

MARKETPLACE QS / CAFÉ NORDSTROM NUTRITION

Recipe Name	Serving Size Grams	Serv Per Container	Calories	Total Fat(g)	Total Fat %	Saturated Fat(g)	Saturated Fat %	Trans Fat(g)	Cholesterol(mg)	Cholesterol %	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 %
Artichoke Spinach Dip	395	1	1240	81	104	22	110	0	90	30	3330	145	98	36	9	33	15	9	18	31	1	4	908	70	6	30	720	15
Cauliflower pizza crust - Nutrition ONLY	300	1	780	6	8	0	0	0	0	0	1740	76	174	63	12	43	18	18	36	6	0	0	120	9	6	36	180	4
Chef's Featured Steak - Fingerlings filet mignon	380	1	590	47	60	15	74	0	150	49	2440	106	29	10	6	20	2	0	0	40	0	0	153	10	9	50	1870	40
Chef's Featured Steak - Fingerlings skirt	408	1	650	39	51	12	58	1	140	46	2520	110	29	10	6	20	2	0	0	48	1	2	199	15	7	40	1900	40
Chicken Lemon Pesto Gnocchi	504	1	950	55	70	20	98	0	210	70	2970	131	61	22	5	16	3	0	0	54	1	4	471	35	6	30	1070	25
Cilantro Lime Salad	215	1	300	22	28	6	28	0	20	6	520	22	20	7	3	12	6	3	5	11	0	0	44	4	2	10	520	10
Cilantro Lime Salad with Petite Tender	386	1	630	41	53	10	51	0	115	38	1010	44	20	7	3	12	6	3	5	45	0	0	44	4	6	30	530	10
Cilantro Lime Salad with Roasted Chicken	357	1	510	31	40	8	39	0	135	45	710	31	20	7	3	12	6	3	5	38	0	0	69	6	4	20	820	15
Cilantro Lime Salad with Wild Pacific Shrimp	348	1	450	29	37	6	31	0	185	62	1340	58	21	8	3	12	6	3	5	29	0	1	120	10	2	15	680	15
Cilantro Lime Salad with Alaskan Sockeye Salmon	329	1	500	32	41	7	35	0	85	28	810	35	20	7	3	12	6	3	5	39	11	60	53	4	3	15	530	10
Cilantro Lime Salad with Roasted Cauliflower	357	1	400	25	32	6	29	0	20	6	1040	45	28	10	8	28	11	3	5	15	0	0	91	8	4	15	960	20
Clam Chowder Cup (includes crostini)	187	1	310	24	31	15	75	0	80	26	820	36	20	7	1	4	2	0	0	5	0	2	80	6	1	5	220	5
Clam Chowder (includes crostini)	357	1	550	45	58	28	140	0	150	49	1470	64	31	11	2	8	4	0	0	8	1	4	123	9	2	9	430	9
French Dip w/chips	512	1	1150	54	69	19	95	0	190	63	3950	209	96	35	5	20	5	4	8	65	1	2	406	31	9	50	730	15
French Dip w/side salad	543	1	1050	52	67	19	93	0	190	64	3480	188	76	28	5	16	5	4	8	64	1	2	435	33	9	49	830	18
French Dip w/side caesar	578	1	1080	52	67	19	97	0	195	65	3630	158	81	29	5	19	6	3	6	67	0	0	500	40	10	50	990	20
Ginger Sesame Salad	227	1	450	28	36	2.5	12	0	5	2	930	40	43	16	6	20	15	7	14	10	0	0	175	13	4	25	600	13
Ginger Sesame Salad with Petite Tender	404	1	780	43	56	7	33	0	100	34	1800	78	43	16	6	20	15	7	14	45	0	0	175	15	8	45	620	15
Ginger Sesame Salad with Roasted Chicken	369	1	660	38	48	4.5	23	0	120	40	1120	49	43	16	6	20	15	7	14	37	0	0	200	15	6	33	900	19
Ginger Sesame Salad with Wild Pacific Shrimp	346	1	580	34	43	3	14	0	175	58	1730	75	44	16	6	20	15	7	14	28	0	1	250	19	5	27	760	16
Ginger Sesame Salad with Alaskan Sockeye Salmon	346	1	660	39	49	3.5	18	0	70	23	1440	63	43	16	6	20	15	7	14	38	11	57	184	14	5	28	610	13
Ginger Sesame Salad with Roasted Cauliflower	369	1	550	20	25	1.5	8	0	10	3	1500	65	57	21	10	36	19	7	14	14	0	0	198	15	6	30	1040	20
Green Goddess Grain Bowl	433	1	610	31	40	4	21	0	185	62	1490	65	68	25	11	38	17	9	17	19	1	6	136	10	6	30	690	15
Green Goddess Grain Bowl with Petite Tender	610	1	930	46	59	9	43	0	280	94	2370	103	68	25	11	38	17	9	17	54	1	6	136	10	9	50	700	15
Green Goddess Grain Bowl with Roasted Chicken	589	1	810	40	52	6	32	0	300	100	1720	75	68	25	11	38	17	9	17	47	1	6	162	10	7	40	980	20
Green Goddess Grain Bowl with Wild Pacific Shrimp	567	1	750	38	49	5	24	0	355	118	2310	100	69	25	11	39	17	9	17	38	1	6	213	15	6	35	850	20
Green Goddess Grain Bowl with Alaskan Sockeye Salmon	553	1	810	41	53	6	28	0	250	84	1980	86	68	25	11	38	17	9	17	47	12	60	145	10	6	35	690	15
Green Goddess Grain Bowl with Roasted Cauliflower	589	1	710	34	44	4.5	23	0	185	62	2010	88	76	28	15	54	21	9	17	23	1	6	180	15	7	35	1120	25
Heirloom Tomatoes and Burrata	252	1	470	34	44	11	54	0	45	15	920	40	23	8	2	8	1	1	2	13	0	0	351	27	2	11	320	7
Little Gem Caesar	277	1	450	37	47	9	47	0	45	14	1010	44	15	6	4	14	6	0	0	20	1	2	518	40	4	25	730	16
Little Gem Caesar with Petite Tender	462	1	780	52	66	14	68	0	140	46	1500	65	15	6	4	14	6	0	0	55	1	2	518	40	8	45	740	15
Little Gem Caesar with Roasted Chicken	433	1	660	46	59	12	58	0	160	53	1240	54	16	6	4	14	6	0	0	59	1	2	530	40	9	50	740	15
Little Gem Caesar with Wild Pacific Shrimp	420	1	590	42	54	10	49	0	210	70	1810	79	17	6	4	14	6	0	0	38	0	2	592	46	5	26	890	19
Little Gem Caesar with Alaskan Sockeye Salmon	393	1	650	45	57	11	53	0	105	36	1310	57	15	6	4	14	6	0	0	48	12	58	526	40	5	28	740	16
Little Gem Caesar with Roasted Cauliflower	431	1	550	43	55	10	49	0	40	13	1950	85	31	11	9	31	10	0	0	23	1	2	536	40	6	30	1180	25
Margherita Pizza	438	1	850	30	38	14	71	0	65	22	1210	53	105	38	5	18	4	0	0	39	0	2	652	50	2	10	330	7
Mediterranean Hummus	376	1	1220	72	92	11	53	0	15	4	1990	86	125	46	16	57	17	9	18	21	0	0	319	25	10	60	880	20
Nordstrom Double Beef Burger - Chips	472	1	1320	85	109	28	142	3.5	225	75	2650	115	77	28	4	14	11	5	11	59	1	5	513	39	8	47	970	21
Nordstrom Double Beef Burger w/side salad	503	1	1210	83	106	28	141	3.5	230	76	2180	95	57	21	3	11	11	5	10	57	1	5	543	42	8	46	1080	23
Nordstrom Double Beef Burger w/side caesar	509	1	1220	83	106	29	146	3.5	235	78	2250	98	56	20	4	13	10	2	4	60	1	6	605	45	9	50	1150	25
Nordstrom Double Beef Burger with Beyond Burger w/chips	415	1	1160	70	89	20	101	0.5	65	22	3090	134	86	31	7	25	11	5	11	50	1	5	616	47	11	60	460	10
Nordstrom Double Beef Burger with Beyond Burger & side salad	446	1	1060	68	87	20	99	0.5	65	22	2620	114	66	24	6	21	11	5	10	48	1	5	645	50	11	59	560	12
Nordstrom Double Beef Burger with Beyond Burger & side caesar	452	1	1060	68	87	21	104	0.5	75	24	2680	117	65	24	7	24	10	2	4	51	1	6	707	50	11	60	630	15
Pan Seared Chicken	413	1	540	32	41	6	28	0	220	74	1260	55	7	3	2	7	3	1	1	56	0	0	141	11	4	21	870	19
Penne Bolognese and Meatballs	477	1	970	60	77	25	126	0	260	87	3390	302	60	22	2	7	6	0	0	24	1	4	340	26	5	29	750	16
Portabella Mushroom Ravioli	338	1	780	58	74	25	124	0	145	48	2230	97	44	16	4	16	6	0	0	23	1	7	394	30	1	7	600	13
Roasted Turkey and Avocado Club w/chips	404	1	850	46	59	9	44	0	95	31	2860	124	66	24	6	23	9	3	6	42	1	5	69	5	5	29	610	13
Roasted Turkey and Avocado Club w/side salad	448	1	740	44	56	8	42	0	95	32	2390	104	46	17	5	19	9	3	6	41	1	5	98	8	5	28	720	15
Roasted Turkey and Avocado Club w/side caesar	462	1	760	44	56	9	47	0	100	34	2490	108	48	18	6	22	10	2	4	44	1	6	166	15	6	35	830	20
Roma Tomato Basil Soup Cup (includes crostini)	170	1	230	16	20	9	43	0	45	15	710	31	18	7	3	9	5	0	0	5	1	1	114	9	2	11	420	9
Roma Tomato Basil Soup Bowl (includes crostini)	340	1	380	28	36	15	75	0	85	28	1260	55	28	10	5	18	11	0	0	7	0	2	191	15	4	21	840	18
Rustic Cheddar Chive Biscuit	109	1	320	18	23	11	57	0	50	17	450	19	30	11	1	4	3	1	2	9	1	2	280	22	2	11	115	2
Santa Fe Chicken Panini w/chips	395	1	1050	67	85	17	84	0	145	49	2070	90	74	27	8	28	10	2	4	42	1	1	105	8	6	35	790	17
Santa Fe Chicken Panini w/ side salad	426	1	940	64	83	16	82	0	150	50	1600	70	54	19	7	25	10	2	3	41	1	1	134	10	6	34	900	19
Santa Fe Chicken Panini w/ side caesar	460	1	970	65	83	17	87	0	155	51	1710	74	56	21	8	30	13	1	1	43	1	2	202	15	7	40	1030	20
Shrimp and Arugula with Sweet Corn	390	1	560	37	48	9	45	0	210	69	1990	86	29	11	3	11	7	2	4	29	1	2	346	27	2	14	710	15
Shrimp Scampi Pizza	495	1	1330	70	90	25	125	0	255	85	2800	122	11															