Slice	1217	86	31.0	202	1155	105	3	74	10
Chocolate Cake [6 layers]	1 Slice	910	52	25.0	114	648	104	7	67	134
Fudge Brownie	1 Piece	480	27	14.0	98	120	57	3	39	6
Almond Bar	1 Piece	520	26	11.0	73	160	68	1	45	5
Peanut Butter	1 ea	190	10	4.0	5	250	23	1	14	3
Lemon Cooler	1 ea	190	9	6.0	25	150	28	0	15	2
Chocolate Chunk	1 ea	180	8	5.0	20	135	27	1	17	2
White Chocolate Macadamia Nut	1 ea	200	11	5.0	20	135	25	1	17	2
Harvest Oatmeal and Cranberries	1 ea	180	8	2.0	15	115	24	2	13	3
FROZEN BANANAS-2.5 Bananas										
Just frozen Bananas/no toppings	2.5	275	0	0.0	0	0	73	10	53	2.5
Bananas topped with Strawberries	2.5	281	0	0.0	0	0.25	74.5	10.5	54	2.5
Bananas topped with Blueberries	2.5	292	0	0.0	0	0.25	76	10.5	55	2.5
BREAD										
Whole Grain Bread	2 slices	198.6	2.6	1.0	0	323	36.6	2.6	3	7
Ciabatta	2 slices	345.9	1	0.3	0	794.7	71.5	2.55	1	12.6
Wheat Dinner Roll	1 ea	139.7	2.5	1.4	5.7	219.1	25	1.9	5.2	4.4
Buttermilk Biscuit	1 ea	180	8	7.0	0	560	24	1	2	4
Wheat Sandwich Roll	1 ea	204.8	3.1	2.0	0.1	356.2	36.8	2.9	1.5	7.4
Croutons	1/2 cup	229	10	4.0	15	192	30	1	3	4
Brown Rice Bowls										
Sesame Ginger	1 Bowl	710	28	5.0	90	1200	70	5	15	42
Sesame Ginger-No Dressing	1 Bowl	520	12	2.0	90	820	61	5	8	41
Pot Pies										
Small	1 ea	1450	76	61.0	145	3100	152	13	13	40
Large	1 ea	2060	105	82.0	240	4590	214	19	19	66
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