

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)	190	1.5	520	27	2	3
Chicken						
Grilled Teriyaki Chicken	300	4	530	8	0	36
Grilled Asian Chicken	300	4	530	8	0	36
String Bean Chicken Breast	190	2	590	13	4	14
SweetFire Chicken Breast	380	3	320	47	1	13
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
Seafood						
Honey Walnut Shrimp	360	3.5	440	35	2	13
Golden Treasure Shrimp	360	3	440	35	2	14
Firecracker Shrimp	110	0.5	630	7	1	11
Sides <i>Most Nutrient Dense</i>						
Brown Steamed Rice	420	1	15	86	4	9
Super Greens	90	0	260	10	5	6
Sauces						
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.