



Nutritional Information

Table with columns for category (BREADS, DESSERTS, SALADS, SALAD DRESSINGS, ENTREES, SIDE ITEMS), item name, and 28 nutritional metrics (Calories, Fat, Carbs, Protein, Vitamins, Minerals, etc.) plus ingredients and allergens.

Hickory Smoked Bar B Q Pork (Serving Size: 1 lbs)	958.17	676.2	75.13	125%	25.75	129%	0.83	252	84%	750.91	38%	1.85	1%	0.29	1%	1.09	68.51	182.77	4%	0.02	0%	3.99	0%	3.45	19%	Milk, Sov	
Hickory Smoked Beef Brisket (Serving Size: 1 lbs)	1258.62	909.23	101.02	168%	40.71	204%	0	367.74	123%	890.5	45%	0.84	0%	0.34	1%	0	80.87	612.58	12%	0.9	2%	81.2	8%	7.12	40%	None	
Hickory Smoked Turkey (Serving Size: 1 lbs)	440	18	2	3%	0	0%	0	240	80%	2200	110%	4	1%	0	0%	4	92	0	0%	0	0%	0	0%	4.32	24%	None	
Hot Barbecue Sauce, Bulk (Serving Size: 6 fl oz)	191.1	8.63	0.96	2%	0	0%	0	0	0%	1943.7	97%	44.07	15%	2.72	9%	29.95	0.47	1514.14	30%	7.33	12%	52.4	5%	6.46	36%	Fish, Sov, Wheat	
Iced Tea, Sweetened, Bulk (Serving Size: 1 cups)	14.22	0	0	0%	0	0%	0	0	0%	0	0%	3.56	1%	0	0%	3.56	0	0	0%	0	0%	0	0%	0	0%	None	
Macaroni and Cheese, Bulk (Serving Size: 1 pints)	665.24	214.59	23.92	40%	7.18	36%	2.68	29.03	10%	1681.82	84%	87.55	29%	3.78	13%	10.43	19.31	473.5	9%	1.07	2%	260.59	26%	3.36	19%	Milk, Sov, Wheat	
Mashed Potatoes, Bulk (Serving Size: 1 pints)	619.1	193.57	21.5	36%	5.36	27%	4.86	14	5%	1667.13	83%	96.54	32%	8.36	28%	8.66	11.05	951.97	19%	34.56	58%	159.11	16%	1.46	8%	Milk, Sov	
Mesquite Chicken (Serving Size: 1 lbs)	667.64	336.5	37.38	62%	8.02	40%	0	213.64	71%	1629.06	81%	10.68	4%	0	0%	2.68	80.12	0	0%	0	0%	0	0%	0	0%	Sov, Wheat	
Mild Barbecue Sauce, Bulk (Serving Size: 6 fl oz)	240	0	0	0%	0	0%	0	0	0%	1800	90%	60	20%	0	0%	48	0	600	12%	21.6	36%	120	12%	8.64	48%	None	
Potato Salad, Bulk (Serving Size: 1 pints)	836.31	501.79	55.75	93%	0	0%	0	119.47	40%	1513.33	76%	75.67	25%	3.97	13%	15.92	7.96	0	0%	0	0%	0	0%	0	0%	Egg	
Smoked Sausage (Serving Size: 1 lbs)	1520	1224	136	227%	48	240%	0	280	93%	3920	196%	16	5%	0	0%	8	56	0	0%	0	0%	160	16%	2.88	16%	None	
Sweet Bar B Q Sauce, Bulk (Serving Size: 6 fl oz)	300	0	0	0%	0	0%	0	0	0%	1860	93%	78	26%	0	0%	48	0	0	0%	21.6	36%	120	12%	16.2	90%	None	
Turnip Greens, Bulk (Serving Size: 1 pints)	334.56	191.46	21.27	35%	3.78	19%	5.1	3.59	1%	2450.73	123%	31.24	10%	13.41	45%	4.12	8.83	46630.67	933%	236.89	395%	753.73	75%	4.65	26%	Milk, MSG, Sov	
White Beans, Bulk (Serving Size: 1 pints)	440.65	18.26	2.03	3%	0	0%	0	0	0%	1684.73	84%	72.07	24%	28.02	93%	0	28.04	400.71	8%	4.8	8%	160.26	16%	5.76	32%	MSG, Sov	
GRAVIES	CALORIES	CALORIES FROM FAT	TOTAL FAT GMS	PDV*	SAT FAT GMS	PDV*	TRANS FATS GMS	CHOL MG	PDV*	SODIUM MG	PDV*	TOTAL CARBS GMS	PDV*	DIETARY FIBER GMS	PDV*	TOTAL SUGARS GMS	TOTAL PROTEIN GMS	VIT A IU	VIT A PDV	VIT C MG	VIT C PDV	CALCIUM MG	CALCIUM PDV	IRON MG	IRON PDV	INGREDIENTS	ALLERGENS
Brown Gravy (Serving Size: 2 oz)	15.02	0	0	0%	0	0%	0	0	0%	331.9	17%	3	1%	0	0%	0	1	0	0%	0	0%	1.25	0%	0	0%	Milk, Sov, Wheat	
Giblet Gravy (Serving Size: 2 oz)	33.25	0	0	0%	0	0%	0	0	0%	245.09	12%	6.65	2%	0	0%	0	0	0	0%	0	0%	1.25	0%	0	0%	Egg, Milk, Sov, Wheat	
CONDIMENTS	CALORIES	CALORIES FROM FAT	TOTAL FAT GMS	PDV*	SAT FAT GMS	PDV*	TRANS FATS GMS	CHOL MG	PDV*	SODIUM MG	PDV*	TOTAL CARBS GMS	PDV*	DIETARY FIBER GMS	PDV*	TOTAL SUGARS GMS	TOTAL PROTEIN GMS	VIT A IU	VIT A PDV	VIT C MG	VIT C PDV	CALCIUM MG	CALCIUM PDV	IRON MG	IRON PDV	INGREDIENTS	ALLERGENS
Barbecue Sauce, Hot (Serving Size: 2 oz)	63.7	2.87	0.31	1%	0	0%	0	0	0%	647.9	32%	14.68	5%	0.9	3%	9.98	0.15	504.71	10%	2.44	4%	17.46	2%	2.15	12%	Fish, Sov, Wheat	
Barbecue Sauce, Mild (Serving Size: 2 oz)	80	0	0	0%	0	0%	0	0	0%	600	30%	20	7%	0	0%	16	0	200	4%	7.2	12%	40	4%	2.88	16%	None	
Pickle Slices (Serving Size: 2 pickle slices)	0.4	0.07	0.01	0%	0	0%	0	0	0%	104.03	5%	0.07	0%	0.07	0%	0	0.02	0.24	0%	0.05	0%	4.09	0%	0.03	0%	None	
Pickle Spear (Serving Size: 1 pickle spear)	2.23	0.21	0.02	0%	0.01	0%	0	0	0%	328.86	16%	0.51	0%	0	0%	0.23	0	0	0%	0	0%	0	0%	0	0%	None	
Pit Sauce (Serving Size: 2 oz)	50.21	35.24	3.91	7%	0.69	3%	1.03	0	0%	646.13	32%	2.3	1%	0.35	1%	1.36	0.13	228.46	5%	0.01	0%	4.98	0%	0.25	1%	Milk, Sov	
Sweet Sauce (Serving Size: 2 oz)	100	0	0	0%	0	0%	0	0	0%	620	31%	26	9%	0	0%	16	0	0	0%	7.2	12%	40	4%	5.4	30%	None	
Sweet Sauce (Serving Size: 1 oz)	50	0	0	0%	0	0%	0	0	0%	310	16%	13	4%	0	0%	8	0	0	0%	3.6	6%	20	2%	2.7	15%	None	