



## 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>VEGETABLES - POTATOES</b>										
Au Gratin Potatoes	226	90	10	4	14	590	27	2	4	7
Baked Potato	252	9	1	0	0	284	57	6	4	5
Broccoli-Stuffed Potato	117	36	4	1	5	383	18	3	1	4
Cheese-Baked Potato	435	306	34	9	25	931	26	2	0	8
Cheese-Potato Croquettes	201	99	11	3	23	859	20	1	1	5
Creamed New Potatoes	200	63	7	1	2	627	30	2	2	5
French Fries	316	153	17	4	0	205	37	3	0	4
Home-Fried Potatoes	223	99	11	2	0	1148	30	3	1	3
Mashed Potatoes	139	54	6	1	1	550	19	2	1	3
New Potatoes	146	27	3	1	0	720	28	2	0	2
O'Brien Potatoes	176	72	8	2	0	589	25	2	0	2
Oven-Brown Potatoes	173	36	4	1	0	292	33	3	2	3
Parsley Potatoes	200	81	9	2	0	792	28	2	0	2
Potato Cake	192	90	10	2	15	619	23	1	1	3
Ranch Potatoes	546	135	15	3	16	779	23	2	2	5
Santa Fe Potatoes	567	117	13	3	0	1292	36	5	5	8
Scalloped Potatoes	339	135	15	4	9	877	41	2	8	10
Stuffed-Baked Potato	391	81	9	3	12	475	67	7	9	12
Twice-Baked Potato	259	81	9	4	16	731	38	3	2	7
<b>VEGETABLES - RICE</b>										
Brown Rice	263	81	9	2	0	696	40	1	0	4
Country Rice	164	72	8	1	91	27	18	1	1	6
Creole Rice	209	144	16	3	0	1025	15	2	2	2
Dirty Rice	104	9	1	0	2	291	20	1	1	3
Gourmet Rice	214	108	12	2	1	66	24	1	1	4
Rice Pilaf	169	36	4	1	2	83	29	1	0	4
Rice & Vegetable Stir-Fry	237	27	3	1	1	471	45	2	2	7
Spanish Rice	213	81	9	3	9	596	26	1	3	3
White Rice	83	0	0	0	0	300	18	0	0	2
<b>VEGETABLES</b>										
Apples, Baked Quartered	206	63	7	1	0	73	39	2	36	0
Apples, Baked Whole	316	99	11	2	0	121	59	3	53	0
Apples, Stewed	206	63	7	1	0	73	39	2	36	0
Baked Beans	213	27	3	1	13	812	40	11	17	10
Baked Stuffed Squash	153	117	13	3	33	1830	7	1	0	3
Beets, Harvard	110	0	0	0	0	118	26	0	7	2
Black Beans & Rice, Sauteed	151	18	2	0	0	299	27	7	2	8
Broccoli w/Cheese Sauce	117	54	6	1	2	536	11	4	5	6
Broccoli & Cheese Casserole	269	135	15	4	8	870	24	4	9	11
Brussel Sprouts	76	27	3	1	0	459	11	5	3	5
Brussel Sprouts, Sauteed	162	72	8	2	0	495	19	9	4	8
Cabbage Wedges	128	72	8	1	1	1356	12	4	1	4
Cabbage, Stewed	55	36	4	1	3	232	5	3	0	1
Cabbage, Sauteed	36	9	1	0	0	152	5	2	0	1

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
Carrots, Candied	244	162	18	4	0	274	19	3	14	1
Carrots, Fresh	60	18	2	0	0	487	9	3	4	1
Carrots, Honey Glazed	69	9	1	0	0	68	14	3	9	1
Carrots, Glazed	150	0	0	0	0	65	37	4	17	1
Cauliflower w/Cheese Sauce	108	54	6	1	2	530	10	2	4	4
Corn on the Cob	202	63	7	1	2	1077	33	3	8	7
Corn, Creamed	232	99	11	2	0	507	31	3	3	4
Corn, Sauteed	136	27	3	0	0	123	26	3	1	4
Green Beans	78	54	6	2	5	789	6	2	2	2
Green Bean Casserole	261	144	16	5	11	1021	23	2	4	6
Green Beans, Italian	78	54	6	2	5	789	6	2	2	2
Green Beans & Corn	73	27	3	1	3	789	10	3	2	2
Green Beans & Potatoes	109	27	3	1	3	791	18	3	3	3
Green Peas	157	72	8	25	0	498	17	5	5	6
Green Peas & Carrots	109	36	4	1	0	589	15	4	4	5
Great Northern Beans	253	63	7	3	6	357	35	23	0	13
Lima Beans	166	45	5	1	0	436	23	7	3	8
Lima Beans & Corn	110	36	4	1	0	260	14	4	2	4
Macaroni & Cheese, Baked	308	135	15	7	87	690	26	1	8	16
Mushrooms, Peppers & Onions	71	45	5	1	0	56	7	2	1	1
Mushrooms, Fresh Simmered	64	45	5	1	0	466	4	1	0	1
Navy Beans	251	63	7	3	6	357	34	9	0	13
Onions, Grilled	85	54	6	1	0	642	8	2	2	1
Onion Rings	138	72	8	3	7	215	16	-1	-1	2
Okra, Fried	197	108	12	3	0	526	19	-1	-1	4
Okra, Whole	137	90	10	2	0	1784	10	6	2	2
Pasta Gardenia	107	27	3	2	9	349	16	3	2	5
Pinto Beans	194	45	5	2	4	638	28	12	0	9
Rutabaga	88	45	5	1	0	1304	11	2	1	1
Spinach	93	54	6	1	0	556	7	3	0	4
Spinach & Tomato Saute	55	18	2	0	0	64	8	3	2	3
Spinach, Creamed	231	126	14	3	45	746	18	3	4	10
Spinach & Egg	187	153	17	3	46	630	7	3	0	5
Spinach Souffle	114	36	4	2	9	490	12	3	2	8
Squash, Lyonnaise	102	81	9	2	0	269	5	1	1	1
Squash Casserole	254	135	15	3	5	1117	24	3	4	7
Sugar Snap Peas, Sauteed	65	18	2	0	2	334	11	3	0	3
Sugar Snap Peas w/ Rice	85	9	1	0	0	464	18	2	1	3
Succotash	112	9	1	0	0	234	25	3	10	3
Tomatoes & Okra	97	9	1	0	0	277	22	3	11	2
Tomatoes & Zucchini	72	0	0	0	0	227	17	1	9	1
Tomatoes, Escalloped	276	153	17	3	1	488	29	1	16	3
Turnips	66	45	5	1	0	1336	7	2	1	1
Turnip Greens	181	117	13	5	12	725	11	0	0	8
Vegetables, Roasted	96	0	0	0	0	356	22	3	6	2
Vegetables, Steamed	74	0	0	0	0	525	17	3	0	2
Vegetable Saute	48	18	2	0	0	147	7	2	3	2
Vegetable Medley, Fresh	70	36	4	1	1	693	8	1	1	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
Vegetable Casserole, Chinese	296	180	20	4	5	1019	24	4	5	7
Vegetable Lasagna	296	63	7	4	19	559	44	8	5	16
Yams, Candied	338	9	1	0	0	63	81	1	26	3
Yam Souffle	343	9	1	0	27	245	77	1	36	6
Yam Souffle w/ Meringue	348	9	1	0	27	231	80	1	37	5
Yam Souffle, Coconut	369	27	3	2	27	249	80	1	38	5