

	Calories (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)	Fiber (g)
<b>Cookies</b>									
Chocolate Chunk (1)	237	10	7	0	2	35	178	26	1
Lemon Cooler (1)	251	12	8	0	3	33	197	33	0
Oatmeal Raisin (1)	224	8	4	0	3	35	178	26	3
Peanut Butter (1)	237	12	5	0	3	29	343	7	1
Royale (1)	264	14	8	0	3	31	158	20	1
Triple Chocolate (1)	237	11	8	0	4	31	158	32	1
<b>Scone</b>									
Scone Apple Cinnamon	410	20	10	0	4	53	320	15	1
Blueberry	410	20	10	0	5	52	330	15	2
White Chocolate Raspberry	440	22	12	0	5	56	330	15	1
<b>Turnover</b>									
Apple Turnover, Glazed	330	16	4	0	5	42	370	42	1
<b>Salads</b>									
Caesar	368	22	7	0	14	29	713	35	4
Chef's	314	18	9	0	26	12	696	295	5
Chicken & Pear	446	28	5	0	32	17	440	78	5
Chicken Caesar	508	26	8	0	40	28	776	107	4
Greek	389	18	6	0	13	43	1298	19	6
Ham, Swiss & Apple	318	24	6	0	14	11	815	42	2
Italian Chef's	181	8	5	0	16	11	880	31	3
Italian Pasta	158	9	3	0	7	12	527	15	1.5
Red Royal Potato	176	10	2	0	3	18	462	17	2.5
Southwestern Black Bean	498	31	12	0	38	17	583	113	4
Spinach and Pine Nut	331	26	2	0	7	18	409	0	4
Spinach Tortellini Club	534	27	8	0	33	40	1265	284	3
Teriyaki Chicken	273	8	1	0	31	19	747	72	3
Tortellini Club	530	27	8	0	32	40	1237	284	3
<b>Sandwiches</b>									
Catalyst Club	442	14	7	0	33	46	1273	66	3
Catalyst Melt	411	14	1	0	17	54	1137	31	3
Cheesy Roast Beef Wrap	601	32	10	0	23	55	1563	48	4
Chicken Salad Croissant	489	23	10	0	27	43	1175	109	3
Chipotle Turkey Panini	785	43	17	0	39	60	1774	97	3
Double Helix Hoagie	668	34	13	0	36	55	1558	80	4
Fiesta Turkey	458	13	2	0	30	56	1082	39	3
Ham & Cheese Croissant	407	21	10	0	19	36	1483	93	2
Herbed Turkey Wrap	593	25	11	0	37	55	1277	82	5
Italian Panini	732	40	13	0	34	58	2192	73	2
Muffaletta	701	40	11	0	29	57	1868	53	3

	Calories (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Protein (g)	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)	Fiber (g)
<b>Sandwiches (cont.)</b>									
Pastrami Reuben	549	27	8	0	33	44	1633	91	2
Roast Beef & Cheese Croissant	386	18	10	0	21	35	1155	85	2
Smoked Tuna Gouda Melt	514	17	8	0	36	54	1457	64	3
Southwest Chicken Wrap	573	20	7	0	33	65	1377	63	8
Three Cheese Melt	570	27	10	0	31	51	1081	77	2
Turkey & Swiss Bagel	620	21	11	0	40	67	1342	89	5
Turkey Cheese Croissant	402	18	9	0	25	34	869	83	2
<b>Soups (8 oz portion)</b>									
Asian Noodle	340	10	4	0	15	47	3103	38	4
Beef w/ Mushroom & Pepper	76	1	0	0	7	10	655	10	2
Cajun Chicken Gumbo	63	1	0.5	0	4	9	926	9	1
Chicken & Dumpling	134	4	2	0	9	15	953	40	1
Chicken & Wild Rice	192	11	4	0	7	16	798	18	1
Chicken Chipotle Chowder	160	10	5	0	6	11	759	24	2
Chicken Noodle	100	3	1	0	8	11	756	27	1
Cream of Mushroom	220	18	5	0	2	12	811	18	1
Cream of Potato	144	6	2	0	4	18	885	14	1
Cream of Spinach	142	7	3	0	5	15	1043	14	4
Creamy Tomato Basil Bisque	100	4	3	0	2	15	632	20	3
French Onion	83	5	1	0	3	6	1152	1	1
Garden Vegetable	63	2	1	0	3	9	777	5	1
Golden Broccoli	162	11	4	0	5	11	822	9	2
Italian Wedding	123	4	2	0	6	15	892	9	1
Mexican Tortilla	63	1	0	0	3	10	926	4	2
Navy Bean	108	2	0.5	0	7	16	170	6	6
New England Clam Chowder	165	6	2	0	9	18	1116	23	1
Portabello Mushroom & Barley	58	2	0	0	2	8	480	0	0
Rotisserie Chicken	80	4	1	0	6	6	845	18	1
Split Pea & Ham	160	3	1	0	9	24	854	7	2
Tomato & Three Cheese	57	2	2	0	4	6	627	5	3
Tomato Florentine	75	1	0	0	4	12	872	0	0
Tomato Ravioli	415	6	2	0	15	75	3670	38	8
Tomato Tortellini	100	2	1	0	5	15	983	9	2
Vegetable Beef	81	1	0	0	5	13	1204	5	2
Vegetarian 7 Bean	108	1	0	0	5	20	777	0	6
<b>Sauces/Sides</b>									
Chipotle Mayo (1 oz)	140	15	2	0	0	2	230	7	0
Chipotle Ranch (1 oz)	120	12	2	0	0	2	266	4	0
Corn Salsa	15	0	0	0	0	4	33	0	0.5

# Nutrition Numbers

To calculate the percentage of calories from fat of a particular item, use the formula below. A healthy percentage to aim for is 30% for the day or lower.

$$\frac{9 \times \text{Total Grams of Fat}}{\text{Total Calories of Food}} \times 100 = \text{Percent of calories from fat}$$

Some fat calories do need to be included in your daily diet to maintain good health. To calculate the percentage of fat calories in a 2,000 calorie diet use the following formula:

$$\frac{9 \times \text{Total Grams of Fat}}{2,000} \times 100 = \text{Percent of calories in a 2,000 calorie diet}$$

- 1 gram of Fat = 9 Calories**
- 1 gram of Protein = 4 Calories**
- 1 gram of Carbohydrates = 4 Calories**

*Note: The values in the nutrition facts brochures have been rounded to the nearest whole number. This may cause slight discrepancies in the results of these formulas.*

*For more information on nutrition concerns, counseling or programs contact your dining hall manager.*

Campus Dining Services  
University of Missouri  
900 Virginia Avenue  
Columbia, MO 65211  
573-882-FOOD (3663)  
dining.missouri.edu



## Nutrition Facts

