



PANDA EXPRESS ENTREES NUTRITIONAL INFORMATION

	Serving Size (oz)	Calories	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol (mg)	Sodium (mg)	Total Carb	Dietary Fiber	Sugars	Protein
CHICKEN												
Chicken with Mushroom	5.5 oz	130	60	6 g	1.5 g	0	45 mg	520 mg	8 g	3 g	4 g	11 g
Chicken Breast with String Beans	5.5 oz	160	70	8 g	1.5 g	0	25 mg	550 mg	10 g	4 g	3 g	12 g
Chicken Breast with Sacha Sauce	5.5 oz	170	80	9 g	1.5 g	0	30 mg	510 mg	9 g	2 g	5 g	13 g
Kung Pao Chicken 🌶️	5.5 oz	240	130	15 g	3 g	0	65 mg	540 mg	12 g	5 g	3 g	16 g
Black Pepper Chicken 🌶️	5.5 oz	200	100	12 g	2.5 g	0	80 mg	820 mg	11 g	2 g	4 g	13 g
Chicken with Potato	5.5 oz	200	90	10 g	2 g	0	55 mg	990 mg	21 g	2 g	8 g	11 g
Kung Pao Cashew Chicken Breast	5.5 oz	200	80	9 g	1.5 g	0	40 mg	490 mg	12 g	3 g	4 g	18 g
Cousin Thai's Spicy Chicken Breast 🌶️	5.5 oz	230	120	13 g	2 g	0	35 mg	560 mg	13 g	2 g	5 g	17 g
Mongolian Chicken	5.5 oz	170	60	7 g	1 g	0	35 mg	600 mg	13 g	2 g	7 g	15 g
Orange Chicken 🌶️	5.5 oz	500	245	27 g	5.5 g	1 g	100 mg	810 mg	42 g	3 g	14 g	23 g
Mandarin Chicken	5.5 oz	250	90	10 g	3 g	0	145 mg	1150 mg	8 g	0	8 g	31 g
BEEF												
Beef with Broccoli	5.5 oz	150	60	7 g	1.5 g	0	25 mg	510 mg	11 g	4 g	3 g	11 g
Mongolian Beef	5.5 oz	180	100	11 g	2 g	0	25 mg	800 mg	15 g	2 g	8 g	11 g
Sacha Beef with Sugar Peas	5.5 oz	210	120	13 g	2.5 g	0	25 mg	740 mg	11 g	2 g	5 g	11 g
Firecracker Beef 🌶️	5.5 oz	160	70	8 g	2 g	0	25 mg	670 mg	11 g	4 g	5 g	11 g
PORK												
Sweet & Sour Pork	5.5 oz	400	210	23 g	4.5 g	0	30 mg	360 mg	35 g	2 g	15 g	13 g
BBQ pork	5.5 oz	440	210	23 g	9 g	0	140 mg	1570 mg	15 g	1 g	14 g	41 g
SHRIMP												
Tangy Shrimp with Pineapple	5.5 oz	150	50	5 g	1 g	0	85 mg	550 mg	16 g	2 g	11 g	9 g
Kung Pao Shrimp	5.5 oz	240	120	14 g	2 g	0	95 mg	640 mg	14 g	4 g	4 g	16 g
Mongolian Shrimp 🌶️	5.5 oz	150	80	9 g	1.5 g	0	75 mg	800 mg	14 g	2 g	8 g	8 g
Cousin Thai's Spicy Shrimp 🌶️	5.5 oz	210	120	13 g	2 g	0	75 mg	710 mg	14 g	2 g	5 g	10 g
Spicy Shrimp with Cashews 🌶️	5.5 oz	210	110	13 g	2 g	0	70 mg	670 mg	19 g	3 g	7 g	9 g
Fried Shrimp	100 g / 6 pieces	260	120	13 g	2.5 g	0	60 mg	810 mg	26 g	1 g	2 g	9 g
VEGETABLES												
Mixed Vegetables	5.5 oz	50	15	1.5 g	0	0	0	370 mg	7 g	3 g	3 g	3 g
Mixed Vegetables with Fried Tofu	5.5 oz	120	70	8 g	1 g	0	0	550 mg	10 g	3 g	2 g	5 g
Eggplant and Tofu in Garlic Sauce	5.5 oz	180	90	10 g	1.5 g	0	0	690 mg	20 g	4 g	13 g	5 g
Mandarin Bowl portion	1 oz	27	8	1 g	0	0	0	202 mg	4 g	2 g	2 g	2 g
RICE & NOODLES												
Steamed Rice	8 oz	380	20	2.5 g	0.5 g	0	0	30 mg	81 g	4 g	0 g	9 g
Fried Rice	8 oz	450	130	14 g	3 g	0	105 mg	710 mg	67 g	6 g	0 g	13 g
Chow Mein	8 oz	390	110	12 g	2 g	0	0	1020 mg	59 g	7 g	10 g	11 g
APPETIZERS												
Chicken Potsticker	6 pieces	440	220	25 g	3.5 g	0	0	720 mg	49 g	8 g	2 g	11 g
Veggie Spring Roll	1.7 oz / 1 roll	80	30	3.5 g	1.0 g	0	0	270 mg	11 g	2 g	1 g	2 g
Chicken Egg Roll	3 oz / 1 roll	170	70	8 g	1.5 g	0	25 mg	410 mg	17 g	2 g	2 g	8 g
SOUP												
Hot & Sour Soup 🌶️	12 oz	110	35	3.5 g	1.0 g	0	85 mg	1370 mg	14 g	2 g	3 g	5 g
Egg Flower Soup	12 Oz	88	22	2.2 g	0 g	0	55 mg	895 mg	16 g	0	2 g	2 g
SAUCES												
Mandarin Sauce	1.5 oz	70	0	0	0	0	0	740 mg	17 g	0	15 g	1 g
Sweet & Sour Sauce	1.5 oz	80	0	0	0	0	0	135 mg	19 g	0	17 g	0

These values are based on standard product formulation. Minor acceptable variations can be expected of sampling differences, product assembly, seasonal influences and regional suppliers.

🌶️ Indicates spicy dishes.

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