

	Calories	Fat	Sat. Fat	Protein	Carbs	Sodium	Fiber	Cholesterol
<b>Beef &amp; Pork</b>								
Baked Ham, 1 slice, smoked	125	5	2	13	5	824	<1	44
Beef Stroganoff, w/o noodles or rice	129	6	3	15	10	253	0	45
Corn Dog	271	12	3	10	30	933	6	35
Country Fried Steak	234	15		14	10	310	0	46
Creole Pork	209	12	4	22	2	286	0	67
Glazed Ham	75	3	0	8	5	921	0	36
Ham & Noodle au Gratin	275	17	6	13	18	868	<1	55
Homestyle Pork Chop	283	11	4	32	0	73	0	90
Meatloaf	271	16	6	23	8	571	<1	100
Roast Beef	186	10	4	22	0	50	0	75
Roast Pork	228	13	4	27	0	80	0	95
Swedish Meatballs	185	11	4	15	4	225	1	40
Swiss Steak	244	10	4	29	8	302	1	60

	Calories	Fat	Sat. Fat	Protein	Carbs	Sodium	Fiber	Cholesterol
<b>Poultry</b>								
Baked or BBQ Chicken	231	3	1	25	24	205	0	65
Buffalo Wings	345	22	6	30	4	255	0	95
Chicken and Rice	492	23	7	43	26	954	1	166
Chicken Athena	201	9	2	24	4	310	1	66
Chicken Caesar Pasta	300	7	<1	15	44	108	3	40
Chicken Cannelloni Bites	130	3	1	7	19	373	1	18
Chicken Drummettes	370	25	7	23	13	366	0	90
Chicken Jambalaya	279	4	1	28	32	228	2	152
Chicken Nuggets	284	19	4	19	9.5	368	2	47
Chicken Parmesan	285	18	4	16	14	454	2	54
Chicken Primavera	215	5	1	14	29	420	3	32
Chicken Tenders	185	8	1.3	17	13	765	1	25
Escalloped Turkey	210	7	1	14	23	983	0	19
Hot Chicken Wings	325	20	5	22	14	1226	3	150
Roast Turkey	55	<1	0	13	0	455	<1	30
Rotisserie Chicken	402	26	5	38	2	927	1	150

	Calories	Fat	Sat. Fat	Protein	Carbs	Sodium	Fiber	Cholesterol
<b>Seafood</b>								
Breaded Flounder	164	2	<1	14	23	383	1	31
Brd Clam Strips	185	10	2	12	11	353	0	70
Fish & Chips	324	15	4	13	35	621	2	30
Fried Custom Cod	129	1	0	16	14	155	0	65
Lemon-Baked Fish	198	10	2	25	0.5	346	0	60
Popcorn Shrimp	263	13	2	23	12	374	0	40
Shrimp Creole	65	1	<1	7	7	412	1	56
Tator Crust Fish	204	11	1	10	16	306	0	15

	Calories	Fat	Sat. Fat	Protein	Carbs	Sodium	Fiber	Cholesterol
<b>Mexican</b>								
Burritos:								
Bean	177	4	1	6	29	363	4	0
Black Bean	429	18	9	19	48	619	8	37
Beef and Bean	366	14	5	22	39	943	6	44
Cheese	365	23	13	16	23	516	1	63
Chicken & Cheese								
Crispito	182	7	2	9	22	283	1	15
Chili Nachos	153	5	1	6	21	505	2	9
Creamy Chicken								
Enchilada	347	21	9	16	23	663	1	46
Enchilada Con Carne	47	3	2	1	3	192	0	7
Quesadillas:								
Cheese	465	23	12	20	44	862	2	56
Chicken	451	22	11	35	28	707	2	103
Chicken Onion	528	29	14	29	42	809	4	96
Chili Cheese	227	12	7	11	20	324	2	25
Grilled Stuffed	497	18	9	22	62	1236	6	45
Turkey	403	17	5	35	27	553	3	80
Vegetable	236	8	4	10	31	385	3	29
Taco Foldover	458	29	12	20	28	659	2	60
Taco	305	19	9	18	17	526	1	72
Tostada	59	1	0	1	12	5	0	0

## Helping You Make Healthy Decisions



Campus Dining Services wants to provide you with the information you need to make healthy decisions. Look for these informative brochures in a Campus Dining Services operation near you.

### Other Nutrition Facts brochures contain information on:

- Breakfast
- Lunch
- Desserts
- Vegan
- Salad Bar
- Soups & Veggies
- Special Sides/ Beverages, & Bread

Campus Dining Services  
 University of Missouri  
 900 Virginia Avenue  
 Columbia, MO 65211  
 573-882-FOOD (3663)  
<http://mufood.missouri.edu>



## Dinner Nutrition Facts

CAMPUS  
**Dining**  
 SERVICES  
*The Flavor of Mizzou*

	Calories	Fat	Sat. Fat	Protein	Carbs	Sodium	Fiber	Cholesterol
<b>Pastas</b>								
Cannelloni	130	3	1	7	19	373	0	5
Cavatini	393	12	5	17	53	907	1	34
Cheese Tortellini w/ Sauce	409	10	<1	20	59	251	5	40
Creamy Vegetable Lasagna	247	15	7	11	25	655	2	27
Eggplant Parmesan	205	11	5	11	16	710	17	3
Fettucini Supreme	241	18	8	5	16	572	31	2
Lasagna	276	10	0	14	29	731	3	37
Manicotti	270	13	1	15	23	496	1	6
Noodles Parmesan	226	12	4	8	21	665	39	1
Pasta Primavera	177	140	4	4	17	191	1	13
Penne Broccoli Parmesan	412	13	4	17	58	321	4	11
Saffron Rice	68	4	1	1	7	204	0	0
Shell Macaroni & Cheese	382	15	7	16	45	840	2	30
Sicilian Pasta Primavera	227	4	1	10	37	576	4	6
Spaghetti Florentine	213	4	1.7	11	34	439	3	6
Spaghetti Rings	99	2	<1	6	38	1208	1	6
Stuffed Shells w/ Sauce	244	11	7	14	24	998	0	18
Toasted Ravioli beef	204	4	2	13	30	571	0	13
cheese	211	5	2	10	30	444	2	25
Tortellini Salad Plate	374	6	3	13	68	892	8	21
Veal Parmesan	256	13	6	25	10	556	1	100
<b>Casseroles</b>								
Casserole Italiano	311	16	6.8	22	20	552	1	79
Chicken Rice Bake	492	23	7	43	26	954	1	166
Garden Noodle Bake	220	10	6	10	25	731	2	42
Mexican Casserole, Lasagna	372	18	9	25	28	1246	5	64
Ole' Casserole	200	5	2	10	29	750	7	10
Quiche Lorraine	482	34	14	17	28	805	2	128

	Calories	Fat	Sat. Fat	Protein	Carbs	Sodium	Fiber	Cholesterol
<b>Pizza</b> Serving Size 1/4 Pizza								
Shish Kabob Casserole	214	8	3	26	10	339	2	70
Spinach Casserole	253	15	7	18	11	700	1	85
Super Potato Casserole	323	23	14	16	14	546	2	65
Swiss Vegetable Bake	213	15	6	8	7	504	2	20
Tater Tot Casserole	348	21	10	19	21	536	2	59
Tex-Mex Casserole	199	6	3	18	17	380	2	49
Turkey Enchilada Casserole	242	12	6	21	11	530	1	60
<b>Sandwiches</b>								
B.L.T. Sandwich	297	13	5	15	30	756	1	22
Bagel Cheddarwurst	379	15	7	15	45	777	3	80
BBQ Beef Sandwich w/bun	291	9	3	15	38	885	2	27
Bratwurst Sandwich	331	20	7	13	23	951	1	42
Breaded Chicken Sandwich	340	21	6	20	18	637	1	24
Deluxe Hoagie	430	23	10	21	33	1564	2	48
Focaccia Submarine	312	16	7	18	23	1154	0	39
French Dip Sandwich	350	12	4	27	31	333	76	2
Gyros Sandwich	182	3	1	6	33	327	2	3
Hot Roast Beef Sandwich	396	13	7	29	42	1107	3	61
Pork Fritter Sandwich	388	32	11	24	0	76	0	96
Reuben Sandwich	542	42	9	15	29	795	8	41
Tuna Salad Croissant	348	18	<1	16	32	630	0	27

	Calories	Fat	Sat. Fat	Protein	Carbs	Sodium	Fiber	Cholesterol
<b>Wraps</b>								
Turkey Rueben Sandwich	263	8	3	22	29	487	8	30
Turkey Sausage Sandwich	190	14	1	13	2	980	1	20
Turkey, Ham & Swiss Sandwich	274	12	6	21	20	824	1	56
Vegetarian Croissant cold	357	22	8	13	27	520	2	38
hot	417	29	10	13	27	601	2	38
Vegetarian Melt	420	18	6	18	50	1125	2	28
<b>Salads</b>								
Chicken Caesar	353	18	4	22	26	648	0	4
Club	301	12	3	22	25	980	2	37
Feta Cheese Bean	235	4	1	10	39	373	6	4
Italian	629	34	12	27	52	2119	4	65
New York Chicken	423	30	6	13	24	841	2	48
Four Cheese	550	38	19	26	27	959	0	93
Mexican	534	20	8	33	58	1285	1	77
Roasted Vegetable	329	20	<1	13	28	868	1	31
South Western	536	19	8	9	74	1554	7	28
Vietnamese Chicken	352	14	2	24	34	789	2	49
<b>Vegetarian</b>								
Cheese Croquettes	408	26	11	16	27	459	1	81
Eggplant Parmesan	128	73	<1	6	10	387	3	16
Polenta Bites	208	15	9	6	12	506	2	52
Pierogies	212	21	6	1	5	164	0	13
Vegetarian Stroganoff	155	12	4	7	7	430	1	9
Vegetable Newburg	336	27	13	8	15	471	1	56
Veggie Nuggets	188	7	1	12	19	485	2	0
Zucchini Cheese Bake	377	27	8	12	22	797	2	216

# 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 fact cards 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.*