

## HOT AND COLD BUFFET NUTRITIONAL PAMPHLETS

ITEM	Serving Size	Calories (Cal)	Calories From Fat (Cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (g)	Carbs (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (mg)
<b>SALAD BAR ITEMS</b>												
Asian Coleslaw	2/3 Cup (140 g)	280	190	21	3	0	0	670	19	4	7	7
Bow Tie Pasta Salad	1/2 Cup (100g)	210	70	8	1	0	0	300	31	2	3	5
Baby Arugula	1 Cup (10 g)	0	0	0	0	0	0	0	0	0	0	0
Baby Spinach	1 Cup (30 g)	5	0	0	0	0	0	25	1	1	0	1
Buffalo Cauliflower	1/2 Cup (100g)	90	50	5	2	0	5	580	8	2	4	4
California Bean Salad	1/2 Cup (100g)	150	70	8	0	0	0	230	15	4	2	6
Cantaloupe/Honeydew Mix	1 Cup (160 g)	60	0	0	0	0	0	25	14	1	13	1
Cauliflower Quinoa Tabbouleh	1/2 Cup (100g)	80	50	6	0.5	0	0	270	7	2	2	2
Chicken Salad	1/2 Cup (100g)	280	250	28	4	0	30	350	4	0	1	6
Chocolate Pudding	2 Tbs (30 g)	40	5	0.5	0	0	0	35	8	0	6	1
Corn & Black Bean Salad	1/2 Cup (140 g)	430	290	32	3.5	0	0	1,250	32	1	3	6
Creamy Coleslaw	1/2 Cup (110 g)	200	130	15	2.5	0	10	330	18	1	15	1
Egg Salad	1/2 Cup (100g)	200	160	18	1.5	0	305	460	2	1	0	10
Elbow Macaroni Salad	1/2 Cup (140 g)	350	200	22	3.5	0	10	450	36	2	1	5
Elisa's Broccoli Salad	1/2 Cup (100g)	190	160	17	3.5	0	10	230	8	2	3	3
Golden Beet w/ Fennel Salad	1/2 Cup (100g)	60	15	2	0	0	0	140	10	2	8	2
Greek Pasta Salad	1/2 Cup (100g)	310	100	11	2.5	0	10	390	44	2	3	9
Salad	1/2 Cup (100g)	160	150	17	2.5	0	5	660	3	1	2	2
Iceberg Lettuce Shredded	1 Cup (47 g)	5	0	0	0	0	0	0	1	1	1	0
Italian Pasta Salad	1/2 Cup (100g)	240	180	20	2	0	0	450	13	1	2	3
Jalapeno Macaroni Salad	1/2 Cup (140 g)	290	140	16	2.5	0	10	540	31	0	2	4
Jalapeno Potato Salad	1/2 Cup (140 g)	270	180	20	3	0	10	700	23	2	1	2
Kale	1 Cup (16 g)	10	0	0	0	0	0	5	1	1	0	1
Krab & Shrimp Louie Salad	1/2 Cup (100g)	170	100	12	2	0	15	620	14	0	4	4
Lemongrass Orzo Salad	1/2 Cup (100g)	210	90	10	1	0	0	370	24	3	3	7
Macaroni Salad w/ Bacon	1/2 Cup (100g)	270	190	21	3.5	0	10	240	17	1	1	4
Mango Slaw	1/2 Cup (100g)	70	25	2.5	0	0	0	115	13	3	9	1
Mediterranean Salad	2/3 Cup (140 g)	360	130	15	2.5	0	0	300	45	2	4	9
Mexican Street Corn Potato Salad	1/2 Cup (140 g)	200	100	12	2	0	5	450	21	3	2	3
Mixed Greens	1 Cup (43 g)	8	0	0	0	0	0	30	2	1	0	1
Nopales Salad	1/2 Cup (100g)	60	35	3.5	2.5	0	10	480	2	2	2	5

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Orange Parfait	1/2 Cup (120 g)	120	15	1.5	1	0	10	15	25	0	24	1
Papaya	1 Cup (145 g)	60	0	0	0	0	0	10	16	2	11	1
Pineapple	1 Cup (140 g)	70	0	0	0	0	0	0	18	2	14	1
Potato Salad	1/2 Cup (140 g)	200	100	11	1.5	0	5	470	24	2	1	2
Power Kale Salad	1/2 Cup (100 g)	150	50	6	1	0	5	250	19	3	3	4
Raspberry Parfait	1/2 Cup (114 g)	130	20	2.5	2.5	0	0	70	25	0	24	1
Rice Pudding	2 Tbs (30 g)	30	5	0.5	0	0	5	40	5	0	4	1
Romaine Lettuce	1 Cup (47 g)	10	0	0	0	0	0	0	2	1	1	1
Spicy Peanut Noodle Salad	1/2 Cup (100g)	240	190	21	2.5	0	0	290	12	1	6	3
Spicy Tuna Pasta Salad	1/2 Cup (100g)	250	150	16	2.5	0	15	400	19	1	1	7
Spinach Pasta Salad	2/3 Cup (140 g)	350	140	15	4.5	0	40	400	37	2	3	19
Spring Red Potato Salad	1/2 Cup (100g)	130	60	7	1.5	0	40	490	14	1	0	3
Sweet Brussel & Parmesan Salad	1/2 Cup (100g)	190	140	15	2	0	5	660	10	3	5	5
Thai Noodle Salad	1/2 Cup (100g)	140	90	10	0.5	0	0	290	13	1	4	2
Tomato Cucumber Salad	1/2 Cup (100g)	90	60	7	1	0	0	180	5	1	3	1
Tuna Salad	2 oz (56 g)	110	80	9	1.5	0	5	180	1	0	0	8
Watermelon	1 Cup (140 g)	40	0	0	0	0	0	0	11	1	9	1
White Rose Potato Salad	1/2 Cup (100g)	200	150	17	2.5	0	10	180	14	1	1	1

<b>DRESSINGS</b>												
Blackberry Vinaigrette	2 Tbs (30 g)	90	70	8	0	0	0	250	5	0	4	0
Blood Orange Shallot	2 Tbs (32 g)	90	60	7	1	0	0	190	6	0	6	0
Blue Cheese	2 Tbs (30 g)	100	80	9	2	0	15	340	3	0	1	1
Caribbean Mango	2 Tbs (30 g)	110	90	10	1.5	0	0	190	4	0	4	0
Cilantro	2 Tbs (32 g)	40	15	1.5	0	0	0	140	7	0	6	0
Honey Mustard	2 Tbs (30 g)	150	130	14	2	0	15	140	5	0	4	0
Italian Herb	2 Tbs (30 g)	100	90	10	1.5	0	0	290	1	0	0	0
Jalapeno Ranch	2 Tbs (28 g)	140	130	15	2.5	0	10	340	2	0	1	1
Poppy Seed	2 Tbs (31 g)	140	100	11	2	0	5	340	10	0	9	0
Tuscan Caesar	2 Tbs (30 g)	140	130	15	2.5	0	15	320	2	0	2	1

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### TAMALES

Beef Tamale w/ Red Sauce	1 Tamale (141 g)	290	180	20	9	0	30	790	19	4	1	9
Chicken Tamale w/ Green Sauce	1 Tamale (141 g)	310	200	22	9	0	40	790	17	3	1	10
Hatch Chile & Jack Cheese	1 Tamale (141 g)	340	230	26	13	0	30	780	21	4	1	6
Pineapple Tamale	1 Tamale (142 g)	300	140	16	3.5	0	0	240	39	3	23	2
Poblano Chile & Cheese	1 Tamale (141 g)	300	210	23	11	0	30	780	19	3	1	6
Poblano Chile & Jack Cheese	1 Tamale (141 g)	260	130	14	4.5	0	15	630	30	4	9	7
Pork Tamale w/Red Sauce	1 Tamale (141 g)	310	210	23	10	0	40	780	19	4	1	9
Strawberry Tamale	1 Tamale (142 g)	360	170	19	4.5	0	0	280	46	3	27	2
Sweet Corn Tamale	1 Tamale (170 g)	420	140	16	7	0	5	350	65	4	26	4

### TOPPINGS

Bean Sprouts	2 Tbs (28 g)	10	0	0	0	0	0	0	2	1	1	1
Beets, Julienned	2 Tbs (30 g)	10	0	0	0	0	0	65	2	0	2	0
Bell Peppers (Tri-colored)	2 Tbs (19 g)	0	0	0	0	0	0	0	1	0	0	0
Black Beans	2 Tbs (32 g)	20	0	0	0	0	0	90	4	2	0	1
Black/Red Beans Mix	2 Tbs (32 g)	30	0	0	0	0	0	80	6	2	1	2
Broccoli	2 oz (54 g)	25	0	0	0	0	0	20	4	1	1	2
Carrots, Shredded	2 Tbs (14 g)	5	0	0	0	0	0	10	1	0	1	0
Cauliflower	2 oz (54 g)	15	0	0	0	0	0	15	3	1	1	1
Cheese Mix	2 Tbs (14 g)	60	40	4.5	2.5	0	15	90	1	1	0	3
Corn, Baby	1 oz (28 g)	5	0	0	0	0	0	65	1	1	0	0
Corn Relish	2 Tbs (30 g)	20	0	0	0	0	0	55	4	1	1	1
Corn Roasted	2 Tbs (17 g)	10	0	0	0	0	0	30	3	0	0	0
Cucumbers	2 Tbs (15 g)	0	0	0	0	0	0	0	1	0	0	0
Garbanzo Beans	2 Tbs (32 g)	45	5	1	0	0	0	70	7	2	1	2
Green Beans (Canned)	2 oz (56 g)	5	0	0	0	0	0	95	1	0	0	0
Green Onions	2 Tbs (12 g)	0	0	0	0	0	0	0	1	0	0	0
Hominy	2 Tbs (32 g)	15	0	0	0	0	0	0	3	0	1	1
Jalapenos Sliced	2 Tbs (30 g)	10	0	0	0	0	0	410	1	1	0	0
Jicama, Cubed	2 Tbs (16 g)	5	0	0	0	0	0	0	1	0	0	0

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Mandarin Oranges	2 Tbs (32 g)	20	0	0	0	0	0	0	5	1	4	0
Mushrooms, Sliced	2 Tbs (9 g)	0	0	0	0	0	0	0	0	0	0	0
Olives	2 Tbs (15 g)	20	15	1.5	0	0	0	110	1	0	0	0
Onion/Cilantro Mix	2 Tbs (20 g)	5	0	0	0	0	0	0	2	0	1	0
Onion, Red Chopped	2 Tbs (20 g)	5	0	0	0	0	0	0	2	0	1	0
Peas	2 Tbs (17 g)	15	0	0	0	0	0	20	2	1	1	1
Peas & Carrots	2 Tbs (17 g)	10	0	0	0	0	0	25	2	1	1	1
Pico de Gallo	2 Tbs (28 g)	5	0	0	0	0	0	100	2	0	1	0
Salsa Habanera Amarilla	2 Tbs (46 g)	15	0	0	0	0	0	300	3	1	1	0
Salsa Habanera Roja	2 Tbs (46 g)	10	0	0	0	0	0	300	2	1	1	0
Salas Levanta Muertos	2 Tbs (32 g)	20	15	1.5	0	0	0	160	2	0	1	0
Salas Martejada	2 Tbs (46 g)	10	0	0	0	0	0	260	2	1	1	0
Salsa Taquera Roja	2 Tbs (46 g)	20	0	0	0	0	0	280	3	1	2	1
Salsa Taquera Verde	2 Tbs (46 g)	15	0	0	0	0	0	300	3	1	2	0
Salsa Tatemada	2 Tbs (46 g)	15	0	0	0	0	0	300	3	1	2	0
Sour Cream	2 Tbs (30 g)	60	45	5	3.5	0	20	15	1	0	1	1
Tomatoes, Diced	2 Tbs (25 g)	0	0	0	0	0	0	0	1	0	1	0
Tomatoes, Grape	2 oz (54 g)	10	0	0	0	0	0	0	2	1	1	0

### COLD PROTEINS

Chicken Breast, Cubed	2 oz (56 g)	100	45	5	0	0	55	210	0	0	0	13
Eggs, Chopped	2 Tbs (40 g)	60	40	4	1.5	0	150	50	0	0	0	5
Ham, Cubed	2 oz (56 g)	60	20	2	0.5	0	15	610	4	0	1	7
Tofu, Grilled	2 oz (56 g)	40	20	2	0	0	0	5	1	1	0	4
Tuna	2 oz (56 g)	60	5	0.5	0	0	0	170	0	0	0	14
Tuna Salad	2 oz (56 g)	110	80	9	1.5	0	5	180	1	0	0	8
Turkey, Cubed	2 oz (56 g)	70	25	3	1	0	25	480	2	0	1	7
Columbus Turkey Cubed	2 oz (56 g)	60	0	0.5	0	0	30	230	1	0	0	13

### HOT PROTEINS/FOOD

Al Pastor	5 oz (142 g)	300	190	21	6	0	70	670	5	0	2	21
Arroz con Pollo	4 oz (113 g)	100	35	4	0	0	15	500	11	1	1	4
Barbacoa	5 oz (140 g)	240	150	17	7	0	85	680	2	0	1	18

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Breaded Chicken Wings	2 pc (86 g)	190	110	13	3.5	0	80	620	6	0	0	12
Carnitas con Nopales	1 Cup (140 g)	150	80	9	2.5	0	45	720	5	1	2	12
Carnitas en Salsa Verde	4 oz (113 g)	170	90	10	3.5	0	60	530	5	1	2	15
Carnitas Yucatan	4 oz (113 g)	200	110	12	4	0	70	590	6	0	2	18
Chicharron en Salsa Roja	4 oz (113 g)	230	140	16	6	0	40	800	7	0	6	14
Chicharron en Salsa Verde	4 oz (113 g)	220	140	16	6	0	40	900	3	1	2	14
Chicken Fajitas	4 oz (113 g)	100	45	5	0.5	0	35	360	4	1	2	8
Chicken Veracruz	4 oz (113 g)	90	45	5	1	0	35	690	4	1	2	8
Chilaquiles de Pollo en Salsa Verde	4 oz (113 g)	140	50	6	3.5	0	20	550	14	3	3	5
Chile Colorado	4 oz (113 g)	220	160	18	6	0	45	2,150	20	3	2	15
Chile Verde	4 oz (113 g)	180	90	10	2.5	0	30	440	10	3	3	9
Costillas con Poblano en Salsa Verde	1 Cup (140 g)	150	45	4.5	1	0	35	430	19	7	3	14
Costillas de Puerco en Salsa Roja	4 oz (113 g)	200	100	12	4.5	0	70	630	5	0	4	18
Costillas de Puerco en Salsa Verde	4 oz (113 g)	190	110	12	4.5	0	70	700	3	1	1	18
Enchiladas con Queso	2 Enchiladas (255 g)	550	380	42	21	0	100	620	58	6	1	27
Fish Veracruz	4 oz (113 g)	120	70	8	1	0	25	740	6	1	2	10
Fried Chicken (Leg)	1 Leg	140	80	9	2.5	0	65	460	2	0	0	12
Fried Chicken (Thigh)	1 Thigh	290	170	19	5	0	140	960	4	1	0	26
Fried Chicken HOT (Leg)	1 Leg	140	80	9	2.5	0	65	550	2	1	0	12
Fried Chicken HOT (Thigh)	1 Thigh	290	170	19	5	0	140	1,050	5	1	0	26
Fried Chicken Wings, Crispy Glazed Applewood Smoke Flavored	4 oz (113 g)	260	190	21	5	0	100	520	5	0	0	14
Fried Chicken Wings, Crispy Glazed BBQ	4 oz (113 g)	260	140	16	4	0	55	520	14	0	9	14
Fried Chicken Wings, Buffalo Blue Cheese Flavored	4 oz (113 g)	270	190	21	6	0	100	500	5	0	0	14

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Fried Chicken Wings, Crispy Glazed Salt & Vinegar Flavored	4 oz (113 g)	260	170	19	5	0	65	780	6	0	0	16
Fried Chicken Wings, Crispy Glazed Buttery Buffalo Flavored	4 oz (113 g)	230	160	18	4	0	80	750	5	0	0	13
Fried Chicken Wings Boneless, Crispy Glazed Buttery Buffalo Flavored	4 oz (113 g)	260	150	17	3	0	25	1,090	17	1	0	11
Fried Chicken Wings, Boneless General Tso's Flavored	4 oz (113 g)	260	130	14	2.5	0	25	480	23	0	10	10
Fried Chicken Wings, Boneless Orange Flavored	4 oz (113 g)	270	130	15	2	0	25	830	25	1	7	11
Picadillo de Res en Salsa Rojo	1 Cup (140 g)	190	90	10	3	0	40	670	12	2	7	15
Pollo en Mole Deshebrado	1 Cup (140 g)	260	100	11	2	0	35	710	20	11	5	23
Pollo Sazonado Rostizado	4 oz (113 g)	200	90	10	4	0	105	420	0	0	0	26
Puerco con Verdolagas	1 Cup (140 g)	100	35	4	1	0	40	530	7	1	6	8
Ribs, Regular (No Sauce)	3 oz (85 g)	330	230	25	9	0	100	2,790	0	0	0	24
Ribs with BBQ Sauce	4 oz (113 g)	380	230	25	9	0	100	3,100	11	1	8	25
Ribs with Chipotle BBQ Sauce	4 oz (113 g)	370	230	25	9	0	100	3,140	9	1	7	24
Rotisserie Chicken Leg Quarters	1 Leg Qtr	310	150	16	0	0	165	670	0	0	0	41
Shrimp Fajitas	4 oz (113 g)	80	35	3.5	0	0	65	420	7	1	3	9
Shrimp Veracruz	4 oz (113 g)	80	35	4	0	0	50	520	6	1	2	7
Steak Ranchero	1 Cup (140 g)	150	100	11	4	0	35	410	13	3	2	12
Tinga de Pollo	1 Cup (140 g)	100	35	3.5	1	0	35	370	3	1	2	13
Trocitos con Poblano	4 oz (113 g)	230	100	11	3	0	50	510	19	7	3	16
Trocitos en Salsa Roja con Espinaca	4 oz (113 g)	170	90	10	3	0	55	570	5	1	2	16
Turkey Mole	1 Cup (140 g)	250	80	9	1.5	0	50	720	19	11	5	25

### CHEESE

Cotija	2 Tbs (15 g)	50	35	4	2	0	10	210	1	0	0	4
Cottage Cheese	2 Tbs (28 g)	25	10	1	0.5	0	5	95	1	0	1	3
Monterey Jack Cheese	2 Tbs (14 g)	50	40	4	2.5	0	10	75	0	0	0	3

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Queso Fresco	2 Tbs (28 g)	90	60	7	4.5	0	20	150	3	0	1	4

### SOUPS

Albondigas Soup	8 oz (227 g)	210	130	14	5	0	40	1140	14	3	4	7
Broccoli Cheese Soup	8 oz (227 g)	240	160	18	11	0.5	55	680	11	2	3	9
Chicken & Sausage Gumbo	8 oz (227 g)	180	70	8	3	0	40	920	15	2	3	11
Chicken Noodle Soup	8 oz (227 g)	100	25	3	1	0	25	680	11	1	2	7
Chicken Poblano Pepper Soup	8 oz (227 g)	240	140	15	8	0	55	960	19	3	4	9
Chicken Tortilla Soup	8 oz (227 g)	200	90	10	3.5	0	40	690	13	2	3	12
Creamy Tomato Soup	8 oz (227 g)	210	130	15	8	0	45	860	17	0	13	4
New England Clam Chowder	8 oz (227 g)	240	130	15	9	0	60	800	18	1	4	7
Southwestern Corn Chowder	8 oz (227 g)	200	90	10	5	0	35	940	23	2	6	5
Uncle Teddy's Chili	8 oz (227 g)	250	80	9	3	0	50	1,120	21	7	4	20

### STARCHES & VEGETABLES

Arroz Blanco con Cilantro	1 Cup (140 g)	230	60	7	0.5	0	0	590	38	1	1	3
Arroz Mexicano	1 Cup (140 g)	220	50	6	0.5	0	0	750	36	1	1	3
Calabacitas con Cebolla y Poblano	1/2 Cup (90 g)	80	30	3.5	0	0	0	310	11	3	3	2
Casamiento Rice & Beans	1/2 Cup (100 g)	200	70	8	2.5	0	0	770	26	5	0	6
Carrot Sticks	3 oz (85 g)	35	0	0	0	0	0	60	8	2	4	1
Celery Sticks	3 oz (85 g)	15	0	0	0	0	0	70	3	1	1	1
Fajita Black Beans	4 oz (113 g)	110	5	1	0	0	0	370	20	8	2	4
Frijoles de La Olla	1/2 Cup (125 g)	90	0	0	0	0	0	300	16	4	1	5
Frijoles Refrito	1/2 Cup (125 g)	190	70	8	3	0	10	470	22	13	1	8
Hatch Chile Mac & Cheese	8 oz (227 g)	330	120	14	8	0	45	850	34	1	5	14
Lentils	2/3 Cup (134 g)	120	0	0	0	0	0	410	21	4	1	8
Mac & Cheese	1 Cup (140 g)	170	60	7	4	0	20	510	19	1	2	7
Plantains	2 oz (56 g)	100	20	2	0	0	0	15	19	1	14	1
Vegetales Rostizado	1/2 Cup (90 g)	45	25	3	0	0	0	400	4	2	2	1

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<b>CRUNCHY TOPPINGS/OIL/VINEGAR</b>												
Banana Chips	1 Tbs (6 g)	30	20	2	1.5	0	0	0	3	0	2	0
Coconut, Shredded	2 Tbs (15 g)	70	40	4.5	4	0	0	30	7	2	5	1
Cranberries, Dried	1 Tbs (10 g)	30	0	0	0	0	0	0	8	1	7	0
Croutons	2 Tbs (7 g)	30	10	1	0	0	0	80	5	0	0	1
Garbanzo w/ Chile & Lemon	1 oz (28 g)	146	18	2	0	0	0	107	24	8	0	8
Olive Oil	2 Tbs (27 g)	240	240	27	4	0	0	0	0	0	0	0
Pecan Pieces	1 Tbs (7 g)	50	45	5	0	0	0	0	1	1	0	1
Pumpkin Seeds	1 Tbs (7 g)	30	10	1.5	0	0	0	180	4	1	0	1
Raisins	1 Tbs (10 g)	30	0	0	0	0	0	0	8	0	6	0
Red Wine Vinegar	2 Tbs (30 g)	6	0	0	0	0	0	2	0	0	0	0
Roasted Almonds, Sliced	1 Tbs (6 g)	35	30	3	0	0	0	0	1	1	0	1
Roasted Almonds, Whole Salted	1 Tbs (14 g)	85	70	8	0.5	0	0	45	3	2	1	3
Roasted Peanuts	1 Tbs (7 g)	40	30	3.5	0.5	0	0	30	1	1	0	2
Roasted Peanuts w/ Chile & Lemon	1 oz (28 g)	170	130	14	2	0	0	180	6	2	1	8
Sunflower Seeds	1 Tbs (8 g)	45	35	4	0	0	0	50	2	1	0	2
Tortilla Strips (Chili Lime)	2 Tbs (7 g)	35	15	1.5	0	0	0	30	4	0	0	1
Tortilla Strips (Tri-colored)	2 Tbs (7 g)	35	15	2	0	0	0	20	4	0	0	1
Tortilla Strips (Regular)	2 Tbs (7 g)	35	20	2	0	0	0	30	4	0	0	0
Walnuts	1 Tbs (7 g)	45	40	4.5	0	0	0	0	1	0	0	1
Wontons, Strips	2 Tbs (7 g)	35	20	2	0	0	0	30	4	0	0	1