

	Calories (g)	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Protein (g)	Carbohydrates(g)	Sodium (mg)	Cholesterol (mg)	Fiber (g)
Muffin Tops/Breads									
Banana Nut Top	293	15	2	1	4	34	296	34	1
Blueberry Top	242	10	2	1	4	34	209	34	1
Chocolate Chip Top	242	10	2	1	4	34	309	34	1
Lemon Poppy Seed Top	269	12	2	1	4	36	350	40	1
Multigrain Roll	331	9	1	0	10	52	540	0	3
Pita Bread Triangle	189	4	0.5	0	6	32	236	0	2
Sourdough Bread Bowl	461	3	0	0	20	95	954	0	4
Desserts									
Apple Crown	320	18	5	0	3	34	181	27	0
Black Forest Parfait	678	28	20	0.5	4	103	409	0	3
Fruit & Yogurt Parfait	122	1	0.5	0	4	25	47	4	2
Fruit & Yogurt Parfait w/ Granola	226	3	1	0	5	45	116	4	4
Brownie	250	7.5	3	0	3	43	225	0	2
Chocolate Chunk Cookie (1)	243	12	3	0	4	30	213	10	0
Double Choc Chip Cookie (1)	199	7	3	0	3	47	331	20	1
Peanut Butter Cookie (1)	263	16	4	0	6	24	222	10	2
Sugar Cookie (1)	203	7	4	0	3	32	263	20	0
Raspberry Crown	340	17	3.5	0	5	42	280	20	2
Vanilla Crown w/ Hazelnuts	350	22	9	0	4	34	25	20	11
Lemon Crème Fan	310	18	7	0	6	31	230	25	3
Maple Pecan Plait	320	19	9	0	6	31	260	30	2
Toffee Pecan Swirl *Contains alcohol	458	29	9	0	6	43	270	28	14
Cheese Plait	320	19	9	0	6	31	260	30	0

	Calories (g)	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Protein (g)	Carbohydrates(g)	Sodium (mg)	Cholesterol (mg)	Fiber (g)
Dips									
Hummus	127	7	1	0	6	11	290	0	5
Salads									
Asian Spinach	398	21	4	0	6	46	670	0	3
Bistro Chef's Salad	440	32	10	0	20	19	1348	61	4
Classic Caesar	437	42	8	0	8	8	961	38	3.5
Cous Cous	71	4	1	0	1	7	168	0	1
Greek	392	33	13	0	11	13	1490	47	5
House	170	10	2	0	3	18	467	0	5
Mediterranean Tuna	200	10	1.5	0	20	8	419	20	4
Pesto Chicken	252	14	2	0	24	8	483	69	0.5
Potato Salad	189	11	5	0	6	16	448	18	2
Strawberry Pecan	440	36	4.5	0	5	24	870	1	7
Sandwiches									
Beef Provolone Melt	545	26	9	0	31	47	1341	59	3
B-T Cheese Panini	561	27	13	0	35	45	1478	72	2
Chicken Cordon Bleu	604	21	8	0	48	55	1242	110	2
Classic Vegetarian	538	25	5	0	16	63	944	14	5
Egg and Cheese Bagel	231	2	0.5	0	15	38	745	59	1
Hickory Ham	531	22	5	0	33	50	2415	53	2
Italiano Panini	622	29	10	0	33	56	1919	65	3
Pesto Chicken Salad Croissant	658	38	12	0	35	44	1333	130	3
Sausage Bagel	364	18	5	0	17	34	779	48	1

	Calories (g)	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Protein (g)	Carbohydrates(g)	Sodium (mg)	Cholesterol (mg)	Fiber (g)
Sandwiches (cont.)									
Sausage, Egg, Cheese Bagel	423	19	6	0	25	37	1170	107	1
Three Cheese Melt	615	29	17	0	33	55	1138	81	4
Tuna Mediterranean	546	20	3	0	31	59	1018	27	4
Turkey Bacon Cheddar	521	20	9	0	33	51	1595	94	3
Turkey Portabello Melt	669	28	9	0	36	69	1837	72	6
Soups									
Broccoli Cheese	205	14	5	0	7	13	1040	11	2
Cajun Chicken Gumbo	68	2	0.5	0	2	10	1106	6	1
Chicken Noodle	126	3	1	0	10	14	957	34	1
Chili w/ meat	193	9	3	0.5	15	13	405	41	3
Clam Chowder	209	8	3	0	11	23	1409	28	1
Cream of Mushroom	251	18	7	0	4	18	1116	36	1
Flame Roasted Vegetable	255	2	0	0	4	55	3150	0	9
French Onion	119	5	1	0	3	8	1296	1	1
Garden Vegetable w/ Rotini	104	0.5	0	0	3	21	965	6	1
Italian Wedding	138	5	2	0	6	17	1003	11	1
Loaded Cream of Potato	230	14	8	0	11	15	1073	50	1
Lobster Bisque	217	10	4	0	17	15	565	47	0
Minestrone Soup	91	3	1	0	3	14	1120	6	2
Pub Style Veg Beef Barley	140	5	2	0	10	14	1433	43	0
Tomato Basil Bisque	477	20	14	0	9	66	1722	95	14
Vegetable Beef	102	2	0.5	0	6	16	1523	6	2
Vegetarian 7 Bean	137	0.5	0	0	8	25	983	0	8
Vegetarian Chili	118	1	0	0	6	22	378	0	6

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
- Dinner
- Vegan
- Desserts
- Salad Bar
- Special Sides/
Beverages, & Bread

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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 Wheatstone Bistro manager.

Wheatstone BISTRO Nutrition Facts

