



FIND YOUR FOOD FACTS

PASTA & SANDWICHES

Nutritional values listed below are to be used as guidelines only to help make better choices.

03/23/2011

PASTA

	CALORIES	FAT (G)	SAT FAT (G)	PROTEIN (G)	CARBS (G)	FIBER (G)	SOD (MG)
Fettuccine, 1 cup	200	1	0	7	42	2.5	0
Linguine, 1 cup	200	1	0	7	42	2	300
Mushroom Ravioli, 1/2 cup	250	12	1.5	9	39	1.5	0
Rigatoni, 1 cup	200	6	0	7	42	2	0
Spaghetti, 1 cup	200	1	0	7	43	2	0
Tortellini, cheese, 3/4 cup	249	9	3	11	38	1.5	499

SAUCES, 1/2 cup

Marinara Sauce	111	4	1	2	17	3	372
Alfredo Sauce	324	34	15	2	4	0	71
Veal Stock	56	2	1	7	1	0	113
Chicken Stock	54	5	1	2	1	0	85
Bolognese Sauce	122	8	5	5	8	1	413
Basil Pesto	190	19	6	4	2	1	350
Cilantro Pesto	138	13	4	3	2	1	184
Bechamel	153	9	7	7	12	0	191
BBQ Sauce	188	0	0	0	45	1	1059

DELI, 4 oz

Black Forest Ham	140	4	1	20	1	0	1020
Pastrami	160	8	4	24	1	0	900
Prosciutto	240	12	8	32	4	0	2000
Salami	292	24	12	16	4	0	1380
Tuna Salad	143	6	4	17	4	0	345
Chicken Salad	230	14	9	18	8	0	296
Roast Turkey	120	4	1	28	2	0	380
Corned Beef	280	20	8	22	0	0	900
Roast Beef	160	5	3	28	0	0	100
Egg Salad	252	19	10	13	7	0	298

BREADS

Dutch Crunch Roll	80	1	0	3	19	1	270
Sourdough Roll	110	0	0	4	23	0	230
Sourdough, 2 slices	190	1	0	7	40	0	410
Honey Wheat, 2 slices	150	2	0	5	30	1	320
Nine Grain, 2 slices	170	2	0	6	32	1	340
Rye, 2 slices	180	1	0	6	37	2	350

EXTRAS

Bacon, 1 slice	120	10	4	7	0	0	540
Avocado, varieties, 1/4 whole	57	6	0	1	3	2	5

DELI SANDWICHES

Roast Beef, Seven Grain & Cheddar	470	17	2	32	40	4	460
Black Forest Ham, Whole Wheat & Swiss	540	22	8	46	39	6	1520
Roasted Turkey, Sourdough & Jack	520	24	7	46	34	2	980
Corned Beef, Rye & Swiss	540	22	15	46	34	2	1500
Pastrami, Rye & Swiss	540	22	12	46	35	2	1500
Salami, Sourdough	580	37	12	26	34	2	1660
Tuna on Sourdough	323	10	8	23	36	2	625
Egg Salad on Whole Wheat	432	21	16	21	43	6	678
Chicken Salad on Seven Grain	410	16	12	26	44	6	676