

Side Starch	calories (kCal)	carbohydrate (g)	cholesterol (mg)	dietary fiber (g)	fat (g)	protein (g)	saturated fat (g)	sodium (g)	Trans Fat (g)	Calories from Fat	Sugars (g)
Brown Lentil Dal	80	11	0	3	2.5	4	0	240	0	25	1
Brown Rice	110	22	0	<1	1	2	0	0	0	10	0
Confetti Brown Rice	120	21	0	1	3	2	0.5	40	0	30	<1
Corn Muffin	240	41	40	<1	7	3	1	480	0	60	18
Creamy Mashed Potatoes	120	21	9	2	3.5	2	2	80	0	30	2
Dixie Biscuit	180	24	0	<1	8	4	7	430	0	70	2
Edamame	120	9	0	4	5	11	0.5	20	0	50	0
Garlic Toast	170	20	0	<1	9	3	1	250	0	80	0
Grilled Naan	210	35	10	1	5	7	3	370	0	50	2
Grilled Red Potatoes	170	31	0	3	5	3	0.5	220	0	45	1
Herb Roasted Red Potatoes	100	20	0	2	1.5	2	0	105	0	10	1
Homestyle Mashed Potatoes	120	21	9	2	3.5	2	2	80	0	30	2
Jalapeno Cheddar Cornbread	250	38	45	<1	9	6	3	510	0	80	14
Lemon Caper Couscous	100	22	0	1	1.5	4	0	210	0	15	<1
Mexican Rice	100	21	0	1	1	2	0	45	0	10	0
O' Brien Potatoes	150	20	0	2	7	2	1	140	0	60	2
Pesto Couscous	200	21	0	1	11	5	1.5	110	0	100	<1
Quinoa	110	19	0	2	1.5	4	0	10	0	15	<1
Red Beans & Rice	140	27	0	2	1.5	4	0	140	0	10	1
Rice Pilaf	150	29	0	<1	3	3	0	50	0	25	<1
Roasted Red Potatoes	100	20	0	2	1.5	2	0	15	0	10	1
Scallion Couscous	120	21	0	1	2	4	0	30	0	20	<1
Traditional Herb Stuffing	190	27	0	1	8	4	1	500	0	70	3
White Rice	120	26	0	0	0	3	0	0	0	0	0



Nutrition Information

Nutrition information is calculated for the following serving sizes:
 Entrees - 3 oz Side Items - 1/2 cup Sauces - 1 fl oz Bread - Each



University Dining Services

UNIVERSITY OF MINNESOTA

Driven to DiscoverSM

Entrees

	calories (kCal)	carbohydrate (g)	cholesterol (mg)	dietary fiber (g)	fat (g)	protein (g)	saturated fat (g)	sodium (g)	Trans Fat (g)	Calories from Fat	Sugars (g)
Baked Macaroni & Cheese	250	27	25	1	11	11	6	340	0	100	4
Baked Pit Ham	110	5	30	0	3.5	13	1.5	1240	0	25	4
BBQ Brisket	390	40	85	0	13	27	5	740	0	120	35
BBQ Chicken	440	13	140	<1	22	45	6	740	0	200	10
Black Bean Stuffed Pepper	170	33	0	5	2	5	0	90	0	20	7
Broccoli & Red Pepper Stir Fry	35	5	0	2	1.5	1	0	65	0	10	1
Buffalo Chicken Wings	500	19	65	2	37	21	7	1960	0	330	3
Cajun Roasted Pork Loin	190	<1	65	0	11	22	3	130	0	30	0
Chicken Tikka Masala	270	11	65	1	14	27	6	410	0	130	2
Creole Chicken & Shrimp	240	34	70	2	4.5	17	1	340	0	40	4
Eggplant Parmesan	350	40	25	5	14	17	6	500	1	350	8
Herbed Tilapia	120	0	45	0	4	21	1.5	100	0	35	0
Kadai Jhinga Masala (Curry Shrimp and Peppers)	120	7	90	2	5	11	1	540	0	50	3
Roast Beef	240	0	105	0	9	37	3.5	260	0	80	0
Roasted Herbed Turkey	120	<1	65	0	3.5	23	2	500	0	30	<1
Roasted Pork Loin	140	0	80	0	4	25	1.5	300	0	40	0
Rotisserie Chicken	220	<1	155	0	11	29	3	320	0	100	0
Seasoned Baked Tilapia	120	0	45	0	4	21	1.5	63	0	35	0
Smoked Beef Brisket	420	2	155	0	23	47	9	300	0	210	2
Spice- Rubbed Pork Loin	170	4	65	0	7	22	2	140	0	0	3
Vegetable Fried Brown Rice	130	19	40.5	1	4.5	4	1	250	0	40	<1

Side Vegetables

	calories (kCal)	carbohydrate (g)	cholesterol (mg)	dietary fiber (g)	fat (g)	protein (g)	saturated fat (g)	sodium (g)	Trans Fat (g)	Calories from Fat	Sugars (g)
Balsamic Glazed Roasted Carrots	90	15	0	4	2.5	1	0	200	0	25	8
Chile-Roasted Corn	120	23	0	3	3	3	0	170	0	30	4
Garlic Broccoli	40	4	0	2	2.5	2	0	55	0	20	1
Garlic Roasted Vegetables	60	8	0	2	2.5	2	0	0	0	25	3
Glazed Carrots	100	14	0	2	5	<1	2.5	150	0	45	10
Green Beans	30	7	0	3	0	2	0	0	0	0	1
Green Beans & Peppers	90	11	0	3	5	2	0.5	100	0	45	3
Green Peas	100	13	0	5	3	5	1.5	95	0	30	4
Italian Roasted Vegetables	100	11	0	2	6	2	0.5	115	0	50	5
Roasted Autumn Vegetables	60	10	0	3	2.5	2	0	150	0	25	2
Roasted Brussels Sprouts	80	7	0	3	5	3	0.5	90	0	45	2
Roasted Butternut Squash	40	7	0	2	1	<1	0	0	0	10	1
Roasted Carrots	70	11	0	4	2.5	1	0	180	0	25	5
Roasted Cauliflower	50	3	0	2	3.5	2	0	105	0	35	2
Sauteed Kale & Spinach	60	6	0	1	4	2	0.5	110	0	35	2
Sauteed Zucchini & Yellow Squash	60	4	0	1	5	1	0.5	60	0	45	3
Seasoned Corn	100	17	0	2	3.5	2	1.5	105	0	30	3
Seasoned Fresh Zucchini	15	3	0	<1	0	<1	0	0	0	0	1
Southwest Green Beans	45	8	0	3	1.5	2	0	9	0	15	2
Spicy Garlic Spinach	60	3	0	2	4.5	2	0.5	150	0	40	0
Steamed Broccoli	20	4	0	2	0	1	0	70	0	0	<1
Steamed Brussels Sprouts	40	8	0	4	0	3	0	14	0	0	2
Steamed Fresh Broccoli	20	4	0	2	0	1	0	20	0	0	<1

Sauce

Cranberry Sauce	110	27	0	<1	0	0	0	20	0	0	27
Horseradish Cream	50	2	15	0	4.5	<1	3	80	0	40	1
Raita	15	2	0	0	0	1	0	65	0	0	1
Turkey Gravy	35	2	6.5	0	2.5	0	1.5	85	0	20	0