

SC FOOD CORRAL & HOT FOOD NUTRITION

Recipe Name	Serving Size	Serv Per Container	Calories	Total Fat(g)	Total Fat %	Saturated Fat(g)	Saturated Fat %	Trans Fat(g)	Cholesterol(mg)	Sodium(mg)	Sodium %	Total Carb.(g)	Total Carb. %	Dietary Fiber(g)	Dietary Fiber %	Sugars(g)	Added Sugars	Added Sugars %	Protein(g)	Vitamin D(mcg)	Vitamin D(%DV)	Calcium(mg)	Calcium(%DV)	Iron(mg)	Iron(%DV)	Potassium(mg)	Potassium %		
Albacore Tuna Salad & Crackers	8.6oz (245g)	1	400	21	27	3	15	0	45	770	33	25	25	9	4	15	5	0	0	25	2	9	46	4	2	14	530	11	
Albacore Tuna Sandwich	9.9oz (283g)	1	540	23	29	3.5	17	0	50	17	950	41	48	18	7	25	9	6	12	34	2	11	58	5	4	20	770	16	
Avocado Toast	3.57oz (101g)	1	170	9	11	1.5	7	0	0	190	8	21	8	4	13	2	0	0	4	0	0	23	2	2	8	250	6		
Bacon, Lettuce, Tomato & Avocado Wrap	10.7oz (304g)	1	990	71	91	15	73	0	50	17	1540	67	65	24	12	44	6	0	0	25	2	8	192	15	4	24	920	20	
BBQ Chicken Salad	10.3oz (293g)	1	380	21	27	8	39	0	75	25	800	35	26	10	6	23	10	6	13	23	0	0	71	6	2	10	750	15	
Berry Bar	5.8oz (163g)	1	380	19	25	12	59	0	50	16	420	18	50	18	3	9	26	21	42	4	1	2	38	4	2	10	180	4	
Berry, Almond & Goat Cheese Salad	7.3oz (208g)	1	240	10	12	2.5	12	0	15	4	90	4	35	13	6	21	11	0	1	10	1	2	151	12	3	17	450	10	
Blackened Shrimp Summer Rolls	9.7oz (274g)	1	440	27	35	3	14	0	100	34	1320	57	37	14	4	13	16	11	16	14	0	0	137	10	3	20	580	10	
Blackened Wild Alaskan Salmon Salad	12.4oz (352g)	1	600	41	52	10	52	0	80	27	1450	63	31	11	7	26	6	0	34	9	45	311	25	4	20	790	15		
Blueberry Muffin with Puffed Rice	5.6oz (159g)	1	490	22	28	4	20	0	70	23	410	18	70	25	1	3	39	36	72	5	0	0	3	15	0	0	0	0	
Caesar Salad	5.3oz (150g)	1	230	14	18	4	20	0	15	8	410	18	17	6	5	17	3	0	0	11	0	0	279	21	2	12	510	11	
Cheese & Crackers	9.7oz (274g)	1	750	43	54	25	124	0	120	41	810	35	56	20	5	18	28	0	0	37	0	0	671	52	3	18	240	5	
Chicken Caesar Salad	7.8oz (221g)	1	340	19	25	5	26	0	80	27	480	21	17	6	5	17	3	0	0	27	0	0	293	23	3	17	670	14	
Chicken Caesar Wrap	10.7oz (304g)	1	730	40	51	12	59	0	105	34	1180	51	57	21	4	15	4	0	0	36	1	1	418	32	6	31	500	11	
Chicken, Basil & Swiss Sandwich	11.8oz (335g)	1	880	39	51	9	46	0	105	35	1920	83	84	31	3	12	3	0	0	38	1	2	271	20	6	35	410	10	
Chipotle Chicken Wrap	12.3 oz (348g)	1	770	42	54	16	82	0	125	42	1160	50	57	21	4	13	5	0	0	39	1	2	492	38	5	29	480	10	
Chocolate Chocolate Chip Muffin with toffee candy	5.6oz (159g)	1	580	27	35	8	39	0	55	19	530	23	76	28	3	12	47	44	87	7	0	0	41	4	5	25	290	6	
Cilantro Lime Tortelloni Salad	11oz (311g)	1	520	33	42	7	34	0	50	16	970	42	53	19	6	21	10	5	10	16	0	0	209	16	3	17	510	11	
Citrus Chicken Couscous	11.5oz (326g)	1	530	25	32	2.5	13	0	55	19	700	31	56	20	4	16	20	7	14	20	0	0	92	8	2	10	390	8	
Classic Cobb Salad	9.8oz (276g)	1	360	23	29	9	43	0	190	63	710	31	11	4	6	6	3	0	0	30	1	6	206	16	3	19	910	19	
Cranberry Nut Muffin with granola	5.7oz (162g)	1	620	26	33	4	19	0	60	21	380	17	67	24	2	6	7	37	35	70	5	0	0	0	2	10	0	0	
Edamame Cup with Citrus Salt	6.1oz (173g)	1	110	3	4	0	0	0	0	140	6	11	4	9	31	2	0	0	0	9	0	0	46	4	2	9	15	0	
Fresh Strawberries	6oz (170g)	1	50	0.5	1	0	0	0	0	0	0	0	13	5	3	12	8	0	0	1	0	0	27	2	1	4	260	6	
Ginger Sesame Chicken Salad	7.3oz (208g)	1	270	11	14	1.5	9	0	60	19	560	24	25	9	3	11	9	4	9	18	0	0	116	10	3	20	540	10	
Greek Yogurt Parfait	8.7oz (247g)	1	420	11	14	4.5	23	0	35	11	115	5	65	24	5	16	42	22	43	19	0	0	202	15	2	10	35	2	
Green Goddess Grain Bowl	11.5oz (326g)	1	500	24	31	3.5	18	0	185	62	750	32	55	20	11	38	7	2	7	19	1	6	93	8	5	25	390	8	
Glorious Morning Muffin with raw sugar	5.7oz (162g)	1	620	35	45	6	30	0.5	0	530	23	69	25	3	11	41	37	75	7	0	0	36	4	3	15	5	0		
Ham & Swiss Sandwich	9.4oz (266g)	1	640	39	50	17	86	0	120	39	570	25	41	15	2	5	7	5	10	35	1	1	252	19	2	12	130	3	
Hard Cooked Eggs	10.3oz (293g)	1	800	26	36	11	56	0	95	31	2210	96	83	30	2	9	1	0	0	44	1	6	454	35	5	30	600	15	
Korean BBQ Tofu Summer Rolls	3.8oz (108g)	1	140	6	12	3	16	0	370	123	140	6	1	0	0	0	0	0	0	12	2	10	56	4	1	10	135	3	
Lemon Chicken Pasta Salad	9.9oz (280g)	1	680	49	62	4	20	0	0	1970	86	47	17	9	33	15	11	15	16	0	0	0	737	60	4	25	870	20	
Lemon Chicken Pasta Salad	11.3oz (319g)	1	750	31	39	7	36	0	190	64	450	20	82	30	1	3	2	0	0	36	0	0	216	17	6	35	590	13	
Miso Glazed Tofu Rice Bowl	10.5oz (298g)	1	590	25	31	3	15	0	0	1960	85	73	26	6	20	14	11	14	22	0	0	0	637	50	4	25	630	15	
Mixed Berry Overnight Oats	8.6oz (245g)	1	240	8	11	3	14	0	15	6	100	4	33	12	3	10	24	15	30	11	0	0	187	14	1	5	280	6	
Orange Cauliflower Rice Bowl	10.5oz (298g)	1	340	8	11	1	6	0	0	1710	74	57	21	6	21	6	2	0	0	6	10	0	0	72	6	2	10	600	15
Roast Beef & Pimento Cheese Sandwich	11.1oz (315g)	1	920	41	52	17	84	0	140	46	2660	116	81	30	3	11	2	0	0	45	0	0	301	25	5	30	480	10	
Roast Turkey & Swiss Crossant	9.4oz (266g)	1	640	39	50	17	86	0	120	39	570	25	41	15	2	5	7	5	10	35	1	1	252	19	2	12	130	3	
Roasted Cauliflower & Hummus Wrap	12oz (339g)	1	700	39	51	10	50	0	30	9	1090	47	70	25	13	47	8	0	0	31	0	1	427	33	7	37	720	15	
Seared Tuna Rice Bowl	10.5oz (298g)	1	450	15	19	2.5	13	0	30	11	1290	56	50	18	3	11	2	0	0	27	5	25	60	6	2	15	530	10	
Side of Chicken	3oz (85g)	1	140	6	8	1.5	7	0	75	26	80	4	0	0	0	0	0	0	0	0	0	0	17	1	1	6	200	4	
Southwest Shrimp & Quinoa	15.4oz (428g)	1	690	41	53	3.5	17	0	105	36	2100	91	60	22	8	28	9	6	12	23	0	0	114	10	4	20	680	15	
Strawberry Greek Yogurt Parfait	7.8oz (221g)	1	270	8	11	3	15	0	25	8	80	3	37	13	13	45	9	15	9	13	0	0	132	10	1	4	90	2	
Stuffed Croissant - Dulce de Leche	4.5oz (128g)	1	490	29	37	16	80	0	50	17	420	18	53	19	1	4	20	16	31	8	0	0	92	8	1	8	115	2	
Stuffed Croissant - Ham & Swiss	5.5oz (156g)	1	480	26	34	15	76	0	90	30	730	32	40	14	1	4	5	5	10	19	1	2	246	20	2	10	210	4	
Stuffed Croissant - Spinach & Feta	5.5oz (156g)	1	450	27	35	15	76	0	80	26	840	28	41	15	2	6	5	10	11	2	1	2	181	15	2	15	190	4	
Sweet & Spicy Salmon Summer Rolls	8.9oz (252g)	1	430	25	32	2.5	12	0	30	11	1370	59	36	13	3	11	16	12	16	17	6	30	88	8	3	15	460	10	
Sweet & Spicy Steak Noodles	11.8 (335g)	1	700	47	60	5	27	0	55	18	2690	117	53	19	4	14	30	26	53	21	0	0	76	6	3	15	640	15	
The Nordy Snack Pack	10oz (284g)	1	690	41	53	21	103	0	150	49	1730	75	30	11	3	9	12	1	3	45	1	2	445	34	3	15	280	6	
Tomatoes, Mozzarella & Cucumber	8.3oz (234g)	1	240	17	22	8	41	0	45	15	380	16	9	3	2	5	2	0	0	14	1	1	310	24	1	6	380	8	
Tuna Poke Rice Bowl	10.5oz (298g)	1	390	9	11	2																							