

Panda Express

CHICKEN

	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Protein (g)
Grilled Teriyaki Chicken	300	4	530	8	36
Grilled Asian Chicken	300	4	530	8	36
String Bean Chicken	190	2	590	13	14
SweetFire Chicken Breast	380	3	320	47	13
Sweet & Sour Chicken Breast	300	3	260	40	10

SIDES

Most Nutrient Dense

	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Protein (g)
Brown Steamed Rice	420	1	15	86	9
Mixed Vegetables (side)	80	0	540	16	4

BEEF

	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Protein (g)
Broccoli Beef	150	1.5	520	13	9

SEAFOOD

	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Protein (g)
Honey Walnut Shrimp	360	3.5	440	35	13
Golden Treasure Shrimp	360	3	440	35	14

SAUCES

	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Protein (g)
Plum Sauce	15	0	55	3	0
Hot Mustard	10	0	115	0	0
Chili Sauce	10	0	125	2	0

VEGETABLES

Fork Friendly Selections are no more than 4 grams saturated fat and less than 600 mg sodium

	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Protein (g)
Hot Szechuan Tofu	140	1	580	10	6
Super Greens (entrée)	90	0	260	10	6
Eggplant Tofu	340	3.5	520	23	7