

nutrition CENTRAL

T=Trace Amounts

SOUP & SALADS

SOUP-8 OZ. SERVING

	Calories (Kcal)	Carbohydrate (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Cholesterol (mg)	Dietary Fiber (g)
Chili Con Carne	476	53	27	22	3	688	37	13
Tomato Basil	188	17	5	12	6	193	30	2
Minestrone	129	19	5	3	0	508	3	3
Vegetable Barley	63	9	1	2	0	361	0	1
3 Bean Chili	257	44	12	6	0	521	1	11
Broccoli Cheddar	252	17	10	15	8	598	26	1
Clam Chowder	240	20	18	8	2	619	38	1
Barley Mushroom	82	13	1	2	1	290	0	1
Beef Barley	89	15	3	1	0	60	5	2
Turkey Noodle	99	11	6	3	0	430	20	0
Potato Leek	174	25	4	6	3	396	8	2
Chicken Gumbo	131	18	9	2	0	863	17	2
Vegetable & Brown Rice	76	12	2	2	0	143	0	2
Roasted Corn, Shrimp & Tomatillo Chowder	107	16	6	2	0	563	40	3
Navy Bean	158	25	9	2	1	261	6	9
Moroccan Chick Pea	112	18	4	3	0	259	0	4
Southwest Cheese & Corn	174	17	7	8	4	565	20	1
Beef Noodle	161	12	15	6	2	344	59	6
Vegetable Gumbo	87	15	2	3	0	487	0	2

SALAD BAR

Lettuce Romaine, 1/2 cup	33	8	0	0	0	21	0	1
Iceberg Lettuce, 1/2 cup	15	3	1	0	0	11	0	1
Carrots, 1 oz.	11	2	0	0	0	19	0	0
Beets, 1 oz.	8	2	0	0	0	54	0	0
Broccoli, 1 oz.	9	1	0	0	0	9	0	0
Cauliflower, 1 oz.	7	1	0	0	0	8	0	0
Cucumber, 1 oz.	4	1	0	0	0	0	0	0
Tomato, 1/2 cup	13	2	0	0	0	3	0	0
Green Pepper, 1 oz.	6	1	0	0	0	0	0	0
Mushroom, 1 oz.	5	0	0	0	0	2	0	0
Red Onion, 1 oz.	11	2	0	0	0	1	0	0
Red Cabbage, 1 oz.	9	2	0	0	0	7	0	0
Bacon Bits, 1 oz.	153	0	10	11	3	654	31	0
Cheddar Cheese, 1 oz.	114	0	7	9	5	176	29	0
Coleslaw, 1/4 cup	179	9	2	15	2	626	0	2
Croutons, 1 oz.	147	16	2	7	1	164	0	1
Diced Ham, 1 oz.	35	0	5	1	0	318	12	0
Hardboiled Egg, 1 each	78	0	6	5	1	62	187	0
Pasta Salad, 1 oz.	51	10	1	0	0	3	0	0
Sunflower Seeds, 1 oz.	164	6	5	14	1	0	0	3

SALAD DRESSINGS (4 OZ.)

Ranch	580	8	1	61	9	1312	39	0
Bleu Cheese	666	3	5	69	13	1120	68	0
French	458	20	0	45	6	1042	0	0
Golden Italian	541	10	0	56	8	1130	0	0
Balsamic Vinaigrette	646	6	0	68	9	264	0	0

<https://portal.tri-c.edu/campusdining>

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.

