



DATOS NUTRICIONALES



Alimentos	Calorías	Grasa Total (gramos)	Grasa "Trans" (gramos)	Carbohidratos (gramos)	Sodio (mg)	Fibra (gm)	Azúcar (gm)	Proteína (gm)	Contiene Gluten	Contiene derivados de leche	Contiene nueces	Contiene huevo	Contiene soya
Paso 1: Escoge tu Papa													
Papa Asada	240	0	0	56.8	0	4.4	2.2	6.6					
Batata	306	0.5	0	70.5	122.5	11.2	28.7	6.8					
Papa Majada	181	3.3	0	34.9	481.3	3.6	0.9	3.8		X			
Papa Wrap	410	11.6	0	64.5	950.6	1.8	0.4	11.9	X	X			
Broccoli Bowl	40	0	0	6.7	40	2.7	2.7	1.3					
California Blend Bowl	40	0	0	6.6	40	2.6	2.6	1.3					
Paso 2: Escoge tu Queso o Salsa													
Cheese Sauce	135	10.8	0	2.7	531	0	0.4	5.4		X			
Queso Suizo	200	16	0	0	120	0	0	16		X			
Sour Cream	182	17.8	0	3.6	45.1	0	0.1	2.7		X			
Queso Mozzarella	182	7.1	0	2	344.2	0	0	14.2		X			
Whipped Butter	253	30.4	0	0	227.8	0	0	0		X			
Aceite de Oliva	251	28.3	0	0	0.6	0	0	0					
Salsa Marinara	27	0.9	0	3.2	167.8	0.9	1.8	1.4					
Salsa Mejicana	19	0	0	3.8	340.2	0.9	1.9	0					
Gravy	27	0	0	5.4	432.1	0	1.3	0					
Paso 3: Escoge tu Topping													
Bacon	61	4	0	0	384.7	0	0	6.1					
Pavo	61	2.5	0	1	486	0	0	9.1					
Jamón	61	2	0	2	617.6	0	2	8.1					
Broccoli	10	0	0	1.7	10	0.7	0.7	0.3					
California Blend	10	0	0	1.7	10	0.7	0.7	0.3C					
Chili con Carne	121	7.7	0.3	5.4	571.5	1	2	7.4					X
Setas	13	0	0	1.7	239.9	1.3	0	0.9					
Amarillos	110	2	0	22	9	2	13	0					
Zanahorias	29	0.2	0	6.8	48.9	2	3.4	0.7					
Cebolla	11	0	0	2.6	1.1	0.5	1.2	0.3					
Lechuga	10	0.2	0	1.9	4.5	1.2	0.7	0.7					
Tomate	5	0.1	0	1.1	1.4	0.3	0.7	0.2					
Potato Sticks	73	4.4	0	7.8	83.1	0.5	0	1			X		
Ketchup	14	0	0	3.6	157.9	0	3.2	0.2					
Premium Toppings													
Pollo Guisado	89	3.1	0.1	0.4	639.8	0.2	0.4	14					
Carne Molida	160	12.8	0.3	2.5	461.9	0.5	1.2	8.2					
Pechuga de Pollo	180	2.3	0	0	84.2	0	0	37.2					
Churrasco	128	9.1	0	0.4	95.6	0.1	0.2	10.3					
Papas Al Plato:													
Papa Pionono de Pollo	616	17.6	0.1	87.7	1241.1	7	19.3	26.5		X			
Papa Pionono de Carne	688	27.3	0.3	89.8	1063.1	7.4	20.1	20.8		X			
Papa Mejicana de Pollo	646	27.5	0.1	68.4	1881.6	6.2	6.3	32.5		X			
Papa Mejicana de Carne	717	37.2	0.3	70.5	1703.6	6.6	7.1	26.7		X			
Papa Tripleta	621	22.1	0.1	71.8	2034.8	5.1	6.2	36.2		X	X		
Papa Jamón Royal	523	20	0	65.7	1223.8	4.8	6	21.9		X			
Papa Pavo Royal	523	20.5	0	64.6	1092.2	4.8	3.9	22.9		X			
Pechugas Al Plato:													
Pechuga al Plato	180	2.3	0	0	84.2	0	0	37.2					
Pechuga Cordon Bleu al Plato	441	20.4	0	2	821.8	0	2	61.3		X			
Pechuga Milanesa al Plato	368	13.2	0	5.2	592	0.9	1.8	54.6		X			
Acompañantes:													
Ensalada de Coditos	208	10.2	0	24.8	361.9	1.3	0.6	4.1	X			X	
Coleslaw	113	5.3	0	16.6	291.5	1.9	13	1				X	
Ensalada de Granos	123	4.5	0	19.6	477.9	5.4	5.5	4.8					
Sopas:													
Broccoli and Cheese small	59	3.5	0.3	5.2	486	0	0	1.7		X			
Broccoli and Cheese Soup large	118	6.9	0.7	10.4	972	0	0	3.5		X			
Chicken Noodle small	41	1.4	0	4.8	601.6	0	0	2.1	X			X	X
Chicken Noodle large	83	2.8	0	9.7	1203	0	0	4.1	X			X	X
Minestrone Small	69	2.4	0	9.7	650	2.1	2.1	2.8	X	X		X	
Minestrone large	138	4.8	0	19.4	1300	4.1	4.1	5.5	X	X		X	
Ensaladas y Aderezos:													
Garden Salad	59	0.1	0	8.3	12.5	5.1	2.4	4.7					
Side Salad	23	0.1	0	3.2	4.8	2	0.9	1.8					
Turkey Salad	120	2.7	0	9.4	499	5.1	2.4	13.8					
Chef Salad	200	7.7	0	9.4	1258.5	5.1	2.4	22.8					
Chicken Salad	239	2.5	0	8.3	96.7	5.1	2.4	41.9					
Ham Salad	139	5.1	0	8.3	772.5	5.1	2.4	13.7					
Creamy Ranch	110	11	0	3	380	0	0	0		X			
Light Creamy Thousand Island	50	0	0	12	380	0	7	0				X	
Light Italian Dressing	25	0	0	5	440	0	3	0					
Light French Dressing	60	0	0	15	320	0	13	0					
Postres:													
Gelatina de Cherry	104	0	0	25.4	119.4	0	25.4	1.5					
Gelatina con Frutas	168	0.3	0	42.2	91	1.8	38.1	2.1					
Ensalada de Frutas	101	0.3	0	26.2	4.5	2	21.6	1.1					
Flan	343	9.3	0	54.2	141.4	0	54	10.3		X		X	
White Chocolate Macadamia Nut Cookie	200	11	1.5	24	160	0	15	2	X	X	X	X	X
Chocolate Chip Cookie Dough Cookie	200	11	2	25	140	1	16	2	X	X		X	X
Corn Muffin	421	20	0.3	54	368	0.9	22	5.8	X	X			
Carrot Muffin	400	22	0.3	46	353	2	27	5	X	X	X		
Tres Leches	472	22.5	0	53.5	156.8	0.1	46	5.8	X	X		X	