



## 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>ENTREES - BEEF</b>										
Baked Chopped Steak	297	153	17	7	114	733	13	1	1	21
Baked Lasagna	384	90	10	4	32	1811	59	3	11	17
Baked Macaroni	494	189	21	10	78	1838	50	3	12	26
Baked Spaghetti	494	189	21	10	78	1838	50	3	12	26
Beef Barbecue	472	279	31	13	104	919	20	1	7	29
Beef & Broccoli	312	135	15	4	74	910	13	3	1	28
Beef Pan Pie	576	351	39	12	76	639	30	2	3	24
Beef Stew	590	252	28	11	113	1023	43	5	5	36
Beef Stroganoff	239	117	13	5	41	310	9	1	1	18
Braised Short Ribs of Beef	1161	576	64	27	323	2599	22	2	3	111
Chinese Pepper Steak	187	81	9	2	30	432	11	1	0	12
Chopped Steak, 5 oz.	353	225	25	10	105	707	1	0	0	29
Chopped Steak, 8 oz.	565	360	40	16	168	1131	1	0	0	46
Corned Beef	152	45	5	2	40	833	5	0	0	20
Country Style Beef Tips	558	360	40	15	116	219	12	1	0	32
Country Style Steak	589	252	28	11	111	1063	38	2	7	45
Grilled Reuben Sandwich	588	288	32	11	69	2193	40	1	2	34
Hot Roast Beef Sandwich	334	90	10	3	77	814	25	2	2	34
Liver	224	63	7	2	444	249	12	0	0	25
Maledo Steak	607	360	40	18	156	1232	18	3	6	43
Minute Steak	410	198	22	8	137	264	4	0	0	46
Mushroom Steak	421	252	28	11	119	677	8	1	3	33
New England Dinner	285	54	6	2	29	527	47	6	23	13
Pizza Baked Spaghetti	570	234	26	12	78	2110	55	4	12	29
Prime Rib	929	711	79	33	192	677	0	0	0	50
Roast Beef	235	63	7	2	102	427	0	0	0	41
Salisbury Steak	392	198	22	8	141	1347	22	3	3	25
Spaghetti and Meat Sauce	601	261	29	8	55	1595	64	4	11	23
Spicy Beef	367	144	16	3	106	827	10	2	3	43
Stir-Fry Beef	300	108	12	3	56	3655	19	2	2	29
Stir-Fry Beef & Pasta	338	108	12	3	56	3428	27	2	1	31
Stuffed Bell Pepper	336	198	22	6	107	1053	14	2	5	22
Teriyaki Steak	647	405	45	18	194	138	0	0	0	56
<b>ENTREES - PORK</b>										
BBQ Spareribs	761	486	54	20	213	1808	16	2	6	52
Baked Ham w/mustard glaze	198	81	9	3	59	1512	5	0	0	22
Barbecue Pork	349	180	20	7	67	1012	20	1	7	23
Grilled Boneless Pork Loin	390	261	29	7	91	93	1	0	0	30
Grilled Ham Steak	384	180	20	6	97	2239	19	0	9	30
Ham and Macaroni Casserole	377	162	18	8	63	1151	26	1	6	26
Ham and Swiss Sandwich	480	207	23	9	76	2148	33	0	0	33
Pork Cutlet with Dressing	555	369	41	11	78	605	20	1	3	26

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
Pork Spareribs	733	495	55	20	213	1552	5	2	1	52
Roast Pork Loin	130	30	3	1	65	100	0	0	0	25
Sauteed Smoked Sausage	678	477	53	18	102	2451	14	2	4	35
Spicy Pork	366	198	22	6	92	272	10	2	3	32
Stir-Fry Pork	322	171	19	5	47	770	11	2	2	26
Stir-Fry Pork & Pasta	420	198	22	7	91	466	20	2	2	34
Stir-Fry Smoked Sausage	604	432	48	15	86	2313	12	2	3	30
Stir-Fry Smoked Sausage & Pasta	639	414	46	15	84	2265	22	1	2	32
Sweet & Sour Pork	431	270	30	8	67	303	17	1	5	23
<b>ENTREES - POULTRY</b>										
Cajun Chicken	441	234	26	5	146	591	9	1	1	42
Chicken a la King	372	162	18	5	65	623	25	1	8	26
Chicken Alfredo	569	198	22	8	157	419	29	3	4	62
Chicken Amandine	535	189	21	4	131	961	30	1	2	53
Chicken Biscuit	534	261	29	7	41	1239	44	1	8	22
Chicken Breast Fillet w/Dressing	536	252	28	5	136	1309	17	1	2	51
Chicken & Broccoli Quiche	424	252	28	10	221	868	22	1	4	21
Chicken Cacciatore	494	270	30	7	133	685	10	1	3	43
Chicken Chow Mein	309	126	14	2	20	534	31	2	1	12
Chicken Cordon Bleu	583	324	36	11	179	1348	8	0	2	53
Chicken Croquettes	519	288	32	10	168	286	19	1	3	35
Chicken Curry	593	252	28	7	135	1211	38	0	36	43
Chicken Curry, one-half	1022	495	55	14	268	1491	40	1	36	86
Chicken Fingers	424	243	27	6	99	1292	22	-1	-1	24
Chicken Francisco	547	261	29	8	153	1187	11	1	4	58
Chicken Livers	202	108	12	3	526	58	1	0	0	21
Chicken Newberg	738	360	40	10	41	1787	66	1	11	26
Chicken Pan Pie	466	234	26	6	48	675	34	2	6	22
Chicken Parmesan	529	288	32	9	167	1436	13	1	4	47
Chicken Scallopini	618	288	32	9	194	1205	30	2	3	50
Chicken Stew and Dumplings	376	108	12	2	106	850	37	1	1	27
Chicken Tetrazzini	418	198	22	8	130	406	25	1	1	27
Chicken Vegetable Casserole	458	180	20	6	61	648	38	2	9	30
Cuban Chicken w/black bean salsa	326	90	10	2	129	399	8	2	1	50
French Pastry Chicken	790	414	46	12	162	538	35	1	3	57
Fried Chicken	990	540	60	16	350	966	31	-1	-1	78
Gourmet Chicken	418	153	17	7	149	391	10	2	4	55
Grilled Barbecue Chicken Breast	333	81	9	2	129	645	13	1	4	48
Grilled Chicken Breast	285	81	9	2	129	112	1	0	0	47
Grilled Chicken Breast w/onions	371	135	15	3	129	754	9	2	2	48
Hawaiian Chicken	547	252	28	8	133	305	28	1	11	43
Hawaiian Chicken, one-half	976	495	55	15	266	585	30	1	11	85
Honey-Glazed Chicken	548	252	28	7	133	292	28	0	26	43
Honey-Glazed Chicken, one-half	977	495	55	14	266	572	30	0	26	85
K&W Baked Chicken	430	243	27	7	133	281	2	0	0	42
K&W Baked Chicken w/dressing	580	324	36	9	140	640	15	1	2	45

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
K&W Baked Chicken, one-half w/dressing	1009	567	63	16	273	920	17	1	2	87
Maledo Chicken	605	315	35	11	174	2032	24	2	5	46
Orange Chicken	496	243	27	7	133	289	18	0	3	42
Orange Chicken, one-half	925	486	54	14	266	569	20	0	3	85
Oriental Chicken	334	90	10	2	130	465	8	2	1	51
Stir-Fry Chicken	388	126	14	3	102	816	11	2	2	40
Stir-Fry Chicken & Pasta	383	126	14	3	102	1167	21	2	1	42
Sweet & Sour Chicken (grilled)	346	81	9	2	129	306	16	1	5	48
Sweet & Sour Chicken (fried)	485	243	27	6	99	1486	38	1	5	24
Teriyaki Chicken Breast	322	81	9	2	129	622	8	1	5	49
Teriyaki Chicken, quarter	467	243	27	7	133	791	9	1	5	44
Teriyaki Chicken, one-half	896	486	54	14	266	1071	11	1	5	86
<b>ENTREES - TURKEY</b>										
Barbecue Turkey	232	99	11	3	108	76	0	0	-1	32
Roast Turkey w/dressing	313	126	14	4	92	453	15	1	2	29
Turkey Dijon	500	243	27	9	81	1283	26	0	14	37
Turkey Tetrazzini	418	198	22	8	130	406	25	1	1	27
<b>ENTREES - SEAFOOD</b>										
Cape Whitefish, Baked	407	216	24	5	19	1260	12	0	2	36
Cape Whitefish, Fried	490	270	30	4	12	905	21	0	0	36
Cape Whitefish, Broiled	195	63	7	1	12	332	0	0	0	33
Catfish, Batter-Fried	592	315	35	5	80	973	23	0	0	45
Catfish, Fried	549	279	31	4	80	896	21	0	0	45
Catfish, Breaded & Grilled	460	252	28	5	82	985	22	0	1	30
Catfish, Blackened	302	125	14	3	80	647	0	0	0	42
Catfish, Cuban w/black bean salsa	428	252	28	6	92	748	10	3	1	34
Cod Fillet, Baked	444	225	25	5	100	1294	12	0	2	42
Cod Fillet, Fried	527	270	30	4	94	939	21	0	1	41
Cod, Fried (formed)	381	225	25	6	29	703	25	-1	-1	13
Crab Cakes, Fresh	236	144	16	2	54	632	13	0	0	9
Crab Meat au Gratin	440	225	25	7	25	1263	36	0	8	17
Deviled Crab	444	270	30	4	43	1414	36	1	4	9
Flounder Fillet, Fried	580	288	32	4	134	1014	21	0	0	50
Flounder Fillet, Breaded & Grilled	463	162	18	3	138	1103	22	0	1	51
Flounder Fillet, Broiled	286	81	9	2	134	441	0	0	0	48
Flounder, Whole, Breaded & Grilled	529	171	19	3	176	1162	22	0	1	65
Flounder, Whole, Broiled	352	90	10	2	173	500	0	0	0	62
Grouper, Baked	499	234	26	5	100	1266	12	0	2	52
Grouper, Fried	582	288	32	4	93	911	21	0	0	52
Grouper, Breaded & Grilled	465	153	17	2	97	1000	22	0	1	52
Grouper, Broiled	288	81	9	2	93	338	0	0	0	49
Grouper, Blackened	336	126	14	3	93	662	0	0	0	49
Grouper, Grilled	296	90	10	1	93	481	0	0	0	49
Mahi Mahi, Baked	458	225	25	5	172	1361	12	0	2	45
Mahi Mahi, Breaded & Grilled	424	144	16	2	169	1095	22	0	1	45
Mahi Mahi, Broiled	247	72	8	1	166	433	0	0	0	42
Mahi Mahi, Blackened	295	117	13	3	166	757	0	0	0	42

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
Mahi Mahi, Grilled	255	81	9	1	166	576	0	0	0	42
Oysters, Fried	230	135	15	4	94	487	14	-1	-1	10
Perch, Fried	529	279	31	4	179	929	21	0	0	41
Perch, Breaded & Grilled	412	153	17	2	182	1018	22	0	1	42
Pollock, Baked	498	234	26	5	326	1379	12	0	2	52
Pollock, Fried	581	279	31	4	319	1025	21	0	0	52
Pollock, Breaded & Grilled	464	153	17	2	323	1114	22	0	1	52
Pollock, Broiled	287	81	9	1	319	452	0	0	0	49
Pollock, Blackened	335	126	14	3	319	776	6	0	0	50
Red Snapper, Baked	520	243	27	5	100	1274	12	0	2	55
Red Snapper, Breaded & Grilled	486	162	18	3	97	1009	22	0	1	56
Red Snapper, Broiled	309	81	9	2	93	346	0	0	0	52
Red Snapper, Grilled	319	90	10	2	93	490	0	0	0	52
Salmon, Broiled	356	144	16	3	187	360	0	0	0	51
Salmon, Grilled	364	153	17	3	187	503	0	0	0	51
Salmon Patty	371	216	24	4	73	750	19	1	1	19
Scallops, Fried	266	126	14	3	76	575	13	-1	-1	22
Shrimp in Creole Sauce	314	153	17	3	86	1600	30	2	6	12
Shrimp, Fried	217	99	11	2	160	686	10	0	0	19
Spanish Mackerel, Breaded & Grilled	589	261	29	6	169	1045	22	0	1	57
Spanish Mackerel, Broiled	412	180	20	5	165	383	0	0	0	54
Spanish Mackerel, Amandine	634	297	33	6	169	1045	23	1	1	59
Swordfish, Broiled	363	144	16	4	99	461	0	0	0	50
Swordfish, Blackened	411	198	22	5	99	785	0	0	0	51
Swordfish, Grilled	371	153	17	4	99	605	0	0	0	50
Trout, Amandine	541	252	28	5	215	1046	23	1	1	48
Trout, Sea, Breaded & Grilled	496	216	24	4	215	1043	22	0	1	-
Trout, Sea, Broiled	319	135	15	4	211	380	0	0	0	43
Tuna, Broiled	419	171	19	4	97	332	0	0	0	59
Tuna, Blackened	467	216	24	5	97	656	0	0	0	59
Tuna, Grilled	427	182	20	4	97	476	0	0	0	59
Whiting, Batter-Fried	621	324	36	5	167	1145	23	0	0	50
Whiting, Fried	577	288	32	4	167	1068	21	0	0	49