

Buffets Inc. Nutrition Information
Side 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
AuGratin Potatoes	110 (1 spoon)	110	50	5	3.5	0	20	5	10	1	1	330
Baked Potatoes	130 (1 each)	150	0	0	0	0	0	4	36	2	4	20
BBQ Baked Beans	85 (1 spoon)	130	30	3	1	0	<5	4	26	15	4	680
Broccoli/Cauliflower Medley	85 (1 spoon)	25	0	0	0	0	0	2	6	1	2	30
Broccoli Florets (fresh)	85 (1 spoon)	25	0	0	0	0	0	2	6	1	2	30
Broccoli Florets and Cheese Sauce	85 (1 spoon)	50	20	2	0.5	0	0	2	8	1	2	410
Cajun Dirty Rice	70 (1 spoon)	90	20	2	0	0	0	2	16	<1	<1	470
Candied Yams	118 (1 spoon)	140	10	1.5	0	0	0	1	33	15	2	45
Cauliflower AuGratin	85 (1 spoon)	50	20	2	0.5	0	0	2	8	1	2	410
Cheesy Hashbrowns	100 (1 spoon)	140	70	8	5	0	25	6	10	1	<1	310
Collard Greens w/Bacon	110 (1 spoon)	40	20	2.5	1	0	0	2	3	1	1	310
Cornbread Dressing	100 (1 spoon)	220	120	13	2.5	1	45	4	22	9	1	540
Corn on the Cob	130 (1 piece)	80	20	2.5	0.5	0	0	2	13	2	2	20
French Fries	60 (22 fries)	170	80	9	1.5	0	0	2	23	0	2	400
Fried Okra	85 (1 spoon)	220	110	12	1	0	0	3	28	2	3	590
Fried Rice w/Ham	100 (1 spoon)	130	50	6	1.5	0	70	5	14	1	<1	720
German Boiled Cabbage	85 (1 spoon)	40	20	2.5	1	0	0	3	4	2	1	230
Green Bean Casserole	110 (1 spoon)	100	60	7	2.5	0	0	2	10	2	2	440
Green Beans	85 (1 spoon)	15	0	0	0	0	0	<1	3	1	1	340
Green Beans El Greco	85 (1 spoon)	20	0	0	0	0	0	1	6	3	2	150
Green Cabbage	85 (1 spoon)	70	50	5	1	0	0	2	6	4	2	500
Grilled Cowboy Potatoes	100 (1 spoon)	180	80	9	1.5	0	0	3	23	1	4	640
Grilled Vegetables	85 (1 spoon)	40	20	2.5	0	0	0	1	4	2	1	40
Jo Jo Potatoes	82 (1 tongs)	160	70	8	1.5	0	0	3	22	0	2	290
Joe's Cracked Pepper Green Beans w/Bacon	85 (1 spoon)	70	40	4.5	1.5	0	5	3	6	2	2	210
Mashed Potatoes	110 (1 spoon)	70	5	0.5	0	0	0	1	13	1	1	270
Montreal Vegetable Medley	85 (1 spoon)	50	40	4.5	0.5	0	0	1	3	2	1	160
Potato Skins	14 (1 tongs)	80	50	5	0.5	0	0	1	7	0	0	90
Ranch Red Potatoes	100 (1 spoon)	100	40	4.5	1	0	0	2	16	1	2	150
Rissoto Style Rice	70 (1 spoon)	100	50	4	1	0	0	2	15	<1	0	310
Sautéed Zucchini	85 (1 spoon)	50	50	4	0.5	0	0	1	4	2	1	60
Seasoned Green Beans	85 (1 spoon)	40	20	2	0	0	0	1	6	1	2	160

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Spaghetti	100 (1 spoon)	150	30	3	0.5	0	0	5	27	1	2	90
Spanish Rice	70 (1 spoon)	140	60	7	3.5	0	30	9	9	2	<1	370
Spinach Marie	110 (1 spoon)	190	130	14	5	0	100	7	8	1	1	480
Squash	85 (1 spoon)	150	80	9	2	0	0	1	18	9	1	10
Steamed Carrots	85 (1 spoon)	40	20	2.5	0.5	0	0	<1	7	4	3	65
Steamed Corn	85 (1 spoon)	90	20	2.5	0.5	0	0	3	17	2	2	210
Steamed Red Potatoes	100 (1 spoon)	90	30	3	0.5	0	0	2	15	1	2	20
Sweet Potatoes	95 (1/2 each)	80	0	0	0	0	0	2	20	8	3	35
Topped Baked Potatoes	110 (1/2 potato)	150	50	6	3.5	0	20	8	19	1	2	190
Vegetable Rice Pilaf	70 (1 spoon)	60	0	0	0	0	0	2	14	1	<1	95
White Rice	70 (1 spoon)	90	0	0	0	0	0	2	20	0	<1	270



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