

	Calories	Fat	Sat. Fat	Protein	Carbs	Sodium	Fiber	Cholesterol
Soups, 3/4 Cup unless noted otherwise stated								
Asian Noodle, 1/2c	170	5	2	8	23	1551	2	19
Broccoli Cheese	82	6	2	3	4	409	1	4
Cajun Chicken								
Gumbo	49	1	<1	3	7	695	<1	7
Cheese, Ham & Bacon	103	7	4	4	6	638	<1	19
Cheesy Potato Chowder, 1c	120	7	4	3	11	645	1	6
Chicken & Dumpling	100	3	1	6	12	715	<1	30
Chicken Corn Chowder	155	9	3	15	3	1123	0	48
Chicken Noodle	74	2	<1	6	8	567	<1	20
Chicken and Rice Chili	49	1	<1	2	8	565	<1	3
Beef	152	6	2	12	13	572	4	28
Vegetarian	128	2	0	8	19	561	4	0
Clam Chowder	120	4	2	7	14	837	<1	17
Cream of Cauliflower	100	7	3	2	7	492	<1	7
Cream of Mushroom	161	13	4	2	9	609	<1	14
Cream of Potato	115	3	1	5	17	832	7	3
Cream of Spinach, 1/2c	207	15	5	5	13	1160	2	15
Cream of Tomato	101	3	1	4	15	524	<1	6
Creamy Garden Vegetable	80	4	2	2	9	705	2	11
French Onion	53	1	<1	1	10	578	1	0
Golden Broccoli	35	2	<1	1	3	885	<1	0
Italian Wedding	76	2	1	3	10	611	<1	3
Mexican Tortilla	49	1	0	2	8	695	<1	3
Minestrone	64	2	<1	3	9	695	<1	1
Navy Bean	78	1	<1	5	12	146	3	1
Portabello Mushroom	43	1	<1	1	7	360	<1	0
Potato with Bacon	144	8	3	14	667	3	14	13
Rotisserie Chicken	62	2	1	5	5	636	<1	13
Santa Fe Black Bean	112	2	1	5	17	826	7	3
Tomato Bisque Soup	88	3	2	1	14	474	2	15
Tomato Ravioli, 1/2c	104	1	<1	4	19	138	2	9
Tomato Tortellini	95	3	1	3	14	624	1	2

	Calories	Fat	Sat. Fat	Protein	Carbs	Sodium	Fiber	Cholesterol
Vegetable Beef	60	1	<1	3	9	903	1	3
Vegetarian Seven Bean, 1/2c	220	1	0	11	42	1627	13	0
Vegetarian Vegetable	43	1	<1	1	7	360	<1	0
Vegetable Side Dishes								
Asparagus	22	0	0	2	4	218	2	0
Broccoli	24	<1	0	2	4	21	2	0
Broccoli with Cauliflower	26	<1	0	2	4	40	2	<1
Broccoli Cheese Casserole	226	13	7	17	10	613	1	74
Broccoli w/ Cheese Sauce	35	<1	<1	3	5	68	3	<1
Brussel Sprouts	26	<1	0	2	4	40	2	<1
Cabbage	19	<1	0	1	3	7	2	0
Carrots	36	<1	0	1	8	30	2	0
Carrots with Parsley	53	2	<1	1	8	261	2	0
Diced Carrots	67	4	0	1	8	286	3	0
Ginger Carrots	56	2	<1	1	7	223	2	0
Glazed Carrots	131	6	1	1	18	259	2	0
Glazed Baby Carrots w/ Raisins	66	1	<1	1	13	62	3	0
Julienne Carrots	37	0	0	1	8	30	2	0
Whole Baby Carrots	33	<1	<1	1	7	54	3	0
Stir-Fried Carrots	58	2	<1	1	8	223	2	0
Cauliflower	17	<1	0	1	2	16	2	0
Cauliflower w/ Cheese	19	<1	<1	1	3	38	2	<1
Fried Cauliflower	62	4	2	3	4	219	1	8
Corn	80	<1	<1	2	17	4	2	0
Corn-on-the-Cob	78	1	<1	2	16	3	2	0
Creamed Corn	61	<1	<1	2	12	242	1	0
Escalloped Corn	145	8	2	15	258	1	8	0
Mexican Corn	72	2	<1	1	13	128	1	0
Corn O'Brien	66	<1	<1	2	14	2	2	0
Green Beans	14	0	0	1	3	283	1	0
Green Beans Almondine	42	3	<1	2	2	262	<1	0
Green Bean Casserole	28	1	<1	1	4	307	<1	2

	Calories	Fat	Sat. Fat	Protein	Carbs	Sodium	Fiber	Cholesterol
French-Cut Green Beans	27	0	0	1	6	11	2	0
Italian Green Beans	25	<1	0	1	5	8	3	0
Mustard Greens	28	0	0	3	4	18	2	0
Jalapeno Peppers, 5 Pieces	334	19	12	7	34	942	2	35
Baby Lima Beans	103	<1	<1	6	19	28	6	0
Breaded Mushrooms, Fried	100	1	0	3	19	376	0	0
Sauteed Mushrooms	22	1	<1	2	48	1	0	0
Fried Okra	118	<1	0	3	25	651	2	0
Onion Rings, 6	282	16	7	4	31	441	5	14
Onion Straws	167	9	1	2	18	417	1	0
Peas	66	<1	0	4	12	73	5	0
Black-Eyed Peas	89	<1	<1	6	15	41	5	0
Peas & Carrots	48	0	0	3	9	62	4	0
Peas, Cauliflower & Mushrooms	32	<1	0	2	6	76	3	0
Peas & Mushrooms	57	<1	0	4	10	136	4	0
Peas & Pearl Onions	95	3	<1	3	13	260	2	0
Sugar Snap Peas	47	<1	<1	3	8	5	3	0
Peas & Water Chestnuts	58	0	0	3	11	56	4	0
Spinach	24	<1	0	3	3	73	2	0
Acorn Squash	304	8	2	2	56	112	6	0
Baked Squash	304	8	2	2	56	112	6	0
Yellow Squash, Raw 1oz	6	<1	0	<1	1	<10.4	0	0
Candied Yams	125	3	<1	1	24	178	2	0
Fried Zucchini, about 6 pcs	118	<1	0	4	24	449	1	0
Sliced Zucchini	15	<1	0	1	3	2	1	0
Julienne Zucchini	12	0	0	<1	3	2	1	0
Asian Vegetables	29	0	0	2	5	18	2	0
Cantonese Vegetables	36	1	0	2	5	18	1	0
Capri Vegetables	21	0	0	1	4	26	1	0
Fiesta Vegetables	62	0	0	4	11	135	6	0
Homestyle Vegetables	39	0	0	1	9	44	1	0
Italian Vegetables	31	0	0	1	7	31	2	0
Mixed Vegetables	52	<1	0	3	10	31	4	0
Normandy Vegetables	22	0	0	1	4	27	2	0
Oregon Vegetables	26	<1	0	1	5	8	3	0

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Oriental Vegetables	29	0	<1	0	2	3	17	2
Riviera Vegetables	27	0	0	1	6	23	2	0
Sicilian Mix Vegetables	28	0	0	1	6	23	2	0
Stir-fry Vegetables	34	0	0	1.5	7	28	2	0
Winter Mix Vegetables	19	<1	0	2	3	17	2	0
Potatoes and Rice								
Au Gratin Potatoes	74	2	1	2	12	418	1	1
Bacon Cheese Fries	250	15	4	5	24	457	2	6
Baked Potato	234	4	1	4	46	15	4	0
Brown Rice	38	<1	1	1	8	37	1	0
Cajun Fries, 3oz	262	14	4	4	30	161	3	0
Cheesy Hashbrowns	21	1	<1	<1	3	105	<1	1
Cheesy Rice	115	5	2	4	14	253	<1	7
Chili Cheese Fries	247	13	3	5	27	479	4	3
Cottage Fries	94	5	1	1	11	282	1	0
Crinkle-Cut Fries	117	4	1	2	18	358	2	0
Crust-Cut Fries	159	8	3	2	20	84	2	0
Dutchess Potatoes	48	4	2	1	2	63	1	16
French Fries	219	12	3	3	25	173	2	0
Garlic Mashed Potatoes	83	1	<1	2	16	315	<1	1
Green Chili Rice	198	13	7	7	13	511	1	26
Jasmin Rice	311	2	<1	6	67	23	0	0
Lemon Rice	79	1	<1	1	16	45	<1	0
Long Grain & Wild Rice	37	1	<1	1	6	16	<1	0
Longbranch Spicy Mashed Potatoes	48	<1	0	1	10	175	2	2
Mashed Potatoes & Gravy	164	11	4	7	9	490	2	5
O'Brien Potatoes	82	6	1	1	5	51	1	0
Potato Gems	173	9	3	2	21	25	1	0
Potato Salad	110	6	2	2	10	277	1	7
Red Potatoes	64	0	0	1	15	30	2	0
Redskin Rosemary Potatoes	90	3	<1	2	14	150	2	0
Rice Pilaf	51	3	1	1	5	91	<1	<1
Roasted Garlic Potatoes	196	12	2	3	19	63	3	0

	Calories	Fat	Sat. Fat	Protein	Carbs	Sodium	Fiber	Cholesterol
Roasted New Potatoes	166	7	1	3	23	284	4	0
Roasted Sweet Potato	133	2	<1	2	27	334	2	0
Scalloped Potatoes	83	3	1	2	12	320	2	1
Seasoned Curly Fries	127	7	1	2	14	329	2	0
Seasoned Potatoes	142	7	2	1	18	408	2	0
Shoestring Fries	142	7	2	1	18	408	2	0
Steak Fries	263	14	4	3	31	139	2	0
Skin-On Mashers	19	1.0	2.0	0.5	2	106	1	<1
Skin-On Mashers & Gravy	62	4	1	1	5	147	1	<1
Spudster Potatoes	210	11	3	2	26	111	2	0
Spanish Rice	61	<1	0	1	14	131	<1	<1
Sticky Rice	365	2	0	1	86	621	0	0
Stir-Fried Rice	165	7	1	4	21	274	1	47
Three-Grain Medley	183	5	1	5	30	182	1	0
Wild Rice Pilaf	54	3	1	1	5	92	1	<1
Other Side Dishes								
Applesauce	65	<1	0	<1	16	24	1	0
Baked Apples	290	1						