

# nutrition CENTRAL

T=Trace Amounts

## VEGETABLES/STARCHES-4 OZ.

	Calories (Kcal)	Carbohydrate (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Cholesterol (mg)	Dietary Fiber (g)
<i>Buttered Noodles</i>	117	18	3	3	1	29	21	0
<i>Macaroni and Cheese</i>	247	24	11	11	6	396	32	1
<i>Calabacitas</i>	48	8	1	1	0	75	0	1
<i>Black Eyed Peas</i>	85	13	5	1	0	418	6	3
<i>Glazed Winter Vegetables</i>	65	15	1	0	0	23	0	2
<i>Garlic Mashed Potatoes</i>	120	21	2	3	1	127	8	1
<i>Mashed Potatoes</i>	96	15	2	3	1	44	1	1
<i>Cheddar Mashed Potatoes</i>	183	26	5	6	3	498	18	2
<i>Garlic Breadstick</i>	106	17	3	2	1	182	5	0
<i>Pinto Beans</i>	237	32	11	10	0	348	0	8
<i>Mexicali Corn</i>	119	20	4	4	1	260	0	2
<i>Brown Rice</i>	177	36	4	1	0	247	0	2
<i>Cilantro Lime Rice</i>	167	35	3	0	0	158	0	1
<i>Spicy Greens</i>	101	8	3	7	1	390	0	3
<i>Ratatouille</i>	58	5	0	3	0	312	0	1
<i>Mexican Rice</i>	164	32	3	1	0	419	0	1
<i>Sauteed Yellow Squash</i>	63	4	1	4	0	93	0	1
<i>Santa Fe Red Potatoes</i>	126	19	1	4	3	188	12	1
<i>Collard Greens</i>	24	4	2	0	0	33	0	1
<i>Green Beans and Carrots</i>	56	5	0	3	2	27	8	2
<i>Braised Cabbage</i>	55	7	1	2	1	7	6	1
<i>Green Beans with Peppers &amp; Scallions</i>	68	9	2	3	2	147	8	3
<i>Fresh Sugar Snap Peas with Carrots</i>	42	5	1	1	0	43	3	1
<i>Breaded Okra</i>	251	28	3	14	2	481	0	2

# HOME ZONE

The nutrition provided is based on single serving size ARAMARK standardized recipes. Variations may occur due to the differences in suppliers, ingredient substitutions, recipe revisions and product assembly. Temporary or featured products may or may not be included. We encourage anyone with food sensitivities, allergies, or special dietary needs to check with the location manager. For more nutritional information or individual consultations please visit your campus dining site.

