PONDEROSA STEAKHOUSE BONANZA STEAKHOUSE

NUTRITIONAL INFORMATION

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
1000 Island Dressing (1.5 fl oz)	190	160	18	3	0	10	340	7	0	6	0
1000 Island Dressing (2 fl oz)	250	210	24	3.5	0	15	450	9	0	8	0
Almond Slices, toasted (1 Tbs)	35	25	3	0	0	0	0	1	1	0	1
Ambrosia (1/2 cup)	140	35	4	3.5	0	0	15	28	3	24	1
Apple Caramel Bread Pud., Cinn. Bread (1 pc.)	190	50	6	4.5	0	20	120	32	1	23	3
Apple Caramel Bread Pud., Raisin Bread (1 pc.)	190	50	6	4.5	0	25	125	32	1	24	3
Apple Dapple Bread (1 slice)	130	35	4	0.5	0	5	170	22	1	14	2
Apple Salad (1/2 cup)	230	120	14	2.5	0	10	85	26	3	20	1
Apple Sauce (1/2 cup)	90	0	0	0	0	0	10	22	2	18	0
Baby Carrots (1/2 cup)	70	0	0	0	0	0	25	18	2	16	1
Baby Carrots, Maple Glazed (1/2 cup)	60	25	2.5	0.5	1	0	70	10	2	7	1
Bacon (1 slice)	45	30	3.5	1	0	10	135	0	0	0	3
Bacon Burger (5.3 oz)	680	310	35	14	1	150	1440	45	4	5	46
Bacon Burger (8 oz)	812	386	43	17	1.5	196	1475	0	0	0	59
Baked Pork BBQ Beans (1/2 cup)	230	30	3.5	1	0	10	880	39	5	17	11
Baked Potato (1 each)	270	70	8	2.5	0	0	110	47	5	3	5
Baked Sweet Potato (1 each)	200	80	9	4	0	0	110	27	4	10	2
Balltip Sirloin Steak (5 oz.)	250	120	14	4	1	70	740	1	0	1	27
Balltip Sirloin (6 oz.)	290	140	16	4.5	1	80	800	2	0	1	33
Balltip Sirloin (8 oz.)	370	170	19	6	1	110	910	2	0	1	44
Balsamic Vinaigrette (2 fl oz)	200	200	22	3	0	0	460	4	0	4	0
Balsamic Vinegar, cruet (1 Tbs)	15	0	0	0	0	0	0	3	0	2	0
Banana Nut Bread (1 slice)	90	30	3	0	0	0	115	14	1	8	1
Banana Pudding (1/2 cup)	140	35	4	3	0	0	170	27	1	17	1
Bananas in Sugar Free Glaze (1/2 cup)	50	0	0	0	0	0	0	14	1	7	1
BBQ Bacon Burger (5.3 oz)	810	310	34	14	1	150	2190	79	5	36	46
BBQ Bacon Burger (8 oz.)	942	386	42	17	1.4	196	2225	79	5	36	59
BBQ Chicken (3 oz)	170	70	8	2	0	80	400	10	0	9	15
BBQ Chicken Pizza, homemade crust (1 slice)	170	50	6	2	0	35	260	20	1	4	9
BBQ Chicken Pizza (1 slice)	260	50	6	2	0	35	530	40	1	7	13
BBQ Pulled Pork (1/2 cup)	200	70	8	2.5	0	60	660	13	0	12	17
BBQ Ribs, Full Rack	1020	390	43	14	0	150	3620	120	2	100	42
BBQ Ribs, Half Rack	660	240	27	8	0	80	2250	86	2	69	23
Bean and Bacon/Ham Soup (4 fl oz)	160	40	4.5	1	1	0	590	24	4	6	6
Beef and Noodles (1/2 cup)	100	30	3.5	1	0	20	380	11	0	1	5
Beef and Potato Casserole (1/2 cup)	160	60	7	3	0.5	30	650	15	0	2	9
Beef Gravy (2 fl oz.)	25	10	1	0	0	0	400	4	0	1	0
Beef Nachos	2400	1260	140	46	1.5	280	2030	199	20	9	86
Beef Pot Roast (1/2 cup)	90	30	3.5	1.5	0	20	300	5	1	1	9
Biscuits (1 each)	200	90	10	6	0	0	710	25	1	2	3
Black Angus Cheeseburger (5.3 oz.)	670	310	35	16	1	155	1300	44	4	5	45
Black Angus Cheeseburger (8 oz.)	802	386	43	19	1.4	201	1335	44	4	5	58
Black Beans (1/2 cup)	110	5	0	0	0	0	350	20	8	0	7
BLT Pasta Salad (1/2 cup)	130	90	10	2.5	0	10	220	7	1	1	2
Blue Cheese Crumbles (1 Tbs)	30	20	2.5	1.5	0	5	95	0	0	0	2
Blue Cheese Dressing (1.5 fl oz)	240	230	26	5	0	25	330	3	0	2	1
Blue Cheese Dressing (2 fl oz)	320	310	34	6	0	30	440	3	0	3	2
Bonanza Burger (5.3 oz)	710	280	31	12	2	130	2220	65	5	20	41
Bonanza Burger (8 oz.)	842	356	39	15	2.4	176	2431	65	5	20	41
Boneless Chicken Wings (1 each)	50	25	3	0.5	0	15	55	4	0	0	3
Boneless Pork Chops (1 each)	380	200	22	7	0	95	990	3	0	0	43
Bread Pudding, Cinnamon Bread (1 piece)	180	50	6	4.5	0	20	90	29	1	21	3
Bread Pudding, Raisin Bread (1 piece)	180	50	6	4.5	0	25	95	29	1	22	3
Breakfast Pizza w/ Cheese Sauce (1 slice)	140	70	7	3	0	40	290	13	1	1	7
Breakfast Sausage Links (1 link)	110	100	11	3.5	0	20	170	0	0	0	3
Broccoli and Rice Casserole (1/2 cup)	70	20	2.5	1	0	0	320	10	2	2	2
Broccoli Cheese Soup (4 fl oz)	90	50	6	3	0	20	480	7	1	5	3
Broccoli Florets, cooked (1/2 cup)	35	25	2.5	0.5	1	0	30	3	1	1	1
Broccoli, Raw (1/2 cup)	10	0	0	0	0	0	10	2	1	1	1
Brussel Sprouts (1/2 cup)	90	70	8	1.5	2.5	0	70	4	1	1	1
Caesar Salad (1/2 cup)	35	25	2.5	0	0	0	75	3	0	1	1
Cajun Burger (5.3 oz)	800	400	44	16	1	150	1750	53	4	8	46
Cajun Burger (8 oz.)	932	476	370	19	1.4	196	1784.8	53	4	8	59
Canned Peaches (1/2 cup)	90	5	0	0	0	0	5	21	1	16	1
Canned Pears (1/2 cup)	70	0	0	0	0	0	10	17	1	15	0
Cantaloupe (1/2 cup)	25	0	0	0	0	0	15	7	1	6	1
Carrot Cake (1 piece)	580	250	28	10	0.5	15	530	78	3	56	6
Carrot Raisin Salad (1/2 cup)	200	150	17	2.5	0	10	90	14	1	8	1
Carrots (1/2 cup)	60	0	0	0	0	0	35	14	2	11	0
Carrots, maple glazed (1/2 cup)	60	25	2.5	0.5	1	0	80	9	2	6	0
Cauliflower with Cheese Sauce (1/2 cup)	40	10	1	0	0	0	230	8	1	2	2
Cauliflower, Raw (1/2 cup)	15	0	0	0	0	0	15	3	1	1	1
Celery (1/2 cup)	10	0	0	0	0	0	40	1	1	1	0
Charbroiled Chicken Breast Sandwich	430	70	8	2.5	0	110	670	44	4	4	43
Cheese Fries (1 order)	2320	1290	143	53	1	280	4550	186	16	4	76
Cheese Fries w/ Sour Cream (1 order)	2230	1200	133	57	0.5	300	4110	188	16	4	74
Cheese Grits (1/2 cup)	160	70	7	3.5	0	10	200	19	1	0	5
Cheese Pizza (1 slice)	250	50	6	2.5	0	10	590	37	2	3	11
Cheese Sauce (2 fl oz)	45	10	1	1	0	0	480	9	0	3	1
Cheesecake, Cherry Cobbler (1 ramekin)	190	60	7	4	1	0	220	29	0	22	2
Cheesecake, Strawberry (1 ramekin)	190	60	7	4	1	0	220	30	0	23	2
Cherry Fruit Crisp (1/2 cup)	260	50	6	2.5	0	0	85	44	1	32	1
Chicken and Noodles (1/2 cup)	100	30	3.5	1	0	30	320	11	0	0	6
Chicken & Sausage Jambalaya (1/2 cup)	180	110	13	4	0	30	420	11	1	2	7
Chicken Broccoli Pizza, homemade crust (1 slice)	220	90	10	4	0.5	40	370	17	1	1	14
Chicken Broccoli Pizza (1 slice)	310	90	10	4	0	40	630	37	2	3	18
Chicken Monterey Sandwich	720	290	33	6	0	110	1970	66	4	26	40
Chicken Noodle Soup (4 fl oz)	70	25	3	0.5	0	25	860	6	1	1	5
Chicken Pot Pie (1/2 cup)	230	80	9	6	0	30	830	28	2	2	9
Chicken Strips Entree, 4 piece	1200	670	75	14	1	165	1730	73	3	12	59
Chili Burger (5.3 oz)	670	260	29	12	1	135	1570	57	6	7	44
Chili Burger (8 oz.)	802	336	37	15	1.4	181	1605	57	6	7	57
Chili Cheese Fries w/ Ranch	2490	1320	146	54	1	295	5480	211	19	7	86
Chili Cheese Fries w/ Sour Cream	2400	1230	137	58	0.5	315	5040	213	19	8	84
Chocolate Chip Cookie (1 each)	80	25	2.5	1.5	0	5	90	13	0	8	1
Chocolate Cr. Chz Pudding Pie (1.5 fl oz)	120	50	6	3.5	0.5	5	125	16	0	12	1
Chocolate Cr. Chz Pudding Pie (1/2 cup)	320	140	16	9	1.5	10	330	44	1	31	2
Chocolate Deluxe Pudding (1/2 cup)	370	80	8	7	0	0	590	75	3	55	2
Chocolate Soft Serve (3.5 oz)	100	20	2.5	2.5	0	0	95	22	0	19	1
Chocolate Volcano Cake (1/2 cup)	620	150	16	13	0	40	1150	116	4	72	7
Chopped Steak	430	260	29	10	2.5	135	580	1	0	0	39
Chow Mein Noodles (1/4 cup)	70	25	3	1	0	0	130	9	1	0	2
Chuck Wagon Beans (1/2 cup)	350	60	6	2.5	0	30	1070	59	5	42	14
Cinnamon Butter (#60 scoop)	110	100	11	5	0	0	85	4	0	3	0
Citrus Bean Salad (1/2 fl oz)	10	0	0	0	0	0	20	1	0	0	1
Citrus Bean Salad (1/2 cup)	70	10	1	0	0	0	150	10	3	1	4
Clam Chowder Soup (4 fl oz)	80	35	4	1.5	0	10	410	8	0	3	4
Clam Strips (1 oz)	110	50	5	1	0	5	260	12	0	0	3
Cocktail Sauce (1 Tbs)	20	0	0	0	0	0	140	4	0	3	0
Coconut Cream Pie (1 slice)	200	110	12	9	0	0	125	22	1	12	2
Coffee (6 oz)	0	0	0	0	0	0	0	0	0	0	0
Coffee, Decaf (6 oz)	0	0	0	0	0	0	0	0	0	0	0
Coleslaw, chopped (1/2 cup)	150	100	12	2	0	20	350	12	1	11	1
Coleslaw, shredded (1/2 cup)	150	100	12	2	0	20	350	12	1	11	1
Cookie Sandwich (1 each)	210	70	8	5	0	10	190	32	1	21	2
Cookies and Cream Cake (1 slice)	280	120	14	8	0	30	350	36	2	23	3
Corn (1/2 cup)	110	60	6	1.5	1.5	0	45	14	1	2	2
Corn Beef Hash (1/2 cup)	180	80	9	4	0.5	35	600	13	1	1	12
Corn Kernels (1/2 cup)	60	5	0.5	0	0	0	0	14	1	2	2
Corn on the Cob (1 each)	100	10	1	0	0	0	55	19	2	3	2
Corn Tortilla Chips (1/2 cup)	90	40	4.5	1	0	0	320	11	1	0	1
Cottage Cheese (1/2 cup)	90	10	1	1	0	15	440	5	0	4	14
Country Cabbage (1/2 cup)	70	40	4.5	1	1	0	320	8	2	4	2
Country Fried Steak	470	300	33	10	2.5	55	1340	27	1	1	15
Country Gravy (1.5 oz)	30	20	2	0	0.5	0	230	2	0	0	0
Country Style Green Beans (1/2 cup)	40	25	2.5	0.5	0	0	310	3	1	1	1
Couscous Kale Salad (1/2 cup)	150	40	5	1	0	0	100	24	2	1	4
Cranberry Broccoli Salad (1/2 cup)	170	100	11	3	0	25	360	13	1	12	4
Creamy Caesar Dressing (1.5 fl oz)	230	220	24	4	0	0	410	2	0	1	1
Creamy Caesar Dressing (2 fl oz)	300	290	32	5	0	5	550	2	0	1	1
Croutons (1/4 cup)	60	20	2	0	0	0	170	10	0	0	2
Crunchy Kale Salad (1/2 cup)	30	15	1.5	0	0	0	60	3	1	1	1
Crushed Oreos (1/2 fl oz)	25	10	1	0	0	0	30	4	0	2	0
Cucumber and Onion Salad (1/2 cup)	170	150	17	3	0	10	80	5	1	4	1
Van. Cupcake w/Buttercr. & Sprinkles (1 ea.)	220	80	9	7	0.5	5	210	32	0	24	2
Deviled Egg Potato Salad (1/2 cup)	190	120	13	2.5	0	65	210	14	2	2	4
Diced Eggs (1/4 cup)	90	60	6	2	0	235	80	1	0	1	7
Diced Tomatoes (1/2 cup)	15	0	0	0	0	0	0	4	1	2	1
Diet Dr Pepper (12 oz.)	0	0	0	0	0	0	35	0	0	0	0
Diet Dr. Pepper (22 oz.)	0	0	0	0	0	0	60	0	0	0	0
Diet Dr. Pepper (32 oz.)	0	0	0	0	0	0	80	0	0	0	0
Diet Mt. Dew (12 oz.)	0	0	0	0	0	0	35	0	0	0	0
Diet Mt. Dew (22 oz.)	0	0	0	0	0	0	65	0	0	0	0
Diet Mt. Dew (32 oz.)	0	0	0	0	0	0	90	0	0	0	0
Diet Mug Root Beer (12 oz.)	0	0	0	0	0	0	45	0	0	0	0
Diet Mug Root Beer (22 oz.)	0	0	0	0	0	0	75	0	0	0	0
Diet Mug Root Beer (32 oz.)	0	0	0	0	0	0	100	0	0	0	0
Diet Pepsi (12 oz.)	0	0	0	0	0	0	35	0	0	0	0
Diet Pepsi (22 oz.)	0	0	0	0	0	0	65	0	0	0	0
Diet Pepsi (32 oz.)	0	0	0	0	0	0	95	0	0	0	0
Dried Cranberries (1 Tbs)	25	0	0	0	0	0	0	6	0	5	0
Dr. Pepper (12 oz.)	100	0	0	0	0	0	35	27	0	27	0
Dr. Pepper (22 oz.)	180	0	0	0	0	0	60	47	0	47	0
Dr. Pepper (32 oz.)	230	0	0	0	0	0	80	61	0	61	0
Edamame (1/2 cup)	90	35	4	0	0	0	0	7	4	2	9
Fat Free French Dressing (1.5 fl oz)	50	0	0	0	0	0	320	12	0	9	0
Fat Free French Dressing (2 fl oz)	60	0	0	0	0	0	430	16	1	12	0
Fat Free Italian Dressing (1.5 fl oz)	20	0	0	0	0	0	360	4	0	3	0
Fat Free Italian Dressing (2 fl oz)	25	0	0	0	0	0	480	6	0	4	0
Fat Free Ranch Dressing (1.5 fl oz)	40	0	0	0	0	0	560	10	1	4	0
Fat Free Ranch Dressing (2 fl oz)	50	0	0	0	0	0	750	13	1	5	1
Fish Fry (1 piece)	280	140	16	3.5	0	35	650	25	1	0	10
French Fried Onions (1/4 cup)	90	60	7	3.5	0	0	120	5	1	1	1
French Fries (1 oz.)	60	20	2	0	0	0	120	8	1	0	1
French Fries (7 oz.)	390	140	15	2.5	0	0	850	59	5	1	5
French Onion Soup (4 fl oz)	60	30	3.5	1	1	0	1190	5	0	2	1
French Toast, Fried (1 piece)	270	130	15	3	0	50	240	26	2	4	7
Fresh Pineapple (1/2 cup)	40	0	0	0	0	0	0	11	1	8	0
Fried Chicken (3 oz)	260	150	17	4.5	0	105	330	6	1	0	20
Fried Shrimp Dinner, 4 Piece Add-On	260	90	10	1.5	0	30	980	36	2	11	8
Fried Shrimp Dinner, 7 piece	400	160	17	3	0	50	1290	49	2	11	13
Fried Shrimp Dinner, 14 piece	720	310	34	6	0	105	2020	79	3	11	24
Frosted Flakes (1 oz)	110	0	0	0	0	0	150	25	1	10	1
Fruit Crisp, Apple (1/2 cup)	250	50	6	1	1.5	0	210	48	1	36	1
Fruit Crisp, Peach (1/2 cup)	220	50	6	1	1.5	0	100	41	1	30	2
Garbanzo Beans (1/2 cup)	100	15	2	0	0	0	160	17	5	3	5
Garden Salad	90	25	2.5	0	0	0	190	17	3	5	3
Gelatin Parfait (1 each)	260	150	17	17	0	0	105	27	0	26	1
Gelatin, Red (1/2 cup)	80	0	0	0	0	0	105	19	0	19	2
Gelatin, SugarFree Watermelon (1/2 cup)	35	0	0	0	0	0	85	9	0	0	2
Gooey Butter Bars (1 each)	210	100	11	3.5	2.5	25	230	25	0	20	2
Granulated Peanuts (1/2 fl oz)	30	20	2.5	0	0	0	0	1	0	0	1
Grape Tomatoes (1/2 cup)	15	0	0	0	0	0	0	3	1	2	1
Green Bean Casserole (1/2 cup)	110	70	8	3	0	0	450	10	2	2	2
Green Olives (1/4 cup)	60	45	5	0	0	0	760	1	0	0	0
Green Peas (1/2 cup)	60	0	0	0	0	0	60	11	4	4	4
Green Peppers (1/2 cup)	15	0	0	0	0	0	0	3	1	2	1
Grilled Breakfast Ham (1 slice)	60	20	2	1	0	25	710	3	0	3	8
Grilled Chicken Breast	180	35	4	1	0	95	80	0	0	0	34
Grilled Chicken Stuffed Potato	960	560	63	16	0.5	175	2280	51	5	5	42
Grilled Salmon	440	260	29	6	1.5	115	560	1	0	0	40
Grilled Shrimp, 8 piece	380	330	37	8	10	95	1150	2	0	1	10
Grilled Shrimp, 16 piece	450	350	39	8	10	185	2040	4	0	1	21
Grits (1/2 cup)	90	5	0.5	0	0	0	0	19	1	0	2
Halushki (1/2 cup)	120	60	7	1.5	1.5	15	95	12	1	1	2
Hash Brown Casserole (1/2 cup)	230	140	15	8	0	30	680	17	2	1	4
Hash browns (1/2 cup)	250	140	15	7	0	0	710	23	3	0	0
Hearty Beef Vegetable Soup (4 fl oz)	35	10	1	0	0	5	540	4	1	1	2
Herb Baked Chicken (3 oz)	170	80	9	2.5	0	100	230	1	0	0	19
Herb Baked Fish (1 piece)	130	70	8	2	1	40	240	4	0	0	10
Homestyle Rolls (1 each)	160	35	3.5	0.5	0	0	160	28	1	7	4
Honey BBQ Chicken & Roasted Onions (3 oz)	150	60	7	2	0	75	270	9	0	7	14
Honey Mustard Dressing (1.5 fl oz)	200	150	17	2.5	0	20	260	10	0	9	1
Honey Mustard Dressing (2 fl oz)	260	210	23	3.5	0	25	350	13	0	12	1
Honey Nut Cheerios (1 oz.)	110	15	1.5	0	0	0	160	22	2	9	2
Honeydew (1/2 cup)	30	0	0	0	0	0	15	8	1	7	0
Horseradish Sauce (1 oz.)	160	150	16	3	0	15	250	3	0	3	0
Icebox Lemon Pie (1 ramekin)	160	35	4	1	1	0	115	33	0	25	0
Iced Brownie (1 each)	100	30	3.5	1	1	0	75	17	1	12	1
Imitation Bacon Bits (1 Tbs)	30	10	1	0	0	0	55	2	1	1	3
Island Shrimp (1/2 cup)	100	30	3	1	0	30	220	13	0	8	4
Italian Pasta Salad (1/2 cup)	90	30	3	0.5	0	5	270	12	0	1	3
Italian Wedding Soup (4 fl oz)	50	15	1.5	0.5	0	5	200	7	0	0	2
Julienned Turkey Ham (1/4 cup)	60	40	4.5	1.5	0	20	350	1	0	1	4
Key Lime Pie (1 piece)	170	40	4.5	1.5	1	0	115	32	0	25	1
Kidney Bean Salad (1/2 cup)	150	50	5	1	0	5	290	19	4	4	6
Kidney Beans (1/2 cup)	100	5	0.5	0	0	0	160	16	5	0	6
Kids' Burger	260	90	10	3	0	35	620	28	1	7	14
Kids' Chicken Strip Dinner	470	230	26	5	0	70	690	30	2	0	29
Koko Bits (0.5 fl oz)	50	25	3	3	0	0	0	7	0	7	0
Laredo BBQ Chicken	630	260	29	12	0	135	1300	43	2	26	48
Lemon Pudding Cake (1/2 cup)	360	45	5	4	0	0	620	73	1	44	5
Liver and Onions, Oven Method (1 slice)	170	60	7	2.5	1	270	115	5	0	1	20
Loaded Baked Potato (1 each)	300	80	10	3	1	15	220	50	5	4	6
Loaded Mashed Potatoes (1/2 cup)	150	70	8	3	0.5	5	500	18	1	3	3
Loaded Potato Soup (4 fl oz)	120	70	7	3.5	0	20	330	10	1	2	3
Long Grain & Wild Rice (1/2 cup)	160	30	3.5	0.5	1	0	430	28	1	1	3
Macaroni and Cheese (1/2 cup)	110	35	4	2	0	10	680	14	0	4	4
Macaroon (1 each)	100	45	5	4.5	0	5	15	12	1	11	1
Maple Glazed Ham (3 oz)	120	60	6	2	0	40	1090	3	0	3	11
Maple Syrup (2 oz.)	220	0	0	0	0	0	70	56	0	39	0

PONDEROSA STEAKHOUSE BONANZA STEAKHOUSE

NUTRITIONAL INFORMATION

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Margarine Packets (1 each)	25	25	2.5	1	0	0	40	0	0	0	0
Marinated Artichoke Hearts (1 piece)	10	10	1	0	0	0	40	1	1	0	0
Mashed Potatoes w/ Dairy Booster (1/2 cup)	120	50	6	1.5	1.5	5	390	16	1	2	2
Meatballs in BBQ Sauce (1/2 cup)	290	120	13	6	0.5	25	1100	33	2	26	10
Meatballs in Beef Gravy (1/2 cup)	200	130	14	6	1	25	820	9	1	1	10
Meatballs in Pasta Sauce (1/2 cup)	210	120	14	5	0.5	25	700	11	2	4	10
Meatloaf (1 slice)	230	110	12	5	0	75	740	16	1	5	13
Meat sauce (1 oz)	25	5	1	0	0	5	120	3	0	1	1
Mexi Burger (5.3 oz)	620	250	28	12	1	130	1910	51	7	8	40
Mexi Burger (8 oz.)	752	326	36	15	1.4	176	1945	51	7	8	53
Milk, 2% (1 cup)	123	43.8	4.8	3	0.2	19.6	115.6	11.8	0	11.8	8.2
Mini Country Fried Steak (I each)	260	160	17	5	0.5	25	630	17	1	1	9
Mist Twist (12 oz.)	100	0	0	0	0	0	20	25	0	25	0
Mist Twist (22 oz.)	180	0	0	0	0	0	40	46	0	46	0
Mist Twist (32 oz.)	260	0	0	0	0	0	55	68	0	58	0
Monster Zero Ultra (16 oz.)	0	0	0	0	0	0	350	4	0	0	0
Monterey Chicken Breast	770	440	49	8	0.5	105	1710	45	1	43	35
Mt. Dew (12 oz.)	100	0	0	0	0	0	30	27	0	27	0
Mt. Dew (22 oz.)	190	0	0	0	0	0	60	50	0	50	0
Mt. Dew (32 oz.)	270	0	0	0	0	0	85	73	0	73	0
Mug (12 oz.)	90	0	0	0	0	0	30	24	0	24	0
Mug (22 oz.)	160	0	0	0	0	0	50	45	0	45	0
Mug (32 oz.)	240	0	0	0	0	0	75	65	0	65	0
Mushroom Burger (5.3 oz)	810	400	44	17	4	145	1800	54	5	8	48
Mushroom Burger (8 oz.)	942	476	52.4	20	4.4	243	1835	54	5	8	61
Mustard Potato Salad (1/2 cup)	110	40	4.5	1	0	20	220	14	1	1	2
No Bake Cookie (1 each)	160	70	8	1.5	1	0	60	21	2	14	3
Olive Oil, cruet (1 Tbs)	120	120	14	2	0	0	0	0	0	0	0
Omelet - w/ cheese & bacon High (1 ea.)	620	410	46	21	0	385	1650	4	0	2	35
Omelet - w/ cheese & mushrooms Low (1 ea.)	270	210	23	9	0	255	280	6	1	4	10
Omelet Filling Bacon (1/2 cup)	400	240	27	13	0	135	1400	0	0	0	27
Omelet Filling Green Bell Peppers (1/2 cup)	50	25	3	1.5	0	0	25	6	2	2	1
Omelet Filling Ham (1/2 cup)	130	60	6	3	0	40	1190	5	0	5	13
Omelet Filling Mushrooms (2/3 cup)	50	35	4	2	0	0	30	3	1	1	1
Omelet Filling Onions (1/2 cup)	60	25	3	1.5	0	0	25	7	1	3	1
Omelet Filling Sausage (1/2 cup)	320	240	26	9	0	90	620	0	0	0	20
Omelet Plain (1 each)	220	170	19	8	0	255	250	4	0	2	9
Orange Chicken with Rice (1/2 cup)	280	90	10	2.5	0	60	390	36	0	14	11
Orange Pineapple Salad (1/2 cup)	80	15	1.5	1.5	0	0	20	16	1	13	1
Original Chicken Wings (each)	90	50	6	1.5	0	25	280	5	0	0	5
Pancakes (1 each)	200	35	4	1	0	0	700	39	1	6	4
Parmesan Peppercorn Dressing (1.5 fl oz)	240	220	24	4.5	0	15	460	3	0	2	2
Parmesan Peppercorn Dressing (2 fl oz)	320	290	33	6	0	15	610	4	0	3	2
Pasta Rotini Salad (1/2 cup)	120	25	3	0.5	0	0	160	19	1	1	3
Pasta with Spaghetti Sauce (1/2 cup)	50	5	1	0	0	0	130	9	1	2	2
Pea Salad (1/2 cup)	320	210	23	5	0.5	25	410	20	4	10	8
Peanut Butter Chocolate Cups (1 pc.)	420	260	29	7	4	0	320	37	2	26	6
Peanut Butter Fudge (1 pc.)	120	50	6	1	0	0	55	16	1	14	2
Penne Baked Pasta (1/2 cup)	60	10	1.5	0	0	0	180	9	1	3	2
Pepperoncini (1 each)	5	0	0	0	0	0	200	1	0	0	0
Pepperoni Bread (1 piece)	80	50	5	2.5	0	10	180	5	0	0	4
Pepperoni Pizza, homemade crust (1 slice)	180	80	9	3.5	0	15	440	17	1	1	9
Pepperoni Pizza (1 slice)	280	80	9	3.5	0	15	700	37	2	3	13
Pepsi (12 oz.)	100	0	0	0	0	0	20	26	0	26	0
Pepsi (22 oz.)	170	0	0	0	0	0	35	47	0	26	0
Pepsi (32 oz.)	250	0	0	0	0	0	55	69	0	26	0
Picante Sauce (1 Tbs)	5	0	0	0	0	0	125	1	0	1	0
Pineapple Tidbits (1/2 cup)	80	0	0	0	0	0	0	18	1	17	1
Pineapple Upside Down Cake (1 piece)	210	50	5	1.5	1.5	10	320	40	1	29	2
Plain Burger (5.3 oz)	520	190	21	8	1	110	1030	44	4	5	35
Plain Burger (8 oz.)	652	266	29	11	1.4	156	1064.8	44	4	5	48
Ponderosa Burger (5.3 oz)	710	280	31	12	2	130	2220	65	5	20	41
Ponderosa Burger (8 oz.)	842	356	39	15	2.4	176	2255	65	5	20	54
Popcorn Shrimp (1 oz)	90	40	4.5	1	0	25	230	9	0	0	3
Popparoni Salad (1/2 cup)	220	150	16	2.5	0.5	10	220	15	1	3	3
Poppyseed Dressing (1.5 fl oz)	190	130	15	2	0	0	220	16	0	15	0
Poppyseed Dressing (2 fl oz)	260	180	20	3	0	0	300	22	0	20	0
Pork and Sauerkraut (1/2 cup)	140	80	9	3	0	40	710	3	2	3	11
Porterhouse Steak (1 oz)	60	35	4	1.5	0	15	140	0	0	0	5
Porterhouse Steak (16 oz)	960	560	64	24	0	240	2240	0	0	0	80
Pot Roast Pork (1/2 cup)	100	45	5	1.5	0	35	350	4	1	1	10
Potato Sticks (1 Tbs)	15	10	1	0	0	0	15	1	0	0	0
Potato Wedges (1 each)	60	20	2	0	0	0	50	9	1	0	1
Potatoes, Pepper Jack Au Gratin (1/2 cup)	140	45	5	3.5	0	15	640	19	1	2	4
Potatoes, Red boiled (1/2 cup)	70	10	1.5	0	0	0	30	14	1	1	1
Potatoes, Red Steamed (1/2 cup)	90	35	4	1	1	0	70	14	1	1	1
Poultry Gravy (2 fl oz)	25	10	1	0	0	0	400	4	0	0	0

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Pre-cut Lettuce Mix (1 cup)	15	0	0	0	0	0	15	3	1	1	1
Pumpkin Bread Pudding, Cinn. Bread (1 pc.)	180	50	6	4.5	0	20	90	31	1	22	3
Pumpkin Bread Pudding, Raisin Bread (1 pc.)	180	50	6	4.5	0	25	95	31	1	22	3
Pumpkin Fluff Pie (1 piece)	170	80	9	5	1.5	0	130	21	1	12	1
Pumpkin Nut Bread (1 slice)	110	40	4	0.5	0	5	150	16	1	9	2
Pumpkin Pie Bars (1 piece)	170	60	7	1.5	1.5	30	220	24	1	18	2
Rainbow Sprinkles (1/2 fl oz)	60	25	2.5	2.5	0	0	0	9	0	6	0
Raisins (1 Tbs)	25	0	0	0	0	0	0	7	0	5	0
Raisin Bran Cereal (1 oz.)	90	5	0	0	0	0	100	22	3	8	2
Ranch Dressing (1.5 fl oz)	160	140	16	2.5	0	15	410	2	1	1	1
Ranch Dressing (2 fl oz)	210	190	21	3.5	0	20	540	2	0	1	1
Red Cabbage (1/2 cup)	15	0	0	0	0	0	10	3	1	2	1
Red Onion Rings (1/4 cup)	10	0	0	0	0	0	0	3	0	1	0
Ribeye Steak (1 oz)	45	20	2	1	0	15	100	0	0	0	5
Ribeye Steak (10 oz)	450	200	20	10	0	150	1000	0	0	0	50
Ribeye Steak (12 oz)	540	240	24	12	0	180	1200	0	0	0	60
Ribeye Steak (16 oz)	720	320	32	16	0	240	1600	0	0	0	80
Ribeye Steak (8 oz)	360	160	16	8	0	120	800	0	0	0	40
Rice Krispies Cereal (1 oz)	110	0	0	0	0	0	135	25	0	3	2
Rice Pilaf (1/2 cup)	60	30	3.5	1	1	0	150	7	0	0	1
Rice Pilaf Side (1 cup)	120	60	7	2	1.5	5	310	13	0	0	1
Roasted Pork Loin (1 slice)	50	15	1.5	0.5	0	20	270	1	0	0	7
Roasted Turkey with Gravy (1 slice w/ gravy)	70	15	1.5	0	0	25	610	3	0	1	11
Rockstar Original (16 oz.)	280	10	1	0	0	0	75	61	0	59	2
Romaine, sliced (1/2 cup)	5	0	0	0	0	0	0	1	0	1	0
Salisbury Steak Gravy (1/2 cup)	50	20	2.5	1	0	0	560	7	1	2	1
Salisbury Steak Oven (1 each)	130	70	8	3	0.5	20	260	7	1	2	8
Saltine Crackers (1 package)	25	5	0	0	0	0	50	5	0	0	0
Sausage & Cabbage (1/2 cup)	70	50	6	2	0	10	260	3	1	2	2
Sausage OBrien (1/2 cup)	210	120	13	4	1	25	400	17	2	3	7
Sauteed Mushrooms Add-On (3 oz)	100	90	10	2	3	0	300	3	1	1	1
Sauteed Onions Add-On (3 oz)	70	50	6	1	1.5	0	135	4	1	2	1
Scrambled Eggs (1/2 cup)	140	80	9	3	0	340	150	2	0	2	11
Seafood Feast with Breaded Shrimp	1140	750	84	17	14	235	2740	38	2	12	58
Seafood Pasta Salad (1/2 cup)	130	45	5	1.5	0	10	570	17	1	3	4
Seafood Salad (1/2 cup)	110	45	5	1.5	0	15	640	12	0	3	3
Seasoned Stuffing (1/2 cup)	170	70	8	1.5	2	0	810	22	1	3	3
Shepherd's Pie (1/2 cup)	190	100	11	4	1	40	670	11	1	2	12
Shredded Carrots (1/2 cup)	10	0	0	0	0	0	20	3	1	1	0
Shredded Cheddar (1 Tbs)	30	20	2.5	1.5	0	10	45	0	0	0	2
Shredded Cheese (1 Tbs)	15	10	1	0	0	0	50	2	0	1	0
Shredded Lettuce (1 cup)	10	0	0	0	0	0	5	2	1	1	1
Shredded Mozzarella (1 Tbs)	20	10	1.5	0.5	0	5	45	0	0	0	2
Shredded Parmesan (1 Tbs)	20	10	1.5	1	0	5	85	0	0	0	2
Shredded Parmesan, Imitation (1 Tbs)	15	10	1	0	0	0	75	1	0	0	1
Signature Pizza, homemade crust (1 slice)	140	50	6	2	0	10	300	17	1	1	5
Signature Pizza (1 slice)	240	50	6	2	0	10	570	37	2	3	9
Sirloin Tips, Broiled, Double	880	510	57	14	10	185	2040	21	4	10	70
Sirloin Tips, Broiled, Single	440	250	28	7	5	90	1020	11	2	5	35
Sirloin Tips, Grilled, Double	1080	710	80	19	17	185	2210	21	4	10	70
Sirloin Tips, Grilled, Single	540	360	40	10	8	95	1100	11	2	5	35
Sliced Black Olives (1 Tbs)	15	10	1.5	0	0	0	65	1	0	0	0
Sliced Cucumbers (1/2 cup)	10	0	0	0	0	0	0	2	0	1	0
Sliced Mushrooms (1/2 cup)	10	0	0	0	0	0	0	1	0	1	1
Sliced Pickled Beets (1/4 cup)	35	0	0	0	0	0	85	9	0	6	0
Sloppy Joe Mix (1/2 cup)	370	160	18	7	1	85	1070	24	2	19	26
Smothered Chopped Steak	630	390	43	18	1.5	155	1340	10	1	3	47
Snickerdoodle Cookies (1 each)	130	45	5	2.5	0	10	110	21	0	12	1
Sour Cream (1 Tbs)	30	25	3	2	0	10	25	1	0	1	0
Sour Cream (1/4 cup)	120	110	12	7	0	40	100	4	0	2	0
Sour Cream & Dill Potato Salad (1/2 cup)	280	210	24	4.5	0	20	340	16	1	2	1
Spiced Apples (1/2 cup)	140	0	0	0	0	0	20	35	2	32	0
Spinach (1 cup)	15	0	0	0	0	0	45	2	1	0	1
Spinach and Cranberry Salad (1/2 cup)	45	25	3	0	0	0	75	4	1	3	1
Spring Mix (1 cup)	5	0	0	0	0	0	30	1	1	0	1
Sriracha Chicken Pizza, homemade crust (1 slice)	220	90	10	4.5	0	40	420	18	1	2	14
Sriracha Chicken Pizza (1 slice)	320	90	10	4	0	40	690	38	2	4	18
Steakhouse Chili (4 fl oz)	110	20	2.5	1	0	10	620	17	2	3	7
Steakhouse Grill Side Potatoes (1/2 cup)	110	40	4.5	1.5	1	10	210	15	1	1	3
Stewed Tomatoes (1/2 cup)	35	0	0	0	0	0	340	8	1	6	1
Sticky Buns (1 each)	220	80	9	3	0	5	170	35	1	20	2
Strawberries (1/2 cup)	25	0	0	0	0	0	0	6	2	4	1
Strawberry Cream Cheese Cups (1 each)	310	160	18	8	2	25	230	37	1	27	3
Strawberry Pie (1 piece)	150	80	9	6	1	0	85	17	0	13	0
Strawberry Topping (1/2 fl oz)	25	0	0	0	0	0	0	6	0	5	0
Strawberry Vinaigrette Salad (1/2 cup)	80	60	7	0.5	0	0	85	4	1	3	1
Stuffed Chili Potato (1 each)	650	210	23	12	0	80	1620	82	8	8	33

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Stuffed Peppers (1/2 Pepper)	220	100	11	4.5	0	60	720	18	2	5	12
Stuffed Pepper Soup (4 fl oz)	60	20	2	1	0	10	590	7	1	3	3
Stuffed Vegetable Potato (1 each)	450	80	9	5	0	5	2220	87	7	15	10
Sugar Free Ginger Spiced Bundt Cake (1 pc)	120	25	3	0.5	0.5	20	100	26	1	0	2
Sugar Free Mocha Cake (1 piece)	170	80	9	2	2	40	140	24	1	0	4
Sugar Free Peanut Butter Cookies (1 ea.)	70	35	4	1.5	0	5	105	9	1	0	1
Sugar Free Red Velvet Cake (1 piece)	90	40	4.5	1.5	1	20	85	12	0	0	2
Summer Squash Casserole (1/2 cup)	170	110	12	3	1	25	550	11	1	3	5
Sunflower Seeds (1 Tbs)	50	45	5	0	0	0	0	2	1	0	1
Sweet & Crunchy Chicken Salad (1/2 cup)	330	230	25	4.5	0	95	220	8	1	6	17
Sweet and Tangy Dressing (1.5 fl oz)	220	150	17	2.5	0	5	610	17	0	16	0
Sweet and Tangy Dressing (2 fl oz)	290	200	23	3.5	0	5	810	23	0	22	0
Sweet Country Corn Muffin (each)	120	10	1	0	0	0	250	26	0	14	2
Sweet Potato Casserole-Fresh (1/2 cup)	130	30	3.5	1	1	5	50	23	2	13	2
Sweet Potato Casserole (1/2 cup)	200	40	4	2	0	0	75	39	3	18	1
Sweet Tea (12 oz.)	60	0	0	0	0	0	5	16	0	15	0
Sweet Tea (22 oz.)	110	0	0	0	0	0	15	28	0	26	0
Sweet Tea (32 oz.)	140	0	0	0	0	0	15	36	0	34	0
T-Bone Steak (1 oz)	60	35	4	1.5	0	15	140	0	0	0	5
T-Bone Steak (16 oz)	960	560	64	24	0	240	2240	0	0	0	80
Taco Meat (1/2 cup)	250	140	15	6	0.5	75	500	4	1	1	23
Taco Shell (each)	50	20	2	0.5	0	0	0	7	1	0	1
Tartar Sauce (1 Tbs)	30	25	2.5	0	0	0	100	2	0	1	0
Tater Tots (1/2 cup)	90	40	4.5	1	0	0	180	12	1	0	1
Tater Tot Casserole (1/2 cup)	230	100	11	3	0	20	690	24	3	2	8
Teriyaki Meatballs (1/2 cups)	340	200	22	9	1	45	1370	18	3	8	16
Texas Mixed BBQ (1/2 cup)	210	110	13	3.5	0	55	570	9	1	7	15
Tilapia Fish	420	240	26	12	0	100	410	4	0	0	41
Top Sirloin Steak, Center Cut (10 oz)	450	210	23	7	1.5	135	1000	1	0	1	55
Top Sirloin Steak, Center Cut (8 oz)	370	170	19	6	1	110	910	2	0	1	44
Tortilla Chips, TriColored (1 oz)	140	60	6	1	0	0	5	20	2	0	2
Traditional Stuffing (1/2 cup)	160	70	8	3.5	0	0	650	20	1	1	3
TriTips in Tomato Bacon Gravy (1/2 cup)	35	10	1.5	0	0	5	500	2	0	1	2
Tropicana 100% Apple Juice (10 oz btl)	140	0	0	0	0	0	10	33	0	31	0
Tropicana 100% Orange Juice (10 oz btl)	140	0	0	0	0	0	20	33	0	28	2
Tropicana Fruit Punch (12 oz.)	110	0	0	0	0	0	20	28	0	28	0
Tropicana Fruit Punch (22 oz.)	190	0	0	0	0	0	40	52	0	51	0
Tropicana Fruit Punch (32 oz.)	280	0	0	0	0	0	60	75	0	75	0
Tropicana Lemonade (12 oz.)	100	0	0	0	0	0	95	25	0	25	0
Tropicana Lemonade (22 oz.)	180	0	0	0	0	0	175	46	0	46	0
Tropicana Lemonade (32 oz.)	260	0	0	0	0	0	260	67	0	67	0
Tropicana Lemonade Light (12 oz.)	0	0	0	0	0	0	90	0	0	0	0
Tropicana Lemonade Light (22 oz.)	0	0	0	0	0	0	160	0	0	0	0
Tropicana Lemonade Light (12/22/32 oz.)	0	0	0	0	0	0	235	0	0	0	0
Tropicana Pink Lemonade (12 oz.)	100	0	0	0	0	0	95	25	0	25	0
Tropicana Pink Lemonade (12/22/32 oz.)	180	0	0	0	0	0	175	45	0	45	0
Tropicana Pink Lemonade (12/22/32 oz.)	260	0	0	0	0	0	260	67	0	67	0
Tuna Twister Pasta Salad (1/2 cup)	330	200	22	4	0	20	240	25	2	1	8
Unbreaded Chkn Wings, Honey BBQ (1 wing)	120	60	7	1.5	0	50	130	5	0	4	11
Unbreaded Chkn Wings, Buffaon (1 wing)	140	80	9	2	0	70	350	0	0	0	14
Unsweetened Tea (12 oz.)	0	0	0	0	0	0	5	1	0	0	0
Unsweetened Tea (12/22/32 oz.)	5	0	0	0	0	0	10	1	0	0	0
Unsweetened Tea (12/22/32 oz.)	5	0	0	0	0	0	15	2	0	0	0
Vanilla Deluxe Pudding (1/2 cup)	180	50	6	5	0	5	260	33	0	24	1
Vanilla Soft Serve (3.5 oz.)	100	20	2.5	2.5	0	0	80	23	0	18	0
Vegetable Medley (1/2 cup)	120	60	7	3	0	0	420	11	4	4	2
Vegetable Pizza, homemade crust (1 slice)	160	60	6	2.5	0	10	350	19	2	2	8
Vegetable Pizza (1 slice)	260	60	7	2.5	0	10	620	39	2	4	12
Vegetable, grillside (1/2 cup)	35	20	2.5	0.5	0.5	0	65	3	1	1	1
Waffle (1 each)	150	25	2.5	0.5	0	0	510	28	1	4	3
Watermelon (1/2 cup)	25	0	0	0	0	0	0	6	0	5	0
Whipped Topping (1/4 cup)	50	40	4	4	0	0	10	3	0	3	0
White Rice (1/2 cup)	130	0	0	0	0	0	0	29	0	0	2
Whole Milk (1 cup)	150	70	8	4.5	0	25	105	12	0	12	8
Wild Cherry Pepsi (12/22/32 oz.)	100	0	0	0	0	0	20	26	0	26	0
Wild Cherry Pepsi (22 oz.)	180	0	0	0	0	0	35	48	0	48	0
Wild Cherry Pepsi (32 oz.)	260	0	0	0	0	0	50	70	0	70	0
Wild Rice Salad (1/2 cup)	170	45	5	1	0.5	0	310	30	1	9	2
Wisconsin Cheese Soup (4 fl oz)	120	70	8	3.5	0	15	410	10	0	7	4
Zucchini Bread (1 slice)	110	40	4	0.5	0	5	150	15	0	9	2
Item Name Here	000	00	0	00	0	0	000	00	0	0	0
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Item Name Here	000	00	0	00	0	0	000	00	0	0	0

Name	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
PONDEROSA PORKCHOP HILL FARMS - Big Catfish Fillet	170	80	9	2	0	30	840	10	-	0	10	
PONDEROSA PORKCHOP HILL FARMS - Cheesecake	380	150	16	14	0	5	420	54	0	43	4	Bulk recipe; yields 6 pies (48 slices); analysis for 1 slice.
PONDEROSA PORKCHOP HILL FARMS - Chocolate Cream Pie	210	80	9	7	0	0	260	31	0	20	1	Recipe yields 96 slices; analysis for 1 slice
PONDEROSA PORKCHOP HILL FARMS - Coconut Cream Pie	200	90	10	8	0	0	190	27	1	17	1	Recipe yields 96 slices; analysis for 1 slice.
PONDEROSA PORKCHOP HILL FARMS - Corn	110	60	6	3.5	0	15	50	14	1	2	2	Bulk recipe; yields 2 quarts; analysis for 1/2 cup.
PONDEROSA PORKCHOP HILL FARMS - Lemon Pie	430	120	14	10	0	5	1640	79	1	59	1	Recipe yields 48 slices; analysis for 1 slice.
PONDEROSA PORKCHOP HILL FARMS - Potatoes, Loaded Mashed	150	70	8	4	1	15	500	18	1	3	3	Bulk recipe; yieds 2.75 quarts; analysis for 1/2 cup.
PONDEROSA PORKCHOP HILL FARMS - Potatoes, Mashed	120	50	6	3.5	0	15	390	15	1	2	2	Bulk recipe; yields 9.75 cups; analysis for 1/2 cup.
PONDEROSA PORKCHOP HILL FARMS - Rolls, Homestyle	160	35	3.5	1	0	0	160	28	1	7	4	Bulk recipe; yields 12 rolls; analysis for 1 roll.
PONDEROSA PORKCHOP HILL FARMS - Smoked Chicken Thigh Meat, Orange Chipotle	45	15	2	0.5	0	30	50	2	0	2	5	Bulk recipe; analysis for 1 oz.
PONDEROSA PORKCHOP HILL FARMS - Smoked Chicken Thigh Meat, Spicy Thai	45	15	2	0.5	0	30	70	1	0	1	5	Bulk recipe; analysis for 1 oz.
PONDEROSA PORKCHOP HILL FARMS - Smoked Pork Spare Ribs	290	150	17	7	0	85	630	17	0	15	18	
PONDEROSA PORKCHOP HILL FARMS - Smoked Sliced Pork Butt	60	30	3	1	0	15	90	4	0	3	4	Bulk recipe; analysis for 1 oz.
PONDEROSA PORKCHOP HILL FARMS - Stuffing	130	50	6	2.5	0	25	510	16	1	4	4	Bulk recipe; analysis for 3 oz.
Apple Cobblers	230	72	8	3.5	0	0	280	39	1	20	2	serving size 1 slc (124g)
Blackberry Cobblers	280	81	9	3.5	0	0	250	47	2	23	2	serving size 1 slc (124g)
Cherry Cobblers	270	81	9	3.5	0	0	260	48	1	26	2	serving size 1 slc (124g)
Peach Cobblers	240	72	8	3.5	0	0	260	41	1	17	2	serving size 1 slc (124g)
Pumpkin Pie	300	100	11	5	0	45	370	47	<1	20	5	serving size 1/10 pie (122g)
Pecan Pie	520	220	25	8	0	75	570	70	<1	32	5	serving size 1 slc (128g)
Chili	210	81	9	3.5	0	30	750	21	6	7	13	serving size 1 cup (245g)
Chicken Noodle Soup	80	18	2	0.5	0	20	820	11	1	1	5	serving size .5 cup (123g)
Clam Chowder	200	81	9	3	0	30	870	21	1	6	10	Serving size 1 cup (245g)
Broccoli Cheese Soup	200	126	14	8	0.5	45	1270	11	2	3	9	servin size 1 cup (245g)
Cheddar Baked Potato Soup	230	99	11	7	0	40	880	22	1	5	11	serving size 1 cup (245g)
Tortilla Soup	150	40.5	4.5	0	0	15	800	22	2	2	9	serving size 1 cup (245g)
Vegetable Beef Soup	120	27	3	1	0	15	1080	16	3	3	8	serving size 1 cup (245g)
Double Chocolate Chip cookie	120	45		2.5	0	5	105	18	0	11	1	serving size 1 oz
Chocolate Chip cookie	130	50		3	0	5	100	17	0	10	1	serving size 1 oz
Decaf Coffee	1		0	0	0	0	5	0	0	0	0.3	serving size 1 cup (8 fl oz)
Regular coffee	1		0	0	0	0	5	0	0	0	0.3	serving size 1 cup (8 fl oz)
Tea	2		0	0		0	10	0.4	0	0	0.1	serving size 8 fl oz (238g)
Tea Sweetener	55		0	0	0	0	0	14	0	13	0	serving size 12 fl oz (1.5 cup)