



## NUTRIENT ANALYSIS

Menu Items highlighted in pink meet the guidelines set forth by the Heart Center Dining Program of Wake Forest University Baptist Medical Center.

Menu Items	Calories	Fat Calories	Total Fat, g	Saturated Fat, g	Cholesterol, mg	Sodium mg	Total Carbs, g	Dietary Fiber, g	Sugars g	Protein g
<b>SALADS - FRUIT SALADS</b>										
Angel Flake Delight	176	45	5	5	0	48	33	2	26	2
Apple & Pineapple Salad	102	36	4	1	2	40	19	2	17	0
Apple September Salad	193	99	11	3	9	154	22	2	25	4
Avocado	264	207	23	5	218	173	6	0	1	10
Cantaloupe	54	0	0	0	0	14	13	1	13	1
Cantaloupe, half	119	9	1	0	0	31	28	2	28	3
Carrot & Apple	181	108	12	2	8	13	19	4	13	2
Carrot-Raisin Ambrosia	154	63	7	6	0	67	23	3	16	2
Cottage Cheese & Fruit	120	36	4	2	13	347	11	0	9	11
Cranapple Salad	190	18	2	2	0	20	45	4	31	1
Fancy Apple Salad	174	90	10	7	8	46	22	3	17	1
Hawaiian Rice	133	18	2	2	0	26	28	1	15	2
Heavenly Hash	414	270	30	24	41	145	36	2	23	4
Honeydew Melon, half	149	0	0	0	0	42	39	3	35	2
Honeydew Melon	60	0	0	0	0	17	16	1	14	1
Kiwi Fruit Plate	81	9	1	0	0	12	20	3	16	1
Mixed Fruit	143	0	0	0	0	9	38	3	35	1
Peaches	195	0	0	0	0	16	53	0	1	1
Pineapple Delight	347	225	25	20	32	136	30	2	18	4
Prunes	148	0	0	0	0	4	39	5	-1	1
Tropical Fruit Salad	143	45	5	5	0	37	25	2	21	1
Waldorf Salad	217	144	16	4	7	104	20	3	15	1
Watermelon	82	9	1	0	0	5	1	1	17	2
<b>VEGETABLE SALADS</b>										
Beet Salad	35	9	1	0	0	610	6	1	4	1
Beets, Pickled	51	0	0	0	0	43	12	2	10	1
Broccoli & Cauliflower Salad	164	135	15	4	8	214	8	3	2	3
Carrot & Apple Salad	181	108	12	2	8	130	19	4	13	2
Carrot & Raisin Ambrosia	154	63	7	6	0	67	23	3	16	2
Carrot & Raisin Salad (chopped)	202	126	14	2	10	128	21	3	16	1
Carrot & Raisin Salad (shredded)	119	45	5	1	3	84	20	3	14	1
Coleslaw, Homemade	79	54	6	1	4	106	6	2	2	1
Coleslaw, K&W Original Marinated	192	162	18	2	8	264	8	2	6	1
Copper Pennies	78	27	3	0	0	382	13	2	7	1
Cucumber, Marinated	32	9	1	0	0	199	5	0	2	1
Garden Pea Salad	131	81	9	2	31	357	8	3	3	4
Potato Salad	176	126	14	2	22	238	13	1	1	2
Slaw, Barbecue	39	0	0	0	0	186	10	1	7	1
Slaw, Sweet & Sour	179	36	4	1	0	801	37	2	32	1
Tomatoes, Basil Marinated Roma	113	81	9	1	0	54	7	1	4	1
Tomatoes, Sliced	39	9	1	0	0	17	9	2	5	2
Tomatoes, Stuffed	150	90	10	3	13	364	9	2	4	7
Vegetables, Marinated-Mixed	99	63	7	1	0	287	9	2	5	2

Menu Items	Calories	Fat Calories	Total Fat, g	Saturated Fat, g	Choles- terol, mg	Sodium mg	Total Carbs, g	Dietary Fiber, g	Sugars g	Protein g
<b>CONGEAL SALADS</b>										
Apple Congeal	221	0	0	0	0	158	56	1	51	2
Bananas & Pecan Congeal	180	9	1	0	0	155	42	0	41	2
Coconut & Pecan Congeal	225	72	8	3	0	214	37	1	35	3
Cottage Cheese Congeal	161	18	2	1	2	220	33	0	32	4
Cranberry Congeal	252	9	1	0	0	180	60	1	34	2
Hawaiian Congeal	301	135	15	4	19	247	40	0	42	2
Jello	122	0	0	0	0	144	30	-1	30	2
Jello, Sugar Free	11	0	0	0	0	85	0	0	0	1
Lemon Chiffon Congeal	425	162	18	6	21	421	64	1	50	5
Mandarin Oranges Congeal	174	0	0	0	0	160	43	0	32	3
Marshmallow Congeal	201	0	0	0	0	162	50	0	45	2
Orange Chiffon Congeal	226	54	6	3	20	166	44	0	32	3
Peach Congeal	219	0	0	0	0	161	56	1	54	2
Pear Congeal	219	0	0	0	0	160	55	2	50	2
Pineapple Congeal	162	0	0	0	0	155	40	0	42	2
Pineapple & Cheese Congeal	180	27	3	2	6	274	36	0	38	4
Tomato Aspic	481	9	1	0	0	2259	117	7	99	7
Tomato Aspic (sweet)	111	0	0	0	0	636	27	1	26	2
Waldorf Congeal	175	0	0	0	0	162	43	1	41	2
<b>PASTA SALADS</b>										
Garden Ranch Pasta	292	144	16	2	11	248	32	2	3	6
Italian Pasta	133	9	1	0	0	363	27	2	3	5
Macaroni Salad	202	117	13	4	30	475	16	1	2	5
Pasta Oriental	144	45	5	1	0	161	22	2	3	4
Pecan Pesto Linguine	357	162	18	3	4	411	41	3	3	10
Pizza Salad	453	261	29	7	8	1009	37	3	4	12
Tomato Basil Pasta	190	45	5	1	0	128	32	2	3	5
<b>LETTUCE SALADS</b>										
Caesar	151	108	12	3	31	204	7	2	3	4
Combination	111	81	9	1	16	76	7	2	3	2
Greek	74	45	5	1	27	287	6	2	4	2
Italian	61	36	4	1	18	220	5	1	4	2
Lettuce Wedge	21	0	0	0	0	10	4	1	3	1
Mixed Greens w/Roma Tomatoes	60	36	4	0	0	53	6	2	3	2
Orange Almond	95	63	7	1	4	58	8	2	2	2
Seven Layer	120	81	9	3	11	256	7	1	3	4
Shredded Lettuce	32	9	1	1	3	58	4	1	3	2
Spinach (large)	445	378	42	8	142	482	11	3	4	10
Spinach (small)	222	189	21	4	71	241	5	2	2	5
Toni Salad	126	81	9	2	10	410	8	2	5	5
Tossed Salad	23	0	0	0	0	18	5	2	3	1
<b>MEAT SALADS</b>										
Chicken Salad	178	90	10	2	95	410	7	1	1	15
Deviled Eggs	102	63	7	2	214	161	2	0	0	6
Ham Salad	157	90	10	2	58	645	8	1	1	9
Hawaiian Chicken Salad	236	126	14	2	46	192	14	1	14	15
Italian Seafood	116	18	2	0	30	1273	12	1	0	11

Menu Items	Calories	Fat Calories	Total Fat, g	Saturated Fat, g	Choles- terol, mg	Sodium mg	Total Carbs, g	Dietary Fiber, g	Sugars g	Protein g
Neptune Seafood	298	171	19	3	28	818	21	1	1	12
Ranch Seafood	227	144	16	2	17	853	10	1	1	10
Seafood Salad	206	126	14	2	36	1104	10	1	1	11
Shrimp Salad	175	144	16	2	12	472	1	0	0	6
Shrimp Cocktail	107	9	1	0	83	777	14	0	1	10
Stuffed Celery	159	117	13	5	22	447	6	2	4	6
<b>ENTREE SALADS</b>										
Cajun Chicken Salad	706	378	42	18	207	590	13	2	6	69
Chef Salad	426	198	22	9	510	950	11	3	8	44
Chicken Fajita Salad	734	342	38	14	120	2685	50	9	15	61
Citrus-Marinated Chicken Salad	407	117	13	3	129	239	25	4	20	51
Cobb Salad	458	270	30	15	193	1906	13	3	11	34
Cold Plate Salad	607	351	39	10	173	1671	43	4	8	22
Fruit Plate	224	45	5	2	13	363	36	4	30	12
Grilled Chicken Salad	422	63	7	2	129	443	34	3	31	49
Hawaiian Chicken & Fruit	638	396	44	10	123	394	22	2	12	40
Italian Chicken Salad	351	108	12	3	129	486	10	3	5	50
Marinated Steak Salad	463	216	24	13	142	890	11	3	5	50
Nacho Salad	500	324	36	20	78	1139	22	3	6	25
Oriental Salad	573	342	38	6	83	1120	26	8	10	36
Salad Nicoise	344	180	20	4	170	589	20	7	8	23
Spicy Chicken Salad w/Fruit	732	468	52	10	135	437	28	4	17	41
Spinach Salad	445	378	42	8	142	482	11	3	4	10
<b>DRESSINGS</b>										
Blue Cheese	205	198	22	4	18	209	1	0	0	2
French	193	171	19	3	12	364	6	0	2	1
Oil & Vinegar	175	153	17	2	0	1	5	0	5	0
Creamy Parmesan	204	180	20	5	13	248	3	0	1	2
Poppy Seed	259	252	28	5	23	193	3	0	2	1
Ranch	161	153	17	3	13	217	2	0	1	1
Romaine	177	126	14	2	0	5	12	0	11	1
Spinach (sweet & sour)	165	144	16	2	0	30	5	0	4	0
Thousand Isand	125	90	10	1	7	452	11	0	3	1
Tartar Sauce	289	261	29	4	21	394	8	0	0	1