

Usdan Dining Hall Nutrient Information Tables*

Washoku: Week 1 Jan '10

values in red exceed criteria

Item	Portion	Eat Well Selection?	Calories	Fat (gms)	Protein (gms)	Carbs (gms)	Fiber (gms)	Sodium (mgs)	Chol (mgs)
Temple garden chowder (M)	1 cup	N	70	1.5	2	12	2	550	0
Lotus root chips w/5-flavored salts	1 serv	N	190	16	2	12	3	140	0
Gingery seared pork	3 oz	N	430	29	20	21	1	60	70
Mushroom, lotus root & tofu soup (T)	1 cup	N	100	3.5	7	11	3	420	0
Fiery parsnips	1 serv	N	50	1	1	10	2	660	0
Salt-broiled king salmon	3 oz	N	200	12	21	2	0	750	55
Miso soup w/enoki (W)	1 cup	N	100	4	8	10	3	430	0
Ginger stewed Japanese eggplant	1 serv	Y	40	1.5	1	7	2	340	0
Citrus-soy glazed swordfish	3 oz	Y	90	3	14	2	0	280	30
Egg drop soup (Th)	1 cup	Y	15	0	1	2	1	260	0
Rice & edamame	1 cup	N	340	2.5	11	65	3	780	0
Pepper crusted grouper	3 oz	Y	130	4.5	21	1	0	170	40
Green soybean soup (F)	¾ cup	Y	80	1.5	6	12	1	280	0
Tosa sea salad	1 serv	N	40	0	2	8	2	890	0
Tangy seared chicken wings	6 oz	N	360	16	23	30	1	3290	55

*The nutritional information provided may vary. Dining Services may at times substitute ingredients based on product availability. Portion size can also affect the nutritional accuracy. For further information, please contact the Food Service Manager or Campus Nutritionist.