

Panda Express

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Appetizers						
Chicken Potstickers (3)	160	1.5	250	20	1	6
Vegetable Spring Rolls (2)	240	2	560	24	2	4
Chicken						
Grilled Teriyaki Chicken	275	3	470	14	0	33
Grilled Asian Chicken	275	3	470	14	0	33
String Bean Chicken Breast	210	2	560	13	5	12
SweetFire Chicken Breast	360	3	370	40	2	15
Sweet & Sour Chicken Breast	300	3	260	40	1	10
Vegetables						
Super Greens (entrée)	45	0	130	5	3	3
Eggplant Tofu	340	3.5	520	23	3	7
Beef						
Broccoli Beef	150	1.5	520	13	2	9
Beijing Beef	480	5	600	46	2	14
Seafood						
Honey Walnut Shrimp	360	3.5	590	27	1	11
Golden Treasure Shrimp	360	3	440	35	2	14
Wok-Fired Shrimp	190	1	1140	19	1	17
Sides						
<i>Most Nutrient Dense</i>						
Brown Steamed Rice	420	1	15	86	4	9
Super Greens	90	0	260	10	5	6
Sauces – 0.25 oz						
Plum Sauce	15	0	55	3	0	0
Hot Mustard	10	0	115	0	0	0
Chili Sauce	10	0	125	2	0	0

*Did you know a side order of Chow Mein is 510 calories and 820 mg Sodium.