

PONDEROSA

Ponderosa is about serving "Honest Food at an Honest Price." We have large selection of steak, chicken and seafood entrees to choose from when you dine with us. We also offer a variety of healthy side and add-on items to complement your entree choice. And we didn't forget the kids as we have them covered too! We are dedicated to providing something for everyone in a friendly, down home environment.

This nutritional guide is provided for informational purposes only, and may be changed from time to time. Please check back frequently to ensure that you have the most current, up-to-date information available. In addition, please review our website at www.ponderosasteakhouses.com/ponderosa/menu_nutritional.html for an important notice and disclaimer regarding nutritional information provided on this page and elsewhere on this website, as well as an important message to our Guests with food allergies, special dietary needs or particular food sensitivities.

ITEM	Cals (kcal)	Fat Cals (kcal)	Prot (g)	Carb (g)	Fib (g)	Sugar (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sod (mg)
STEAKS - without sides											
1/2 LB. Sirloin	380	167	46	3	0	0	19	5	3	77	1,243
6 oz. Sirloin	310	158	35	2	0	0	18	5	3	57	1,113
8 oz. Ribeye	600	428	37	2	0	0	48	18	3	132	1,213
10 oz. Center Cut Top Sirloin	440	194	57	2	0	1	22	7	3	92	1,273
10 oz. Ribeye	839	643	42	3	0	1	72	27	3	176	1,392
12 oz. Ribeye	834	643	42	3	0	2	72	27	3	176	1,397
1 LB. T-Bone	978	667	70	5	0	2	74	26	7	191	2,124
Chopped Steak	693	513	0	1	0	0	57	21	7	155	848
New York Strip	540	284	58	2	0	0	32	11	3	157	1,203
Rio Grande Steak	1,057	499	76	63	7	11	56	21	7	170	4,817
Sirloin Tips (Double order)	851	503	68	19	3	9	56	16	9	194	2,073
Sirloin Tips (Single Order)	477	303	34	9	2	4	34	9	6	98	1,081
Smothered Beef Tips	929	464	45	74	7	11	52	14	6	101	3,976
Smothered Chopped Steak	778	537	7	10	1	3	60	24	6	169	1,902
CHICKEN - without sides											
BBQ Chicken Breast	583	51	42	93	4	38	6	1	0	88	1,553
BBQ Chicken Laredo (Dinner)	1,091	494	53	99	6	46	55	15	5	120	3,461
BBQ Chicken Laredo (Lunch)	1,263	593	53	118	7	41	67	16	1	116	2,519
Bacon & BBQ Chicken Breast	791	141	50	114	4	58	16	6	0	118	2,296
Chicken Monterey	725	437	35	38	0	37	49	7	0	88	2,160
Chicken Monterey (2 piece)	1,209	701	69	60	1	57	78	11	0	175	3,635
Chicken Strips Dinner	1,001	603	43	61	3	15	68	12	1	107	2,639
Grilled Chicken	186	49	35	0	0	0	5	0	0	88	679
Honey BBQ Chicken	675	173	49	79	4	26	19	6	0	114	1,543
Italian Chicken Breast	653	194	55	66	5	5	22	6	0	113	1,780
Rio Grande Chicken	603	281	53	28	3	7	31	11	2	152	2,592

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SEAFOOD - without sides											
21 Shrimp Roundup	668	254	23	74	1	3	29	6	2	186	2,567
BBQ Shrimp	270	12	20	44	1	40	1	0	0	135	1,967
Beer Battered Fish	653	402	23	37	1	6	45	7	0	61	1,302
Fried Shrimp (7 pc)	424	159	16	49	1	14	19	4	0	96	1,764
Fried Shrimp (14 pc)	767	297	30	85	1	15	35	7	1	192	2,773
Garlic Butter Grilled Shrimp	792	582	23	30	2	2	65	15	18	147	2,655
Grilled Shrimp	888	690	22	28	1	2	77	17	22	145	2,338
Salmon	405	233	40	2	1	1	26	5	1	118	498
Seafood Feast with Tilapia	841	477	43	47	2	14	53	12	14	186	3,115
Seafood Feast with Salmon	1,095	656	60	47	2	14	73	15	14	246	3,173
Tilapia	167	54	23	5	1	1	6	2	1	57	361
SPECIALTIES - without sides											
Country Fried Steak	555	333	15	39	1	1	38	11	2	50	1,500
Full Rack BBQ Ribs	1,708	847	102	120	13	104	94	40	0	471	1,935
Half Rack BBQ Ribs	881	424	51	66	7	58	47	20	0	235	1,111
Loster, 4 oz	815	437	39	57	5	3	49	10	14	168	874
Pasta Carbonara	756	316	33	76	4	12	35	10	4	81	3,066
Pork Chop Grilled	367	219	32	3	0	2	24	7	3	106	621
Prime Rib Steak, 10 oz	1,082	594	58	64	5	9	66	27	2	194	1,837
Prime Rib Steak, 8 oz	933	490	48	63	5	9	55	22	2	157	1,547
Rodeo Mom's Grilled Chicken Salad	765	471	41	30	4	8	52	9	2	207	2,678
COMBOS - without sides											
Half Rack BBQ Ribs & Chicken	1,284	538	89	102	9	79	60	22	0	330	2,229
Half Rack BBQ Ribs & Fried Shrimp	1,360	575	63	135	10	92	64	23	0	296	2,881
Sirloin & Chicken Monterey	1,041	599	70	41	1	37	67	12	3	145	3,291
Sirloin & Fried Shrimp	565	237	44	36	1	14	27	6	3	111	2,427
Sirloin & Grilled Chicken Breast	496	207	70	2	0	0	23	5	3	145	1,793
Sirloin & Grilled Shrimp	374	174	45	5	1	1	19	5	3	125	1,897
Sirloin & Lobster	633	172	58	59	6	3	19	5	3	138	1,381
SANDWICHES & BURGERS - without sides											
BBQ Chicken, Bacon & Cheddar Sandwich	847	198	56	110	3	61	22	8	0	126	3,014
Buffalo Chicken Sandwich	943	494	38	80	5	9	56	11	0	94	2,511
Cheeseburger	724	320	52	49	3	6	36	14	2	151	1,358
Grilled Chicken Sandwich	846	299	49	91	7	4	34	7	0	88	1,327
Sunset Grilled Chicken Sandwich	1000	260	51	138	3	78	29	7	0	110	2,898

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SANDWICHES & BURGERS - <i>without sides</i>											
Western Patty Melt	887	438	42	66	4	21	49	19	5	129	3,077
KIDS ENTREES - <i>with fries</i>											
6 oz. Sirloin	757	409	40	49	5	3	47	9	4	57	1,521
Burger	664	331	104	69	6	3	38	10	1	33	785
Hot Dog	525	158	17	76	5	5	18	4	1	45	991
SIDES & ADD-ONS - <i>as served</i>											
Baked Potato, plain	275	42	6	54	4	2	5	1	1	0	85
Baked Sweet Potato, plain	419	78	6	81	12	18	9	2	1	0	355
Chicken Breast (Add-on)	186	49	35	0	0	0	5	0	0	88	679
Coleslaw	94	55	1	9	2	7	6	1	0	6	193
French Fries	450	252	5	47	5	2	29	5	0	0	173
Fried Shrimp (Add-on)	263	86	9	34	1	13	10	2	0	55	1,331
Garden Salad (No Dressing)	60	11	2	12	2	6	1	0	0	0	88
Garlic Toast	75	40	1	8	0	0	4	1	0	0	128
Grilled Shrimp (Add-on)	371	254	12	18	1	2	28	6	8	71	1,275
Homestyle Roll	148	35	4	25	1	5	4	1	0	0	145
Loaded Baked Potato	343	91	9	56	4	3	10	3	2	6	285
Loster (Add-on)	499	425	16	3	1	1	48	10	14	87	607
Monterey Chicken Breast (Add-on)	725	437	35	38	0	37	49	7	0	88	2,160
Mushrooms & Onions (Add-on)	101	79	2	5	1	2	9	2	3	1	424
Mushrooms (Add-on)	100	85	2	3	1	1	10	2	3	1	381
Rice Pilaf	161	50	3	25	1	1	6	1	2	1	506
Sauteed Onions (Add-on)	87	64	1	6	1	2	7	2	2	1	292
Sweet Country Corn Muffin	122	11	2	26	0	14	1	0	0	0	246
Third Rack of Ribs (Add-on)	623	282	34	53	4	47	31	13	0	157	931

Cal...Calories

Fat Cal...Calories from Fat

Prot...Protein

Carb...Carbohydrates

Fib...Total Fiber

Sat Fat...Saturated Fat

Trans Fat...Transaturated Fat

Chol...Cholesterol

Sod...Sodium

(kcal)...kilocalorie

(g)...grams

(mg)...milligrams

Important Notice Concerning Nutritional Information:

Please note that the nutritional information contained on this website is based on standard company recipes and product preparation procedures, does not include nutritional information for optional condiments, side items, dipping sauces or other Guest-controlled modifications to such recipes and procedures, and is provided for informational purposes only. Since the majority of our food items are prepared on a daily basis in each restaurant using ingredients obtained from local, regional and national suppliers and distributors, some variations in nutritional data for each item may occur. Similarly, while great effort is made to ensure that standard company recipes and food preparation procedures are followed in each restaurant, the nutritional data for any given food item may vary if those recipes and food preparation procedures are not followed, whether because of local or regional preferences, variations in portion size or ingredients, seasonal variations, or some other reason. Given the wide variety of food items available through the buffet offerings in our restaurants, the nutritional information contained on the website is limited to some of the more popular menu items available to our Guests. Please also note that standard company recipes and product preparation procedures for any given food item may change from time to time, which will affect nutritional values. Unless specifically noted, this website does not include nutritional information for "limited time only," seasonal or test food items that may be available to Guests in our restaurants.

The data for each food item was compiled from ingredient listings and nutritional information provided by our suppliers and distributors, which was then analyzed using nutritional analysis software licensed from ESHA Research (ESHA) (www.esharesearch.com). Neither Homestyle Dining LLC, nor any of its direct or indirect, subsidiaries, affiliates, franchisees or subfranchisees, assumes any responsibility or liability whatsoever for any errors or discrepancies in the nutritional information contained on this website, whether caused in whole or in part by errors in ESHA's software, by product labeling errors, by any changes by any supplier or distributor in the formulation or composition of any ingredients or prepared products used in our standard company recipes, or for any other reason.

Given the extensive nature of the buffet offerings in our restaurants, the portion sizes selected by each Guest for any given product may vary significantly from the portion size for such item listed on this website. As a result, all of the nutritional values shown on this website should be considered approximations.

To Our Guests With Food Allergies, Special Dietary Needs or Particular Food Sensitivities:

Many of our food items either contain, or due to our product preparation procedures, may come in contact with common food allergens, such as wheat/gluten, dairy/milk, eggs, whey, peanuts and other tree nuts, soy, and seafood (including shell fish).

Given the nature of the recipes and product preparation procedures utilized in our restaurants, the self-service nature of our buffet offerings, ingredient variations that may result from actions or omissions by our suppliers and distributors, and other factors, we cannot guarantee the accuracy of any ingredient information contained on this website, and specifically disclaim liability for the use of this information. Guests with food allergies, special dietary needs or particular food sensitivities should not rely on the limited information contained on this website in making their food selection choices.

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Alfredo Au Gratin Potatoes	1 Ounce	46	26	1	4	0	1	3	1	1	3	100
Alfredo Sauce	1 Ounce	53	38	2	2	0	1	4	2	1	5	168
Applewood Chicken (using boneless chicken)	1 Ounce	39	6	3	5	0	3	1	0	0	11	165
Applewood Chicken (using bone-in chicken)	1 Ounce	59	29	4	3	0	3	3	1	0	19	139
Arrabiatta Pasta Bake	1 Ounce	22	10	2	5	0	1	1	0	0	3	180
Asian Chicken and Broccoli	1 Ounce	51	23	3	4	0	1	3	1	0	0	182
AuGratin Potatoes	1 Ounce	11	6	0	1	0	0	1	0	0	0	35
Baked Pork BBQ Beans	1 Ounce	43	5	1	8	1	6	1	0	0	1	161
Baked Squash	1 Ounce	40	15	1	6	0	2	2	0	0	0	153
Baked Tomatoes	1 Ounce	25	8	1	4	0	2	1	0	0	0	87
BBQ Beef Pot Roast	1 Ounce	24	7	2	2	0	1	1	0	0	6	131
BBQ Chicken Wings, Unbreaded	1 Ounce	55	29	4	2	0	2	3	1	0	21	561
BBQ Chicken (using bone-in chicken)	1 Ounce	57	27	4	4	0	3	3	1	0	17	94
BBQ Glazed Meatloaf	1 Ounce	57	10	3	5	0	3	1	0	0	16	210
BBQ Pulled Pork	1 Ounce	58	18	5	5	0	4	2	1	0	16	131
Beans and Franks	1 Ounce	50	14	2	7	1	6	2	0	0	6	201
Beef and Noodles	1 Ounce	27	8	1	3	0	0	1	0	0	6	174
Beef and Potato Casserole	1 Ounce	26	13	2	1	0	0	1	1	0	6	132
Beef Enchiladas	1 Ounce	42	14	2	5	0	1	2	0	0	3	158
Beef Gravy	1 Ounce	12	4	0	2	0	0	0	0	0	0	170
Beef Pot Roast	1 Ounce	24	9	3	1	0	0	1	0	0	8	212
Beef Stew	1 Ounce	15	4	1	2	0	1	0	0	0	2	126
Beef Stroganoff	1 Ounce	33	12	1	4	0	1	1	0	0	6	132
Broccoli & Cheese Potato Topper	1 Ounce	16	3	0	3	0	1	0	0	0	0	131
Broccoli & Rice Casserole	1 Ounce	22	6	0	4	0	1	1	0	0	0	115
Broccoli Cheese and Rice Bake	1 Ounce	19	5	0	3	0	0	1	0	0	0	92
Broccoli Florets, Fresh	1 Ounce	16	10	1	1	1	0	1	0	0	0	14
Broccoli, Lemon Peppered	1 Ounce	17	10	0	1	0	0	1	0	0	0	49
Broccoli, Spears	1 Ounce	21	12	0	1	1	1	1	0	0	0	16
Buffalo Chicken Wings, Unbreaded	1 Ounce	48	31	4	0	0	0	4	1	0	21	551
Burger Bites	1 Ounce	82	40	27	7	0	1	4	2	0	11	76
Butternut Squash	1 Ounce	30	15	0	4	1	2	2	0	0	0	64
Cabbage, Country	1 Ounce	15	8	0	2	1	1	1	0	0	0	79

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Cabbage, Unstuffed	1 Ounce	30	12	2	3	0	1	1	0	0	4	175
Cajun Fish	1 Ounce	41	18	5	0	0	0	2	0	1	18	226
Carrots	1 Ounce	41	2	0	9	0	8	0	0	0	0	18
Carrots, Baby	1 Ounce	31	0	0	7	1	7	0	0	0	0	17
Carrots, Maple Glazed	1 Ounce	35	11	0	6	0	5	1	0	0	0	47
Carrots, Maple Glazed Baby	1 Ounce	37	12	0	6	0	5	1	0	0	0	57
Cauliflower with Cheese Sauce	1 Ounce	12	2	1	2	0	1	0	0	0	0	65
Cheese Pizza	1 Ounce	61	15	3	8	0	1	2	1	0	4	179
Cheese Sauce	1 Ounce	21	4	0	4	0	1	0	0	0	0	211
Cheesy Medley Vegetables	1 Ounce	10	1	0	2	1	1	0	0	0	0	45
Cheezy Garlic Pizza	1 Ounce	79	30	4	9	0	0	3	1	1	4	178
Chicken & Noodles	1 Ounce	27	7	2	3	0	0	1	0	0	8	185
Chicken Alfredo	1 Ounce	26	13	2	4	0	0	1	0	0	7	172
Chicken and Broccoli Alfredo	1 Ounce	35	13	2	3	0	0	1	0	0	6	145
Chicken Carbonara	1 Ounce	26	13	2	5	0	1	1	0	0	5	162
Chicken Noodle Casserole	1 Ounce	30	10	1	4	0	1	1	0	0	6	215
Chicken Parmesan Pasta Bake	1 Ounce	36	18	2	5	0	1	2	0	0	1	200
Chicken Wings	1 Ounce	86	57	5	2	0	0	6	1	0	19	200
Chicken Wings, Buffalo Style	1 Ounce	67	43	4	2	0	0	5	1	0	14	369
Chicken Wings, Honey BBQ Style	1 Ounce	81	45	4	5	0	3	5	1	0	15	205
Chicken Wings, Unbreaded BBQ	1 Ounce	55	29	4	2	0	2	3	1	0	21	67
Chicken Wings, Unbreaded Buffalo	1 Ounce	48	31	4	0	0	0	4	1	0	21	58
Clam Strips, Fried	1 Ounce	98	53	2	9	0	1	6	1	0	4	216
Corn	1 Ounce	51	21	1	6	1	1	2	0	1	0	20
Corn Dogs, Mini	1 Ounce	86	48	2	7	0	2	5	1	0	11	138
Corn Nuggets	1 Ounce	67	25	1	10	0	2	3	0	0	0	123
Corn on the Cob	1 Ounce	29	3	0	6	0	2	0	0	0	0	11
Country Baked Chicken	1 Ounce	37	24	2	1	0	0	3	1	0	10	74
Country Fried Steaks, Mini	1 Ounce	92	42	4	5	0	0	5	2	0	14	135
Creamed Corn	1 Ounce	23	2	0	5	0	1	0	0	0	0	64
Creamed Pork Chops with Mushrooms and Carrots	1 Ounce	27	13	2	2	0	1	1	0	0	5	111
Fiesta Rice	1 Ounce	24	7	0	4	0	0	1	0	0	0	104
Fish Fry	1 Ounce	57	16	3	7	0	0	2	0	0	9	116
Frito® Pie	1 Ounce	58	28	2	6	1	1	3	1	0	2	163
Green Bean Casserole	1 Ounce	39	25	1	3	0	1	3	1	0	1	129
Green Bean Casserole with Cheese	1 Ounce	28	17	1	2	0	1	2	1	0	1	156
Green Beans	1 Ounce	17	6	0	2	1	1	1	0	0	0	56
Green Beans, Country Style	1 Ounce	14	7	0	2	0	0	1	0	0	1	121
Grilled Cheese Sandwich	1 Ounce	95	42	3	10	0	2	5	2	1	6	212
Grillside Vegetables	1 Ounce	15	9	0	1	0	1	1	0	0	0	34
Halushki (Noodles and Cabbage)	1 Ounce	45	25	1	4	0	1	3	1	1	5	115
Ham and Cheese Roll Up	1 Ounce	78	38	4	6	0	0	4	2	1	8	210
Ham Carbonara	1 Ounce	27	14	2	5	0	1	2	0	0	4	181

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Herb Baked Fish	1 Ounce	52	29	4	2	0	0	3	1	0	16	96
Hollandaise Sauce	1 Ounce	78	65	1	2	0	1	7	2	2	2	132
Honey BBQ Chicken & Roasted Onions (using boneless chicken)	1 Ounce	30	4	3	4	0	3	1	0	0	10	72
Honey BBQ Chicken & Roasted Onions (using bone-in chicken)	1 Ounce	43	18	3	3	0	3	2	1	0	12	65
Hot Dogs	1 Ounce	71	33	3	6	0	1	4	1	0	13	258
Hush Puppies	1 Ounce	106	63	1	10	1	1	7	1	0	0	423
Italian Sausage & Peppers	1 Ounce	42	29	2	2	0	1	3	1	0	7	177
King Ranch Casserole	1 Ounce	35	15	2	3	1	0	2	0	0	5	160
Lima Beans	1 Ounce	26	1	1	6	0	2	0	0	0	0	12
Loaded Mashed Potatoes	1 Ounce	37	19	1	3	0	0	2	1	1	1	153
Loaded Nacho Casserole	1 Ounce	34	11	2	4	1	0	1	0	0	1	112
Macaroni & Cheese	1 Ounce	48	25	1	4	0	1	3	1	1	4	283
Marinated Baked Chicken	1 Ounce	74	54	5	0	0	0	6	1	0	21	73
Meat Sauce	1 Ounce	28	7	1	3	0	1	1	0	0	7	183
Meatballs in Au Jus	1 Ounce	79	62	2	2	1	0	7	3	0	16	117
Meatballs in BBQ Sauce	1 Ounce	83	44	2	8	1	6	5	2	0	11	228
Meatballs in Gravy	1 Ounce	68	51	2	2	1	0	6	2	0	13	169
Meatballs in Pasta Sauce	1 Ounce	69	51	2	2	1	1	6	2	0	12	203
Meatballs in Sweet & Sour Sauce	1 Ounce	65	38	1	5	1	4	4	1	0	9	140
Meatballs, Teriyaki	1 Ounce	84	59	2	3	1	1	7	2	0	15	214
Meatloaf	1 Ounce	58	10	3	5	0	2	1	0	0	18	204
Mini Parmesan Bake	1 Ounce	81	38	4	4	0	0	4	2	0	12	160
Mini Parmesan Pasta Bake	1 Ounce	36	14	2	5	0	1	2	1	0	4	195
Mushroom Chicken	1 Ounce	33	19	3	1	0	0	2	1	0	11	76
Northern Beans	1 Ounce	24	2	2	4	1	0	0	0	0	1	151
Onion Straws	1 Ounce	72	33	1	9	1	1	4	1	0	0	178
Oriental Pork & Vegetables	1 Ounce	38	16	3	2	0	1	2	1	0	10	102
Pasta Bake	1 Ounce	36	23	2	4	0	1	3	1	0	4	176
Pasta Sauce	1 Ounce	19	7	0	3	1	1	1	0	0	0	244
Pasta with Spaghetti Sauce	1 Ounce	35	7	1	6	0	1	1	0	0	0	190
Penne Bake Pasta	1 Ounce	20	9	1	5	0	1	1	0	0	1	200
Pepper Jack Au Gratin Potatoes	1 Ounce	12	6	1	1	0	0	1	0	0	2	62
Pepperoni Bread	1 Ounce	89	47	4	7	0	0	5	2	1	9	206
Pepperoni Pizza	1 Ounce	65	22	3	8	0	0	2	1	0	6	204
Popcorn Shrimp	1 Ounce	55	17	2	7	0	0	2	0	0	14	194
Pork and Sauerkraut, German Style	1 Ounce	30	15	2	1	0	1	2	1	0	8	161
Pork Pot Roast	1 Ounce	35	14	3	1	0	0	2	1	0	12	95
Potato Wedges	1 Ounce	41	16	1	6	1	0	2	0	0	0	18
Poultry Gravy	1 Ounce	12	4	0	2	0	0	0	0	0	0	173
Mashed Potatoes	1 Ounce	28	12	1	4	0	0	1	0	0	1	112
Puppy Dogs	1 Ounce	74	44	3	5	0	0	5	1	0	13	262

ITEM	Serving Size	Cal (kcal)	Fat Cal (kcal)	Prot (g)	Carb (g)	Fib (g)	Sugar (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sod (mg)
Red Boiled Potatoes	1 Ounce	24	5	1	4	0	0	1	0	0	0	84
Red Loaded Fried Potatoes	1 Ounce	34	14	1	4	0	0	2	0	0	1	103
Red Steamed Potatoes	1 Ounce	6	3	0	1	0	0	0	0	0	0	29
Rice Pilaf	1 Ounce	25	8	0	4	0	0	1	0	0	0	78
Roast Beef, Carved	1 Ounce	59	19	9	0	0	0	2	1	0	27	607
Roasted Pork Loin	1 Ounce	36	16	5	0	0	0	2	1	0	14	232
Roasted Turkey with Gravy	1 Ounce	21	5	3	1	0	0	1	0	0	8	181
Salisbury Steak with Mashed Potatoes	1 Ounce	35	21	15	2	0	0	2	1	0	5	144
Salisbury Steak	1 Ounce	43	23	3	3	0	1	3	1	0	6	308
Sausage and Cabbage	1 Ounce	27	18	1	2	1	1	2	1	0	4	106
Sausage and Peppers	1 Ounce	70	56	3	1	0	0	6	2	0	14	132
Sausage O'Brien	1 Ounce	30	17	1	3	0	1	2	1	0	3	64
Sausage Roll-Up	1 Ounce	79	40	4	6	0	0	4	2	0	10	191
Seafood Crab Cake	1 Ounce	100	74	2	5	0	1	8	1	1	10	200
Seafood Primavera	1 Ounce	32	12	1	4	0	1	1	0	0	1	107
Seafood Scampi	1 Ounce	27	15	2	5	0	1	2	0	0	3	188
Smiley Fries	1 Ounce	58	24	1	8	1	0	3	0	0	0	75
Smothered Meatloaf	1 Ounce	51	13	3	3	0	1	1	0	0	15	190
Southwest Potato Casserole	1 Ounce	28	10	1	4	1	0	1	0	0	1	76
Steakhouse Grillside Potatoes	1 Ounce	34	14	1	4	0	0	2	0	0	2	90
Stewed Tomatoes	1 Ounce	8	0	0	2	0	1	0	0	0	0	95
Stir Fried Rainbow Vegetables	1 Ounce	251	251	0	0	0	0	28	4	3	0	0
Stuffed Peppers	1 Ounce	30	7	2	3	0	1	1	0	0	8	116
Stuffing, Seasoned	1 Ounce	46	19	1	6	0	1	2	0	1	0	232
Stuffing, Traditional	1 Ounce	49	21	1	6	0	1	2	0	1	0	233
Succotash	1 Ounce	29	6	1	5	0	1	1	0	0	0	58
Sweet & Spicy Orange Chicken	1 Ounce	58	23	3	5	0	4	3	1	0	15	92
Sweet & Tangy Pork	1 Ounce	51	6	2	10	0	7	1	0	0	4	68
Sweet and Sour Chicken Lo Mein	1 Ounce	28	5	1	4	0	2	1	0	0	4	115
Sweet Country Corn Muffin	1 Ounce	74	6	1	16	0	8	1	0	0	0	149
Sweet Potato Casserole	1 Ounce	59	24	0	9	0	7	3	1	1	0	26
Taco Chips	1 Ounce	142	64	2	17	1	0	7	2	0	0	152
Taco Meat	1 Ounce	52	33	4	1	0	0	4	2	0	13	74
Taco Shells	1 Ounce	133	48	2	19	2	0	5	1	0	0	0
Texas Mixed BBQ	1 Ounce	48	23	3	3	0	2	3	1	0	11	78
Turkey Carbonara	1 Ounce	29	14	3	5	0	1	2	0	0	5	122
Twice Baked Potatoes	1 Ounce	45	22	1	4	0	1	3	1	1	2	77
Vegetable Medley	1 Ounce	17	9	0	2	1	1	1	0	0	0	114
Western Chicken Pot Pie	1 Ounce	38	17	1	4	0	1	2	1	0	4	195
White Rice	1 Ounce	30	1	1	6	0	0	0	0	0	0	1

Cal...Calories
Fat Cal...Calories from Fat
Prot...Protein
Carb...Carbohydrates
Fib...Total Fiber

Sat Fat...Saturated Fat
Trans Fat...Transaturated Fat
Chol...Cholesterol
Sod...Sodium

(kcal)...kilocalorie
(g)...grams
(mg)...milligrams

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Ambrosia	1 Ounce	30	10	0	5	0	5	1	1	0	0	6
Apple Salad	1 Ounce	52	32	0	5	1	4	4	1	0	2	29
Apple Slaw	1 Ounce	52	36	0	4	0	3	4	1	0	2	48
Apple Slices	1 Ounce	28	0	0	6	1	5	0	0	0	0	3
Asian Noodle Salad	1 Ounce	45	20	1	6	0	2	2	0	0	0	125
Bacon Bits, Imitation	1 Ounce	121	35	13	8	4	2	4	1	0	0	236
Bacon Pieces	1 Ounce	153	107	11	0	0	0	12	4	0	31	655
Bacon Ranch Dressing	1 Ounce	159	145	0	2	0	1	16	3	0	15	266
Balsamic Vinaigrette Dressing	1 Ounce	113	102	0	3	0	2	11	2	0	0	217
Banana Pudding	1 Ounce	46	11	0	9	0	5	1	1	0	1	54
Bananas in Sugar Free Glaze	1 Ounce	20	1	0	5	1	3	0	0	0	0	1
Beets, Pickled	1 Ounce	23	0	0	5	0	4	0	0	0	0	61
Black Olives	1 Ounce	45	39	0	1	1	0	4	1	0	0	265
BLT Pasta Salad	1 Ounce	28	21	1	3	0	1	2	0	0	2	91
Blue Cheese Dressing	1 Ounce	136	125	1	1	0	1	14	3	0	20	321
Broccoli Florets	1 Ounce	8	1	1	1	1	0	0	0	0	0	8
Broccoli Salad	1 Ounce	38	19	0	5	0	3	2	0	0	2	72
Broccoli Slaw	1 Ounce	21	9	1	3	1	2	1	0	0	1	39
Buttermilk Ranch Dressing	1 Ounce	151	136	0	2	0	1	15	2	0	14	284
Cabbage, Red	1 Ounce	9	0	0	2	1	1	0	0	0	0	8
Caesar Dressing	1 Ounce	142	128	1	2	0	1	14	2	0	9	293
Caesar Salad	1 Ounce	34	22	1	3	0	1	2	0	0	1	86
Cantaloupe	1 Ounce	10	0	0	2	0	2	0	0	0	0	5
Carrot Raisin Salad	1 Ounce	72	51	0	5	0	3	6	1	0	3	37
Carrots, Shredded	1 Ounce	12	1	0	3	1	1	0	0	0	0	20
Carrots, Sliced Fresh	1 Ounce	12	1	0	3	1	1	0	0	0	0	20
Catalina Salad	1 Ounce	39	10	1	6	1	1	1	0	0	0	153
Cauliflower Salad	1 Ounce	58	47	1	2	0	1	5	1	0	7	119
Cauliflower, Fresh Raw Florets	1 Ounce	7	1	1	1	1	1	0	0	0	0	9
Celery	1 Ounce	5	0	0	1	0	0	0	0	0	0	23
Cheese, Mozzarella Shred	1 Ounce	83	50	7	1	0	0	6	4	0	17	190
Cheese, Parmesan Flavored Shred	1 Ounce	85	51	6	6	0	0	6	0	0	0	397
Cheese, Salad Bar Shred	1 Ounce	81	41	0	9	0	3	5	1	2	0	273

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Chick Peas	1 Ounce	24	4	1	4	2	1	0	0	0	0	89
Chicken Salad	1 Ounce	71	54	4	0	0	0	6	1	0	18	249
Chocolate Pudding	1 Ounce	39	8	0	8	0	6	1	1	0	0	62
Chopped Salad	1 Ounce	35	22	2	1	0	1	2	1	0	20	78
Cocktail Sauce	1 Ounce	28	1	0	6	0	6	0	0	0	0	377
Cole Slaw, Chopped or Shredded	1 Ounce	31	18	0	3	1	2	2	0	0	2	64
Cottage Cheese	1 Ounce	23	2	4	1	0	1	0	0	0	4	110
Crackers, Premium Gold®	1 Ounce	132	51	2	19	0	2	6	1	2	0	302
Crackers, Saltines	1 Ounce	113	26	2	21	0	0	3	0	0	0	359
Creamy Italian Dressing	1 Ounce	105	89	0	3	0	3	10	1	0	0	374
Croutons	1 Ounce	108	31	3	17	1	1	3	0	0	0	366
Cucumber & Onion Salad	1 Ounce	55	48	0	2	0	1	5	1	0	3	27
Cucumber, Onion & Tomato Salad	1 Ounce	46	38	0	2	0	1	4	1	0	0	83
Cucumber, Sliced	1 Ounce	4	0	0	1	0	0	0	0	0	0	1
Deviled Egg Potato Salad	1 Ounce	47	30	1	3	0	0	3	1	0	22	72
Deviled Eggs	1 Ounce	76	61	3	0	0	0	7	1	0	109	65
Eggs, Diced	1 Ounce	44	27	4	0	0	0	3	1	0	120	39
Elbow Macaroni Salad	1 Ounce	62	38	1	5	0	2	4	1	0	3	153
Fire & Ice Salad	1 Ounce	8	0	0	2	0	1	0	0	0	0	39
Gazpacho Salad	1 Ounce	17	11	0	1	0	1	1	0	0	0	48
Grapes, Green or Red	1 Ounce	20	0	0	5	0	5	0	0	0	0	3
Greek Romaine Salad	1 Ounce	33	26	1	2	0	1	3	0	0	0	135
Grilled Chicken Caesar Salad	1 Ounce	34	17	3	1	0	0	2	0	0	11	165
Homestyle Potato Salad	1 Ounce	40	15	1	6	1	2	2	0	0	3	125
Honey Mustard Dressing	1 Ounce	107	80	0	7	0	6	9	1	0	0	197
Honeydew	1 Ounce	10	0	0	3	0	2	0	0	0	0	5
Italian Pasta Salad	1 Ounce	32	21	1	6	0	1	2	0	0	0	212
Kidney Bean Salad	1 Ounce	42	7	2	6	2	1	1	0	0	1	108
Lettuce, Chopped Mix	1 Ounce	4	0	0	1	0	1	0	0	0	0	4
Lettuce, Chopped Plain	1 Ounce	4	0	0	1	0	1	0	0	0	0	3
Lettuce, Romaine and Iceberg Mix	1 Ounce	4	1	0	1	0	0	0	0	0	0	3
Lettuce, Romaine Sliced	1 Ounce	5	1	0	1	1	0	0	0	0	0	2
Lettuce, Shredded	1 Ounce	4	0	0	1	0	1	0	0	0	0	3
Margarine, Whipped	1 Ounce	114	103	0	3	0	3	12	2	1	0	181
Marinated Vegetable Salad	1 Ounce	41	31	0	2	0	1	3	1	0	0	132
Melons, Cantaloupe & Honeydew	1 Ounce	10	0	0	2	0	2	0	0	0	0	5
Mixed Apple Salad	1 Ounce	51	33	0	5	1	4	4	1	0	2	30
Mixed Fruit Salad	1 Ounce	13	0	0	3	0	3	0	0	0	0	3
Mushroom Salad	1 Ounce	27	19	1	1	0	1	2	0	0	0	104
Mushrooms, Fresh Sliced	1 Ounce	6	1	1	1	0	1	0	0	0	0	1
Onions, French Fried	1 Ounce	182	131	2	11	1	1	15	7	0	0	157
Onions, Green Sliced	1 Ounce	6	0	0	1	0	1	0	0	0	0	0
Onions, Green Whole	1 Ounce	9	0	1	2	1	1	0	0	0	0	5

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Onions, Sliced, Diced or Strips	1 Ounce	11	0	0	3	0	1	0	0	0	0	1
Orange Chicken Salad	1 Ounce	38	22	1	3	0	2	2	0	0	2	33
Orange Wedges	1 Ounce	13	0	0	4	1	3	0	0	0	0	0
Pasta Tuna Twister Salad	1 Ounce	66	39	2	5	0	0	4	1	0	4	150
Pea Salad	1 Ounce	76	52	2	4	1	2	6	1	0	8	138
Peaches, Canned	1 Ounce	18	0	0	4	0	3	0	0	0	0	1
Pears, Canned	1 Ounce	17	2	0	4	0	4	0	0	0	0	1
Peas, Green Cold	1 Ounce	22	0	2	4	1	1	0	0	0	4	64
Pepper Slaw	1 Ounce	32	17	0	4	0	3	2	0	0	0	4
Peppers, Green Sliced or Diced	1 Ounce	6	0	0	1	0	1	0	0	0	0	1
Picante Sauce	1 Ounce	9	0	0	2	1	1	0	0	0	0	221
Pickled Beets	1 Ounce	23	0	0	5	0	4	0	0	0	0	61
Pineapple	1 Ounce	14	0	0	4	0	3	0	--	--	--	0
Pineapple Tidbits	1 Ounce	14	0	0	3	0	3	0	0	0	0	2
Pistachio Salad	1 Ounce	44	15	0	7	0	6	2	2	0	0	11
Popparoni Salad	1 Ounce	95	75	1	4	0	1	8	1	0	5	205
Radishes, Sliced	1 Ounce	5	0	0	1	0	1	0	0	0	0	11
Raisins, Plumped	1 Ounce	23	0	0	6	0	5	0	0	0	--	3
Seafood Pasta Salad	1 Ounce	32	15	1	5	0	1	2	0	0	2	197
Seafood Salad	1 Ounce	38	18	1	4	0	2	2	0	0	3	212
Shrimp, Peel & Eat	1 Ounce	17	2	3	0	0	0	0	0	0	24	125
Sour Cream	1 Ounce	56	42	1	3	0	2	5	2	1	6	42
Sour Cream and Dill Potato Salad	1 Ounce	64	50	0	3	0	0	6	1	0	4	83
Spinach	1 Ounce	7	1	1	1	1	0	0	0	0	0	22
Spinach and Cranberry Salad	1 Ounce	37	23	0	4	0	2	3	0	0	0	61
Spinach and Cranberry Salad with Pecans	1 Ounce	45	30	1	4	1	2	3	0	0	0	58
Spinach Salad	1 Ounce	36	20	1	3	1	1	2	0	0	13	95
Spring Salad	1 Ounce	50	35	1	3	0	1	4	1	0	7	104
Strawberries, Fresh	1 Ounce	10	0	0	2	0	2	0	0	0	0	0
Strawberry Ambrosia	1 Ounce	38	15	0	6	0	5	2	1	0	1	16
Strawberry Balsamic Salad	1 Ounce	34	24	1	2	1	1	3	1	0	1	51
Strawberry Yogurt	1 Ounce	24	2	1	5	--	4	0	0	0	--	15
Sugar Free Green Apple Gelatin	1 Ounce	8	0	0	2	0	0	0	0	0	0	22
Sugar Free Watermelon Gelatin	1 Ounce	8	0	0	2	0	0	0	0	0	0	21
Sunflower Seeds	1 Ounce	162	128	7	5	3	1	14	2	0	85	680
Sweet & Tangy Dressing	1 Ounce	122	87	0	9	0	8	10	2	0	1	347
Tartar Sauce	1 Ounce	104	89	0	3	0	3	10	2	0	--	259
Thousand Island Dressing	1 Ounce	132	111	0	5	0	4	12	2	0	9	236
Tomatoes, Cherry	1 Ounce	5	1	0	1	0	1	0	0	0	0	1
Tomatoes, Diced	1 Ounce	5	1	0	1	0	1	0	0	0	0	1
Tomatoes, Grape	1 Ounce	8	0	0	2	0	1	0	0	0	0	0
Tomatoes, Wedges	1 Ounce	5	0	0	1	0	1	0	0	0	0	4
Turkey, Julienne Slice	1 Ounce	41	21	4	1	0	1	2	1	0	17	297

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Vanilla Pudding	1 Ounce	38	11	0	7	0	5	1	1	0	1	55
Watermelon	1 Ounce	9	0	0	2	0	2	0	0	0	0	0
Whipped Topping	1 Ounce	80	60	0	5	0	5	7	6	0	0	16
Zucchini, Shredded or Sliced	1 Ounce	5	1	0	1	0	1	0	0	0	0	2

Cal...Calories

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ITEM	Serving Size	Cal (kcal)	Fat Cal (kcal)	Prot (g)	Carb (g)	Fib (g)	Sugar (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sod (mg)
Chicken Noodle Soup	1 Ounce	9	2	1	1	0	0	0	0	0	2	114
Clam Chowder Soup	1 Ounce	25	12	1	2	0	1	1	1	0	4	115
Cream of Broccoli with Cheese Soup	1 Ounce	23	13	1	2	0	1	1	1	0	5	121
Cream of Mushroom Soup	1 Ounce	25	16	1	2	0	1	2	0	0	1	166
Creamy Chicken & Rice Soup	1 Ounce	19	10	0	2	0	1	1	0	0	1	93
French Onion Soup	1 Ounce	9	3	0	1	0	1	0	0	0	0	74
Italian Wedding Soup	1 Ounce	27	5	1	4	0	0	1	0	0	1	51
Loaded Potato Soup	1 Ounce	29	15	1	2	0	0	2	1	0	5	82
Lumberjack Vegetable Soup	1 Ounce	13	5	0	2	1	0	1	0	0	1	148
Roasted Garlic Tomato Soup	1 Ounce	28	18	1	2	0	1	2	1	0	6	90
Steakhouse Chili	1 Ounce	24	4	1	4	1	1	0	0	0	1	131
Stuffed Green Pepper Soup	1 Ounce	16	3	1	2	0	1	0	0	0	1	124
Wisconsin Cheese Soup	1 Ounce	31	17	1	2	0	2	2	1	0	3	119

Cal...Calories

Fat Cal...Calories from Fat

Prot...Protein

Carb...Carbohydrates

Fib...Total Fiber

Sat Fat...Saturated Fat

Trans Fat...Transaturated Fat

Chol...Cholesterol

Sod...Sodium

(kcal)...kilocalorie

(g)...grams

(mg)...milligrams

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PONDEROSA

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7 layer Brownies	1 Ounce	106	35	1	17	1	12	4	1	1	3	93
Apple Berry Cobbler w/ Homestyle Crust	1 Ounce	40	2	0	9	0	7	0	0	0	2	30
Apple Cobbler	1 Ounce	66	18	0	12	0	8	2	0	0	0	40
Banana Nut Bread	1 Ounce	82	27	1	13	0	7	3	0	0	2	108
Berry Blue Gelatin	1 Ounce	21	0	0	5	0	5	0	0	0	0	20
Berry Cornbread Cobbler	1 Ounce	54	2	1	12	0	8	0	0	0	0	80
Blueberry Buckle Cake	1 Ounce	71	26	1	11	0	6	3	1	0	6	74
Bread Pudding	1 Ounce	63	18	1	10	0	6	2	0	1	6	43
Buttermilk Cheddar Biscuits	1 Ounce	87	33	3	11	0	2	4	2	0	16	249
Butterscotch Cookie Bar	1 Ounce	141	101	0	10	0	7	11	4	3	5	107
Cake Cones	1 Ounce	113	0	0	23	0	0	0	0	0	0	85
Caramel Apple Cobbler	1 Ounce	65	13	0	13	0	9	1	0	0	0	38
Carrot Cake	1 Ounce	94	40	1	13	0	9	4	1	1	2	85
Cheesecake	1 Ounce	62	16	1	11	0	9	2	1	0	1	79
Cherry Cobbler w/ Crumb Topping	1 Ounce	46	4	0	10	0	8	0	0	0	0	13
Cherry Cornbread Cobbler	1 Ounce	56	1	1	13	0	9	0	0	0	0	73
Cherry Dream Pie	1 Ounce	76	38	0	9	0	7	4	3	0	5	41
Cherry Dream Pie, Single Serve	1 Ounce	75	37	0	9	0	8	4	3	0	5	40
Chocolate Bundt Cake	1 Ounce	73	15	1	14	1	9	2	1	0	0	143
Chocolate Cake w/ Chocolate Icing	1 Ounce	84	32	1	13	1	9	4	1	1	5	93
Chocolate Cake w/ Whipped Icing	1 Ounce	81	38	1	10	0	6	4	2	0	16	110
Chocolate Cake w/ Cream Cheese Icing	1 Ounce	104	49	1	13	0	10	5	2	1	6	94
Chocolate Cake w/ German Chocolate Icing	1 Ounce	91	41	1	12	1	8	5	2	1	6	118
Chocolate Cherry Jubilee Cake	1 Ounce	78	29	1	12	1	8	3	1	0	11	82
Chocolate Chip Cookie Pie	1 Ounce	110	34	1	18	0	13	4	1	1	1	88
Chocolate Chip Cookies	1 Ounce	116	38	1	18	0	11	4	2	1	2	126
Chocolate Cream Cheese Pudding Pie	1 Ounce	72	37	0	9	0	6	4	2	0	3	63
Chocolate Cream Cheese Pudding Pie (Ramekin)	1 Ounce	79	45	1	8	0	6	5	3	0	5	60
Chocolate Cupcake w/ White Icing	1 Ounce	91	45	1	11	0	8	5	3	0	11	84
Chocolate Cupcake w/ Chocolate Icing	1 Ounce	88	34	1	13	1	10	4	1	1	9	68
Chocolate Cupcake w/ Cream Cheese Icing	1 Ounce	116	58	1	14	0	12	6	2	2	9	70
Chocolate Fudge	1 Ounce	113	40	1	19	1	18	4	1	1	1	41
Chocolate Macaroons	1 Ounce	116	51	1	16	1	14	6	5	0	5	39

ITEM	Serving Size	Cals (kcal)	Fat Cals (kcal)	Prot (g)	Carb (g)	Fib (g)	Sugar (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sod (mg)
Chocolate Mousse	1 Ounce	64	33	1	7	0	6	4	3	0	0	50
Chocolate Mousse Cake	1 Ounce	82	34	1	12	1	8	4	1	1	12	88
Chocolate Mousse Shooter	1 Ounce	84	41	0	10	0	8	5	4	0	0	35
Chocolate Peanut Butter Fudge	1 Ounce	119	54	2	16	1	15	6	1	1	1	55
Chocolate Peanut Butter Pie (Ramekin)	1 Ounce	86	34	1	12	1	10	4	3	0	0	58
Chocolate Pie (Ramekin)	1 Ounce	91	43	1	12	1	8	5	4	0	1	55
Chocolate Volcano Cake	1 Ounce	64	11	1	12	0	8	1	0	0	6	86
Cinnamon Bread	1 Ounce	92	19	2	44	0	6	2	1	0	6	0
Cinnamon Rolls (Petite)	1 Ounce	94	36	2	13	0	4	4	1	1	1	92
Coconut Cake	1 Ounce	86	30	1	13	0	9	3	2	0	7	120
Coconut Cream Pie - pie shell	1 Ounce	164	82	1	19	1	9	9	6	0	1	196
Coconut Cream Pie - pan	1 Ounce	216	101	1	28	1	19	11	8	1	3	192
Cookie Bar, Assorted	1 Ounce	126	77	0	12	0	10	9	3	2	4	78
Cookie Cups	1 Ounce	113	44	1	16	0	11	5	3	1	2	99
Cookie Sandwich	1 Ounce	113	44	1	16	0	11	5	3	1	2	98
Cookies and Cream Cake	1 Ounce	89	41	1	11	0	8	5	2	0	14	100
Cranberry Nut Bread	1 Ounce	81	26	1	13	0	7	3	0	0	2	124
Tooty Fruity Crispy Treats	1 Ounce	118	42	1	19	0	11	5	1	1	1	102
Garlic Toast	1 Ounce	106	56	2	11	1	0	6	2	0	0	182
Gelatin Parfait	1 Ounce	38	18	0	5	0	5	2	2	0	0	21
Gelatin, Assorted Red	1 Ounce	20	0	0	5	0	5	0	0	0	0	26
German Chocolate Brownies	1 Ounce	111	45	1	16	1	11	5	2	1	2	84
Goey Butter Bar	1 Ounce	216	98	2	28	0	23	11	3	2	26	238
Homestyle Rolls	1 Ounce	83	20	2	14	0	3	2	0	0	0	82
Icebox Lemon Pie	1 Ounce	45	5	0	10	0	8	1	0	0	0	30
Iced Brownies	1 Ounce	101	32	1	17	1	12	4	1	1	2	74
Key Lime Pie	1 Ounce	69	19	0	13	0	9	2	1	0	0	52
Lemon Pudding Cake	1 Ounce	58	9	1	11	0	6	1	0	0	0	130
Macaroons	1 Ounce	112	49	2	15	1	13	5	5	0	5	44
Maple Nut Swirl Cake	1 Ounce	102	35	1	16	0	10	4	1	1	9	65
Mint Chocolate Brownies	1 Ounce	106	32	1	18	1	14	4	1	1	2	75
Peach Cobbler w/ Homestyle Crust	1 Ounce	35	1	0	8	0	7	0	0	0	1	20
Peach Cobbler w/ Crumb Topping	1 Ounce	42	4	0	10	0	6	0	0	0	0	22
Peach Cornbread Cobbler	1 Ounce	54	1	1	13	0	7	0	0	0	0	79
Peanut Butter Chocolate Cups	1 Ounce	141	98	5	8	2	5	11	3	0	0	107
Peanut Butter Crispy Treats	1 Ounce	117	46	2	17	0	10	5	1	1	0	96
Peanut Butter Fudge	1 Ounce	118	50	3	16	1	14	6	1	0	0	53
Pineapple Upside Down Cake	1 Ounce	70	16	1	13	0	10	2	0	0	6	101
Pumpkin Bread Pudding	1 Ounce	65	16	1	11	1	5	2	0	0	4	55
Pumpkin Fluff Mousse	1 Ounce	58	30	0	7	1	3	3	3	0	0	43
Pumpkin Fluff Pie	1 Ounce	73	37	0	9	1	4	4	3	0	0	60

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Pumpkin Nut Bread	1 Ounce	86	29	1	13	1	7	3	0	0	2	129
Pumpkin Pie	1 Ounce	63	23	1	9	1	4	3	1	0	12	87
Raisin Bread	1 Ounce	76	9	2	15	0	8	1	0	0	3	1
Ranger Cookies	1 Ounce	127	58	1	16	0	9	6	3	1	1	65
Crispy Rice Treats	1 Ounce	119	42	1	19	0	9	5	1	1	1	118
S'more Brownies	1 Ounce	112	41	1	17	1	11	5	1	1	2	106
Snicker Doodle Cookies	1 Ounce	116	40	1	18	1	11	4	1	1	1	89
Soft Serve, Chocolate	1 Ounce	30	7	0	6	0	5	1	1	0	0	29
Soft Serve, Vanilla	1 Ounce	31	6	0	6	0	5	1	6	0	0	26
Strawberry Cake w/ White Icing	1 Ounce	73	20	1	12	0	9	2	1	0	5	96
Strawberry Cake w/ Cream Cheese Icing	1 Ounce	88	30	1	14	0	11	3	1	1	5	87
Strawberry Cream Cheese Cups	1 Ounce	75	36	1	9	0	8	4	2	0	8	41
Strawberry Cupcake w/ White Icing	1 Ounce	79	28	1	12	0	9	3	2	0	4	81
Strawberry Cupcake w/ Cream Cheese Icing	1 Ounce	104	44	0	15	0	12	5	2	1	5	71
Strawberry Cupcake w/ Whipped Icing	1 Ounce	69	23	1	11	0	8	3	2	0	5	89
Strawberry Mousse	1 Ounce	66	36	0	7	0	7	4	4	0	0	39
Strawberry Mousse Cake	1 Ounce	93	35	1	14	0	10	4	1	1	6	108
Sugar Cookie Pie	1 Ounce	116	46	1	16	0	9	5	2	1	2	80
Sugar Cookies	1 Ounce	117	43	1	18	0	10	5	1	1	1	96
Sugar Free Chocolate Cookies	1 Ounce	101	35	2	16	1	0	4	1	1	13	171
Sugar Free Ginger Spice Cake	1 Ounce	56	16	1	11	0	0	2	0	0	8	47
Sugar Free Mocha Cake	1 Ounce	45	22	1	6	0	0	2	1	1	8	39
Sugar Free Oatmeal Cookies	1 Ounce	98	30	2	17	0	0	3	1	1	14	134
Sugar Free Peanut Butter Cookies	1 Ounce	123	60	2	14	1	0	7	2	1	2	161
Sugar Free Pistachio Cake	1 Ounce	45	22	1	6	0	0	2	1	1	8	39
Summer Berry Parfait	1 Ounce	43	28	0	4	0	3	3	3	0	0	7
Very Berry Cobbler w/ Crumb Topping	1 Ounce	42	4	0	9	0	6	0	0	0	0	25
Yellow Cake	1 Ounce	78	24	1	12	0	8	3	1	0	8	141
Yellow Cupcake w/ White Icing	1 Ounce	89	36	1	12	0	9	4	3	0	6	108
Yellow Cupcake w/ Chocolate Icing	1 Ounce	87	26	1	15	0	11	3	1	1	5	89
Yellow Cupcake w/ Cream Cheese Icing	1 Ounce	114	51	1	15	0	13	6	2	2	6	86
Zucchini Bread	1 Ounce	88	32	1	13	0	7	4	0	0	2	127

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