

ITEM

	CALORIES	TOT FAT	SAT FAT	TRANS FAT	CHOLES.	SODIUM	CARBS	SUGARS	PROTEIN
		gm	gm	gm	mg	mg	gm	gm	gm
BLACK BEAN RICE	120	0	0	0	0	56	25	0	3
CHEDDAR CHIVE SPUDS	329	16	10	0	51	359	33	2	14
CHEESEY RICE	153	4	2	0	7	210	25	1	4
DIRTY RICE	136	3	1	0	0	10	24	1	3
FLORENTINE RICE PILAF	109	1	0	0	2	403	22	2	3
FRIED JOJOS	202	12	2	1	0	313	23	0	2
GARLIC ROASTED YUKON GOLDS	131	4	1	0	0	7	22	1	3
GUMBO POTATOES	230	5	1	0	0	33	45	3	4
HERB ROASTED NEW POT	125	4	1	0	0	26	58	2	5
HERB ROASTED YUKON GOLDS	124	4	1	0	0	7	21	1	2
IRISH MASHED POT	217	10	3	0	7	119	29	2	5
ITALIAN RICE PILAF	107	1	0	0	2	399	22	2	3
KYLE'S CHEESIEST POTATOES	231	12	7	0	34	340	21	2	12
LOUISIANA PECAN RICE	206	10	2	0	0	374	25	1	5
LYONNAISE POTATOES	196	5	1	0	0	13	36	8	4
MAMAS POPPAS	351	9	1	0	0	73	64	2	6
RISOTTO ALMONDINE	309	12	4	0	15	247	39	1	10
RISOTTO FLORENTINE	252	5	1	0	1	43	22	1	5
VEGETABLE LO MEIN	410	6	1	0	93	369	72	1	15