

**Buffets Inc. Nutrition Information
Salad/Salad Topper Items**

Subject to change without notice.
Items vary daily.

Menu Item	Serving Size, grams	Calories	Calories from Fat	Fat, grams	Saturated Fat, grams	Trans Fat, grams	Cholesterol, milligrams	Protein, grams	Carbohydrate, grams	Total Sugars, grams	Fiber, grams	Sodium, milligrams
Ambrosia	89 (1 spoon)	160	80	9	8	0	0	0	23	19	1	50
Asian Chopped Salad	100 (1 spoon)	90	50	4	0.5	0	0	1	13	9	1	310
Banana-Strawberry Salad	85 (1 spoon)	80	0	0	0	0	0	<1	22	16	2	10
BLT Salad	70 (1 spoon)	120	110	12	2	0	15	2	2	2	<1	180
Broccoli Apple Salad	100 (1 spoon)	160	100	11	2	0	15	4	13	9	2	150
Broccoli Bacon Salad	100 (1 spoon)	180	120	13	2.5	0	15	4	14	8	2	260
Bruschetta Tomato Salad	100 (1 spoon)	70	50	5	1	0	0	1	6	4	1	200
Bruschetta Tomato Pasta Salad	100 (1 spoon)	160	70	8	1.5	0	2	4	19	3	1	380
Caesar Salad	65 (1 cup)	70	50	6	1	0	5	1	4	1	1	110
California Coleslaw	100 (1 spoon)	100	0	0	0	0	0	1	24	22	1	85
Carrot & Raisin Salad	100 (1 spoon)	140	80	9	1.5	0	10	1	17	13	2	115
Chicken Caesar Salad	72 (1 cup)	90	60	7	1.5	0	20	6	3	<1	1	120
Chicken Pasta Salad	100 (1 spoon)	240	160	18	3.5	0	30	6	13	1	<1	320
Corn Salsa	85 (1 spoon)	60	5	0.5	0	0	0	2	14	2	2	80
Creamy Pea Salad	100 (1 spoon)	180	140	15	4.5	0	25	6	10	4	3	220
Cucumber Tomato Salad	100 (1 spoon)	30	10	1	0	0	0	<1	4	3	<1	360
Dilled Potato Salad	83 (1 spoon)	110	70	8	2	0	10	1	10	1	1	240
Gelatin	70 (1 spoon)	40	0	0	0	0	0	<1	10	10	0	30
Gelatin Whip	68 (1 spoon)	80	30	3	2.5	0	0	<1	13	11	0	55
Greek Salad	75 (1 spoon)	120	70	8	2	0	15	3	10	4	1	210
Italian Chopped Salad	75 (1 spoon)	90	60	7	2	0	10	2	4	2	<1	280
Italian Pasta Salad	100 (1 spoon)	190	120	13	4	0	20	6	14	3	1	520
Macaroni Vegetable Salad	100 (1 spoon)	240	140	16	3	0	45	5	21	4	1	330
Marinated Green Bean Salad	75 (1 spoon)	120	100	11	1.5	0	2	4	19	3	1	380
Marinated Vegetables	100 (1 spoon)	50	30	3.5	0.5	0	0	2	5	3	2	150
Oriental Chicken-without dressing	72 (1 spoon)	50	10	1.5	0	0	15	5	6	2	1	45
Oriental Pasta	100 (1 spoon)	150	70	8	1	0	15	8	14	2	2	330
Orzo Pasta with Feta Cheese	100 (1 spoon)	150	70	8	2	0	6	4	17	3	2	440
Pickled Beets	100 (1 spoon)	60	0	0	0	0	0	<1	18	16	2	110
Potato Salad	85 (1 spoon)	120	60	7	1	0	25	2	15	4	1	300
Prunes, Stewed	71 (1 spoon)	100	0	0	0	0	0	<1	27	19	2	0
Raisin Fluff	80 (1 spoon)	120	50	4	2.5	0.5	0	1	21	10	<1	125

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Seafood Salad	117 (1 spoon)	310	230	26	3.5	0	40	4	15	3	1	500
Seven Layer Salad	75 (1 spoon)	190	150	17	4.5	0	30	5	4	2	1	250
Sicilian Pasta Salad	100 (1 spoon)	140	60	7	1.5	0	2	4	16	2	1	430
Spinach Salad	57 (1 cup)	90	60	7	1.5	0	70	4	3	2	<1	250
Spring Mix	45 (1 cup)	5	0	0	0	0	0	<1	1	0	1	5
Strawberry Walnut Salad	66 (1 spoon)	90	60	7	0.5	0	0	2	6	3	2	<5
Strawberry Whip	76 (1 spoon)	230	160	18	11	0	20	1	17	11	0	140
Tarragon Potato Salad	82 (1 spoon)	120	60	7	1.5	0	10	1	13	1	1	160
Three Bean Salad	100 (1 spoon)	90	40	4.5	0.5	0	0	2	12	0	3	480
Tossed Green Salad	45 (1 cup)	5	0	0	0	0	0	<1	1	0	1	5
Waldorf Salad	60 (1 spoon)	110	60	7	1	0	5	2	12	10	1	40
Salad Toppers												
<i>Bacon Bits, imitation</i>	7 (1 spoon)	30	10	1	0	0	0	3	2	0	<1	125
<i>Bacon Bits, real</i>	7 (1 spoon)	25	10	1.5	0.5	0	5	3	0	0	0	220
<i>Broccoli</i>	10 (1 spoon)	5	0	0	0	0	0	0	1	0	<1	0
<i>Carrots, Matchsticks</i>	8 (1 spoon)	5	50	5	0	0	0	0	1	0	0	5
<i>Cauliflower</i>	10 (1 spoon)	5	0	0	0	0	0	0	1	0	<1	<5
<i>Cherry Peppers</i>	11 (1 spoon)	4	0	0	0	0	0	0	1	<1	0	60
<i>Cherry Tomatoes</i>	17 (1 each)	5	0	0	0	0	0	0	1	0	0	0
<i>Chow Mein Noodles</i>	7 (1 spoon)	35	10	1.5	0	0	0	1	4	0	<1	50
<i>Cottage Cheese</i>	28 (1 spoon)	20	10	1	0	0	2	3	1	1	0	95
<i>Crispy Noodles</i>	7 (1 spoon)	30	10	1	0	0	0	<1	5	0	0	90
<i>Croutons</i>	7 (7 croutons)	35	10	1	0	0	0	<1	4	0	0	90
<i>Cucumbers, sliced</i>	15 (1 slice)	2	0	0	0	0	0	0	<1	0	0	0
<i>Diced Eggs</i>	15 (1 spoon)	20	10	1.5	0.5	0	65	2	0	0	0	20
<i>Feta Cheese</i>	40 (1 spoon)	110	80	9	6	0	35	6	2	2	0	450
<i>Garbanzo Beans</i>	15 (1 spoon)	10	0	0	0	0	0	<1	2	0	<1	35
<i>Ham, diced</i>	28 (1 tong)	35	10	1	0.5	0	15	5	0	0	0	330
<i>Imitation Shredded Cheese</i>	10 (1 spoon)	20	10	1	0.5	0	0	0	2	0	0	70
<i>Kidney Beans</i>	15 (1 spoon)	10	0	0	0	0	0	<1	2	0	1	40
<i>Mushrooms</i>	10 (1 spoon)	2	0	0	0	0	0	0	<1	0	0	0
<i>Olives</i>	15 (1 spoon)	15	10	1.5	0	0	0	0	1	0	<1	130

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<i>Parmesan Cheese</i>	7 (1 spoon)	30	20	2	1	0	5	3	0	0	0	110
<i>Peaches, sliced</i>	15 (1 spoon)	10	0	0	0	0	0	0	2	2	0	0
<i>Peas</i>	15 (1 spoon)	10	0	0	0	0	0	1	2	1	1	10
<i>Peel & Eat Shrimp</i>	9 (1 shrimp)	5	0	0	0	0	10	1	0	0	0	40
<i>Pepperoncini</i>	11 (1 spoon)	2	0	0	0	0	0	0	<1	0	0	170
<i>Radishes</i>	10 (1 spoon)	2	0	0	0	0	0	0	<1	0	0	<5
<i>Raisins</i>	12 (1 spoon)	40	0	0	0	0	0	0	10	7	<1	0
<i>Red Onions, sliced</i>	6 (1 ring)	2	0	0	0	0	0	0	<1	0	0	0
<i>Roasted Red Pepper</i>	15 (1 spoon)	5	0	0	0	0	0	0	<1	<1	0	210
<i>Shredded Monterey Jack Cheese</i>	10 (1 spoon)	35	30	3	2	0	10	2	0	0	0	55
<i>Shredded Mozzarella Cheese</i>	10 (1 spoon)	30	20	2	1.5	0	5	3	0	0	0	55
<i>Spinach Leaves</i>	32 (1 cup)	5	0	0	0	0	0	1	1	0	<1	25
<i>Sunflower Seeds</i>	11 (1 spoon)	70	50	5	0.5	0	0	3	2	0	1	65



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