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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.

Soups & Salad Bar Items Nutrition Guide



University Dining Service



	Serving	Calories	Carbs (in grams)	Protein (in grams)	Total Fat (in grams)	Fiber (in grams)		Serving	Calories	Carbs (in grams)	Protein (in grams)	Total Fat (in grams)	Fiber (in grams)
Salad Dressings <i>(serving size is 2 tblsp. or 1 oz.)</i>							Soups (served in Terrace only) <i>(cup of soup is 6 oz. bowl of soup is 12 oz.)</i>						
Bleu Cheese	2 tblsp.	140	2	1	14	0	Beef Barley	6 oz.	57	7	4	2	1
French, fat free	2 tblsp.	45	12	0	0	0	Cheese Tortellini	6 oz.	91	15	4	2	1
French	2 tblsp.	120	4	0	12	0	Chicken Dumpling	6 oz.	67	8	5	2	0.5
Italian, fat free	2 tblsp.	10	2	0	0	0	Chicken Noodle	6 oz.	75	5	6	4	0
Italian	2 tblsp.	182	7	0	18	0	Chicken and Rice	6 oz.	75	9	7	2	0.5
Ranch	2 tblsp.	170	2	0	18	0	Creamy Chicken Wild Rice	6 oz.	198	16	6	11	0.5
							Cream of Broccoli	6 oz.	228	12	9	16	1
Salad Bar							Cream of Potato	6 oz.	154	22	6	5	1
Alfalfa Sprouts	2 tblsp.	1	0	0	0	0	Old Style Vegetable Beef	6 oz.	104	7	6	6	2
Bacon Bits	1 tblsp.	20	1	2	1	0	Potato Patch	6 oz.	156	16	4	9	1
Broccoli	2 tblsp.	3	0.5	0	0	0	Split Pea	6 oz.	104	16	6	2	4
Carrots, Baby	1 oz.	12	3	0.3	0	1	Tomato	6 oz.	112	13	3	6	1
Cauliflower	2 tblsp.	3	1	0	0	0	Wisconsin Cheese	6 oz.	248	14	10	17	1
Cottage Cheese	1/2 cup	100	4	16	2	0							
Cheese, Cheddar	2 tblsp.	56	0	3	5	0	Soups (Served in Pawn only)						
Chicken, Cubed	1 oz.	47	0	9	1	0	Campbell's brand soups)						
Croutons	2 tblsp.	30	5	1	1	0	Beef Vegetable	1 cup	90	15	6	1	3
Cucumber	2 tblsp.	7	1	0	0	0	Cheesy Vegetable	1 cup	230	17	7	15	2
Eggs, Chopped	2 tblsp.	27	0	2	2	0	Chicken Chipotle	1 cup	170	12	5	11	2
Garbanzo Beans	1 oz.	22	4	1	0	1	Chicken Dumpling	1 cup	160	20	9	5	3
Ham, Cubed	2 tblsp.	33	0	2	1	0	Chicken Gumbo	1 cup	120	18	8	2	3
Lettuce, Iceberg	1 cup	10	2	1	0	1	Chicken Noodle	1 cup	100	15	8	1	2
Mushrooms	2 tblsp.	2	0	0	0	0	Chicken Thai	1 cup	170	13	4	11	1
Olives, Black	1 oz.	24	2	0	2	0	Chicken Torilla	1 cup	110	18	7	1.5	3
Olives, Green	5 each	15	1	0	1	0	Chicken Wild Rice	1 cup	180	19	7	8	1
Onion, Red	2 tblsp.	8	2	0	0	0	Clam Chowder, New England	1 cup	160	20	6	6	4
Peas, Green	2 tblsp.	15	2	1	0	0	Cream of Asparagus	1 cup	180	14	3	13	2
Peppers, Green	2 tblsp.	4	1	0	0	0	Cream of Potato w/ Bacon	1 cup	180	21	5	8	4
Peppers, Red	2 tblsp.	4	1	0	0	0	Cream of Potato	1 cup	160	26	4	4	5
Radishes	2 tblsp.	2	1	0	0	0	Creamy Cauliflower	1 cup	140	15	3	7	2
Spinach	1 cup	12	2	2	0	1	Corn and Chicken Chowder	1 cup	160	24	5	4.5	2
Sunflower Seeds	2 tblsp.	170	4	6	16	0	Garden Vegetable	1 cup	110	17	5	3	3
Turkey, Cubed	2 tblsp.	33	0	2	1	0	Hearty Cheese and	1 cup	230	17	7	15	2
Tofu, Cubed	1 oz.	21	1	3	1	1	Vegetable Medley						
Tomatoes	1 oz.	4	1	0	0	0	Homestyle Chicken Noodle	1 cup	70	12	5	5	1
							Italian Wedding	1 cup	120	16	7	3	1
Terrace Specialty							Minestrone	1 cup	60	12	3	0.5	2
Salads (served on a salad bar)							Red Potato Cheese	1 cup	160	16	4	9	2
Balsamic Pasta	4 oz.	146	27	6	1	1	Rosemary Chicken &	1 cup	80	12	5	1	1
Caesar Pasta	4 oz.	254	30	6	11	1	Dumpling						
Creamy Italian Pasta	4 oz.	190	26	4	8	1	Rustic Beef & Mushroom	1 cup	80	10	7	1	2
Greek Salad	4 oz.	227	16.5	3	15.5	1	Tomoto Florentine w/ Pasta	1 cup	80	15	4	1	2
Ranch Pasta	4 oz.	163	24	4	6	1	Tomato Tortellini	1 cup	100	19	4	1	2
Salsa Salad	4 oz.	153	24	5	3	1	Wisconsin Cheese	1 cup	220	15	8	14	3
Sesame Salad	4 oz.	182	20	2	11	0.5	15 Bean	1 cup	120	22	6	0.5	7
Tuna Pasta	4 oz.	158	19	7	6	1	<i>*Soups served may change depending on availability</i>						