

# RICE KING NUTRITIONAL INFORMATION

<b>Nutrition Facts</b>	<b>Serving Size (oz)</b>	<b>Calories</b>	<b>Calories from Fat</b>	<b>Protein (g)</b>	<b>Carbs (g)</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>
<b>Rice</b>										
Steam Rice	5	164	6	3	36	1	0.5	0	0	105
Fried Rice	5	197	77	5	25	9	2	0	55	380
Chicken Fried Rice	5	249	79	11	31	9	2	0	56	380
<b>Noodles</b>										
Chow Mein Noodles	5	166	65	4	20	7	1	0	12	418
Chicken Chow Mein Noodles	5	218	68	11	26	8	1	0	13	418
<b>Chicken</b>										
Charbroiled Teriyaki Chicken	5	234	90	28	8	10	2	0	45	710
Orange Chicken	5	365	145	24	31	16	2	0	70	140
Spicy Orange Chicken	5	365	140	24	31	16	2	0	70	140
Charbroiled Chicken Skewer	3	209	81	14	18	9	1	0	30	380
Hot & Spicy Chicken	5	230	126	12	14	14	2	0	45	320
Kung Pao Chicken	5	230	135	12	14	15	2	0	40	350
Fresh Mushroom Chicken	5	230	126	13	13	14	2	0	30	340
Black Pepper Chicken	5	234	126	13	14	14	2	0	32	330
Green Bean Chicken	5	247	135	14	14	15	2	0	35	335
Sweet & Sour Chicken	5	365	140	24	31	16	2	0	70	140
<b>Beef &amp; Pork</b>										
Steak Broccoli	5	222	126	12	12	14	2	0	30	320
Pepper Steak	5	231	135	13	11	15	2	0	30	345
Black Pepper Steak	5	200	108	11	12	12	2	0	30	320
Potato Steak	5	243	135	12	15	15	2	0	30	330
Volcano Beef	5	213	117	11	13	13	2	0	30	320
Sweet & Sour Pork	5	366	162	22	29	18	2	0	75	160
Korean BBQ Short Ribs	5	274	198	11	8	22	3	0	45	640
<b>Vegetables</b>										
Mushroom Tofu	5	146	90	5	9	10	1	0	0	380
Eggplant & Fried Tofu	5	164	108	5	9	12	1	0	0	320
Vegetable Chop Suey	5	99	63	2	7	7	1	0	0	105
<b>Appetizers</b>										
Egg Roll	5	180	72	9	18	8	1	0	25	400
Gyoza	5	385	195	10	37	22	3	0	25	617
<b>Soup</b>										
Egg Drop Soup	5	62	14	4	8	2	0	0	25	398
Hot & Sour Soup	5	55	18	3	7	2	0	0	38	445
<b>Seafood</b>										
Kung Pao Shrimp	5	237	117	16	14	13	2	0	80	460
Shrimp & Vegetables	5	230	126	11	15	14	2	0	80	460