

Good Eats Nutrition Information

Marketing Name	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Pesto Turkey & Monterey Jack Cheese	1 each	720	280	31	9	0	95	1790	66	3	3	42
Chipotle Chicken Sandwich	1 each	920	440	49	17	0	135	1870	68	3	4	52
Asian Salad	1 each	420	198	22	4	0	0	634	50	10	6	12
Caesar Salad	1 each	670	432	48	11	0	23	1645	45	4.5	6	19
Chicken Spinach Salad	1 each	490	252	28	7	0	268	1110	18	4	12	39
Diced Chicken	3 oz	180	105	12	3	0	82.5	218	0.75	0	0	18
Sliced Turkey	3 oz	95	15	1.5	0	0	55	40	0	0	0	21
Hardboiled Egg	1 each	80	45	5	2	0	187	62	1	0	1	6
Almonds	2 tbsp	90	54	8	1	0	0	0	4	2	1	3
Bacon	2 slices	120	76	8	3	0	24	404	0	0	0	8
Rotisserie-Style Chicken (Dark Meat)	leg quarter	400	260	29	7	0	205	1520	8	0	3	37
Rotisserie-Style Chicken (White Meat)	breast quarter	300	108	12	4	0	165	590	0	0	0	43
Mac & Cheese	8 oz	400	220	24	9	0.5	45	780	29	<1	7	15
Seasoned Vegetable Medley	1/2 cup	60	0	0	0	0	0	30	12	4	3	3
Creamy Garlic Mashed Potatoes	1/2 cup	120	27	3	2	0	10	90	21	2	2	2
Whole Grain Breadstick	3	300	90	10	2	0	0	300	46	4	2	4
Fresh-Baked Cookie	1 each	360	144	16	10	0	40	270	54	2	52	3

Updated 8-21-2023