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Nutritional Analysis

Information for analysis was collected from the internet, U.S. Department of Agriculture, UW–Stout’s food suppliers and Bowes and Church’s Food Values of Portions Commonly Used, 18th edition. The information is a guide to the approximate nutrient content of foods. Persons on special diets may require more specific nutrient information.

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University Dining Services would like to help you make healthy food choices and provides this brochure to assist you in selecting nutritious food choices. Please call 232-1094 if you have questions regarding menu items served by University Dining Services in the Memorial Student Center.

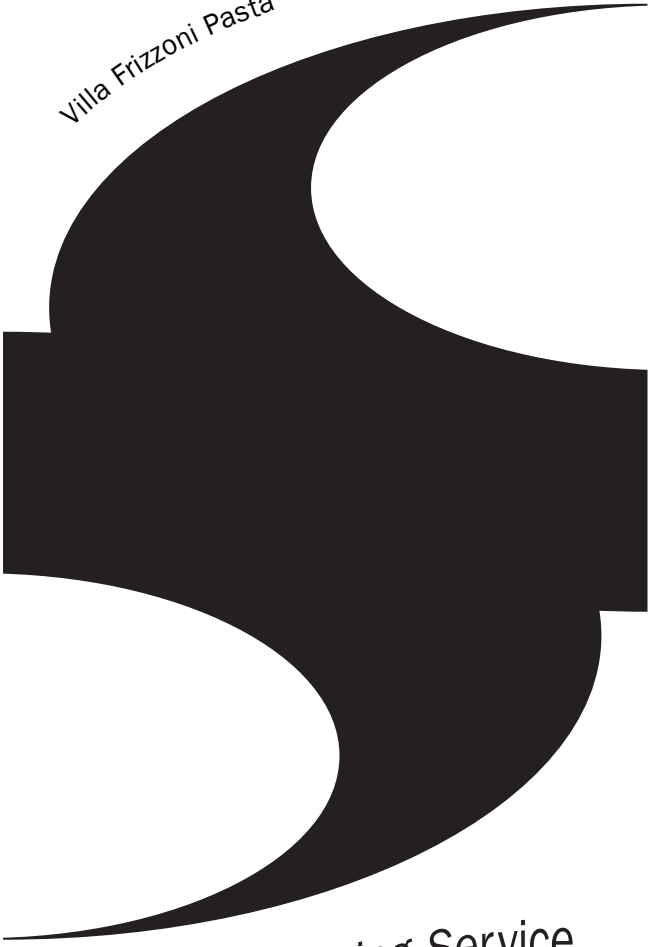


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Pasta & Asian

Nutrition Guide

Villa Frizzoni Pasta • Asian Creations



University Dining Service

	Serving	Calories	Carbs (in grams)	Protein (in grams)	Total Fat (in grams)	Fiber (in grams)
•VILLA FRIZZONI						
PASTA BAR						
Pasta:						
Penne Rigate Noodles	7 oz.	263	49	8	2	2
Linguine Noodles	7 oz.	290	49	8	6	2
Sauces:						
Alfredo Sauce	5 oz.	227	13	9	16	0
Marinara Sauce (meatless)	5 oz.	106	16	3	3	1
Meat Sauce	5 oz.	275	22	11	17	0
Breadstick	1 stick	110	17	3	4	1
•ASIAN CREATIONS						
STIR FRY						
Rice:						
Fried Rice	6 oz.	232	36	7	7	1
White Rice	6 oz.	235	47	4	3	1
Ingredients: (Veggie=8 ounces vegetables; Shrimp or Chicken= 3 oz. meat and 4 oz. vegetables)						
Chicken, breast	3 oz.	110	0	20	3	0
Shrimp	3 oz.	90	1	17	2	0
Broccoli	2 oz.	16	3	2	0	1
Carrots	2 oz.	24	6	0	0	1
Green Onions	2 oz.	14	4	0	0	0
Pea Pods	2 oz.	23	5	0.5	0	0.5
Peppers, green & red	2 oz.	14	4	0	0	1
Water Chestnuts	2 oz.	18	4	0	0	1
Zucchini	2 oz.	8	2	0	0	1
Sauces:						
Classic Tsang Sauce	2 oz.	83	13	0	3	0
Peanut Sauce	2 oz.	180	16	4	10	0
Sweet 'n Sour	2 oz.	74	18	0	0	0
Teriyaki	2 oz.	100	20	0	0	0
Fortune Cookie						
Fortune Cookie	1 cookie	29	6	0	0	0