

CHINESE GOURMET EXPRESS NUTRITIONAL INFORMATION

Entrée Items	Serving Size (oz)	Calories	Calories from Fat	Total Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
CHICKEN												
Black Bean Chicken	5.5	310	160	18g	3.5g	0g	70mg	740mg	14g	2g	5g	22g
Black Pepper Chicken	5.5	300	160	18g	3.5g	0g	70mg	770mg	12g	2g	5g	21g
Curry Chicken	5.5	410	260	30g	8g	0g	70mg	590mg	15g	2g	3g	22g
Green Bean Chicken	5.5	320	230	26g	4g	0g	35mg	410mg	12g	4g	3g	12g
Jalapeno Chicken	5.5	320	170	19g	3.5g	0g	75mg	760mg	15g	2g	6g	23g
Kung Pao Chicken	5.5	300	150	17g	3.5g	0g	75mg	820mg	13g	1g	5g	23g
Mandarin Chicken	5.5	560	160	17g	4.5g	0g	190mg	1370mg	42g	0g	38g	57g
Mushroom Chicken	5.5	280	160	18g	3.5g	0g	70mg	780mg	8g	< 1g	3g	22g
Orange Chicken	6	560	310	35g	6g	0g	85mg	1320mg	39g	0g	22g	22g
Pineapple Chicken	5.5	350	170	19g	3.5g	0g	75mg	650mg	22g	1g	18g	22g
Sweet and Sour Chicken	5.5	620	410	47g	8g	0g	70mg	830mg	33g	0g	19g	18g
BEEF												
Beef with Broccoli	5.5	230	120	13g	2.5g	0g	35mg	1060mg	15g	3g	4g	14g
PORK												
BBQ Pork	5.5	100	25	2.5g	1g	0g	10mg	400mg	16g	0g	10g	4g
SHRIMP												
Kong Pao Shrimp	5.5	120	25	3g	0g	0g	75mg	800mg	12g	1g	5g	10g
VEGETABLES												
Assorted Vegetables	5.5	70	30	3.5g	0.5g	0g	0mg	370mg	10g	4g	4g	3g
Tofu with Eggplant	6	350	220	25g	3g	0g	0mg	570mg	20g	3g	15g	14g
SIDES												
Chow Mein	6	800	400	47g	7g	0g	0mg	1230mg	85g	7g	5g	13g
Egg Roll (Pork)	3 oz / 1 Roll	130	80	9g	1.5g	0g	< 5mg	270mg	8g	< 1g	2g	4g
Egg Roll (Vegetable)	1 oz / 1 Roll	90	60	7g	1g	0g	0mg	95mg	9g	< 1g	< 1g	0g
Eggflower Soup	8	80	15	2g	0.5g	0g	65mg	630mg	14g	1g	2g	3g
Fried Rice	6	270	60	7g	1.5g	0g	50mg	650mg	42g	1g	2g	6g
Hot and Sour Soup	8	90	30	3.5g	0.5g	0g	60mg	880mg	8g	< 1g	3g	6g
Steamed Rice	8	290	5	0.5g	0g	0g	0mg	0mg	64g	< 1g	0g	6g

Source: Menu Calc



Recommended limits for a 2,000 calorie diet are 20 grams of saturated fat and 2,300 milligrams of sodium.

Entrées may vary by location. There may be minimal variations in nutritional content among servings, due to differences in preparation, service sizes, ingredients or custom ordering.