



University Dining Services

UNIVERSITY OF MINNESOTA
Driven to Discover™

Nutrition Brochure





	Serving Size	Weight (g) Unless otherwise stated	Calories	Cals. from Fat	% Cals. from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	% Vitamin A	% Vitamin C	% Calcium	% Iron	
Bagels																			
Asiago Cheese Bagel	1 bagel	115	310	50	16	5	3	0	15	630	56	2	5	14	0	0	20	20	
Blueberry Bagel	1 bagel	108	300	10	3	1	0	0	0	480	65	3	11	10	0	0	2	20	
Chocolate Chip Bagel	1 bagel	106	280	25	9	2.5	1	0	0	430	56	3	10	9	0	0	2	20	
Garlic Dip'd Bagel	1 bagel	105	270	20	7	2.5	0	0	0	460	56	2	5	9	0	0	2	20	
Onion Dip'd Bagel	1 bagel	105	270	10	4	2.5	0	0	0	460	56	2	5	9	0	0	2	20	
Cinnamon Raisin Swirl Bagel	1 bagel	108	290	10	3	1.0	0	0	0	450	63	3	13	10	0	0	4	20	
Cinnamon Sugar Bagel Chicago Style	1 bagel	110	310	20	6	2.5	0.5	0	0	510	66	3	12	10	2	0	4	20	
Cranberry Bagel	1 bagel	108	270	10	4	1.0	0	0	0	420	60	2	12	9	0	0	2	15	
Egg Bagel	1 bagel	101	300	50	17	5	1.5	0	120	490	54	2	6	12	0	0	4	20	
Everything Bagel	1 bagel	105	270	15	6	2	0	0	0	620	56	2	5	9	0	0	2	20	
Good Grains Bagel	1 bagel	106	280	20	7	2.5	0	0	0	440	58	3	8	10	0	0	2	20	
Honey Whole Wheat Bagel	1 bagel	103	260	10	4	1	0	0	0	440	57	3	8	9	0	0	2	15	
Onion Bagel	1 bagel	105	270	10	4	1.0	0	0	0	460	59	2	5	9	0	0	2	20	
Plain Bagel	1 bagel	101	260	10	4	1	0	0	0	460	56	2	5	9	0	0	2	20	
Poppy Dip'd Bagel	1 bagel	105	280	25	9	3	0	0	0	460	56	2	5	10	0	0	2	20	
Potato Bagel	1 bagel	100	270	10	4	4	0.5	0	0	500	52	2	5	8	0	0	2	15	
Power Bagel, Fruit & Nut	1 bagel	113	310	50	16	5	0.5	0	0	280	61	4	16	11	0	0	4	20	
Pumpnickel Bagel	1 bagel	101	240	10	4	1.5	0	0	0	490	53	3	4	9	0	8	4	15	
Sesame Dip'd Bagel	1 bagel	105	280	25	9	3	0	0	0	460	56	2	5	10	0	0	2	20	
Sundried Tomato Bagel	1 bagel	101	260	15	6	1.5	0	0	0	530	54	3	3	9	0	0	2	20	
Gourmet Bagels																			
Green Chile Bagel	1 bagel	155	350	70	20	8.0	4.5	0	25	680	58	2	6	15	8	20	20	20	
Dutch Apple Bagel	1 bagel	134	350	60	17	7	2.0	0	0	530	66	3	15	8	0	2	2	15	
Spinach Florentine Bagel	1 bagel	134	340	70	21	8	4.0	0	20	590	57	2	5	15	30	6	20	20	
Six-Cheese Bagel	1 bagel	122	330	60	18	6	3.5	0	15	650	56	2	5	15	2	0	20	20	
Bread Specialty																			
Braided Challah Roll	3.0 oz	78	220	30	14	3.5	0.5	0	30	200	41	1	5	8	2	10	2	15	
Ciabatta Bread	4.25oz	113	290	20	7	2.5	0	0	0	640	60	2	1	10	0	0	2	4	
Multi Grain Bread	1 Slice	49	130	20	15	2.5	0	0	0	220	23	2	3	5	0	6	0	8	
Bagel Pretzels																			
Asiago Cheese Bagel Pretzel	1 pretzel	108	300	70	23	7	2.5	0	5	710	52	2	5	11	2	0	10	15	
Cinnamon Sugar Bagel Pretzel	1 pretzel	116	320	50	16	5.0	1.0	0	0	630	66	3	18	8	2	0	4	20	
Plain Bagel Pretzel	1 pretzel	101	270	50	19	5.0	1.0	0	0	630	52	2	5	8	2	0	2	15	
Salt Bagel Pretzel	1 pretzel	104	270	50	19	5.0	1.0	0	0	1740	52	2	5	8	2	0	2	15	
Cream Cheese																			
Whipped Blueberry Reduced Fat	2 Tbsp.	20	70	45	64	5	3.5	0	15	50	6	0	5	1	2	0	0	0	
Whipped Garlic Herb Reduced Fat	2 Tbsp.	20	60	45	75	5	3.5	0	15	100	3	0	1	1	4	0	0	0	
Whipped Garden Vegetable Reduced Fat	2 Tbsp.	20	60	45	75	5	3.5	0	15	100	3	0	1	1	8	2	2	0	
Whipped Honey Almond Reduced Fat	2 Tbsp.	20	70	45	64	5	3	0	15	45	6	0	4	1	4	0	2	0	
Whipped Jalapeno Salsa Reduced Fat	2 Tbsp.	20	60	45	75	5	3.5	0	15	105	3	0	1	1	4	0	0	0	
Whipped Onion and Chive	2 Tbsp.	20	70	50	71	6	4	0	20	60	3	0	1	1	4	0	2	0	
Whipped Plain	2 Tbsp.	20	70	60	86	7	4.5	0	20	65	1	0	1	1	4	0	0	0	
Whipped Plain Reduced Fat	2 Tbsp.	20	60	45	75	5	3.5	0	15	100	2	0	1	1	4	0	0	0	
Whipped Smoked Salmon	2 Tbsp.	20	60	50	83	6	3.5	0	20	120	2	0	1	1	2	0	0	0	
Whipped Strawberry Reduced Fat	2 Tbsp.	20	70	45	64	5	3.5	0	15	50	5	0	4	1	2	0	0	0	
Whipped Sun Dried Tomato Basil Reduced Fat	2 Tbsp.	20	60	45	75	5	3.5	0	15	100	2	0	1	1	2	0	0	0	
Coffee																			
Coffee (S, M, L)			0	0	-	0	0	0	0	0	0	0	0	0	0	0	0	0	
Coffee Decaf. (S, M, L)			0	0	-	0	0	0	0	0	0	0	0	0	0	0	0	0	
Sandwiches and Wraps																			
TastyTurkey	12.3 oz	349	580	180	31	20	11	0	1500	95	69	3	9	37	40	15	25	25	
Club Mex Wrap	10.6 oz	302	750	440	59	49	11	0.5	1530	125	46	2	8	36	35	30	15	20	
Veg Out	9.5 oz	268	440	120	27	14	7	0	760	30	66	4	9	17	40	20	10	25	
Nova Lox & Bagel	9.7 oz	274	500	190	38	21	11	0	950	50	62	3	11	24	15	10	4	20	
Ham & Swiss Deli Melt	9.6 oz	273	510	140	27	16	9	0	1700	70	62	3	7	36	15	10	40	25	
Turkey & Cheddar Melt	9.6 oz	273	510	130	25	15	8	0	1430	75	62	3	7	38	15	10	30	25	
Italian Chicken Panini	12.6 oz	356	800	360	45	40	12	0	2450	120	66	5	3	35	45	45	30	15	
Turkey Club Panini	13.3 oz	376	790	370	47	41	11	1	2200	100	66	6	5	34	45	20	30	10	
Deli Bacon Sandwich	9.2 oz	261	830	470	57	52	14	0.5	1930	105	52	4	10	39	30	30	4	20	
Deli Chicken Salad Sandwich	9.7 oz	274	460	160	35	18	4	0.5	890	75	47	4	7	28	30	30	4	20	
Deli Ham Sandwich	9.2 oz	261	520	230	44	26	5	0.5	1550	45	48	4	7	26	30	25	4	20	
Deli Tuna Sandwich	9.5 oz	268	440	130	30	15	2.5	0	920	35	50	4	7	29	25	25	6	20	
Deli Turkey & Swiss Sandwich	11.1 oz	316	690	370	54	41	9	1	1510	85	49	4	7	36	30	25	20	15	
Egg Way Original Breakfast Sandwich	8.7 oz	247	530	180	34	20	9	0	840	395	62	2	7	30	15	0	30	30	
Egg Way w/Bacon Breakfast Sandwich	9 oz	254	580	220	38	24	11	0	1030	410	59	2	8	33	15	0	30	30	
Egg Way w/Ham Breakfast Sandwich	10.1 oz	285	570	190	33	21	9	0	1270	410	62	2	7	37	15	0	35	30	
Egg Way with Sausage Sandwich	10.1 oz	287	600	210	35	24	10	0	1020	425	63	2	8	38	15	0	30	35	
Santa Fe Wrap	12.7 oz	361	720	330	46	37	14	0	1290	540	60	7	8	37	25	8	50	30	
Original Bagel Dog	6.7 oz	190	470	180	38	20	7	1	1190	55	56	2	7	20	2	0	4	25	
Original Bagel Dog w/cheese	7.4 oz	209	550	230	42	26	11	1.5	1310	75	56	2	7	25	6	0	15	25	
Asiago Bagel Dog	6.8 oz	194	490	190	39	21	8	1	1230	60	56	2	7	22	2	0	8	25	
Asiago Bagel Dog w/cheese	7.5 oz	212	560	240	43	27	12	1.5	1350	75	56	2	7	26	6	0	20	25	
Caesar Salad w/ Chicken	14 oz	397	820	600	73	66	16	0	2290	145	20	4	4	42	120	40	40	15	
Chipotle Salad	11.7 oz	331	590	340	58	38	8	0	1470	20	53	10	14	13	130	60	25	10	
Deluxe Chef Salad	7.3 oz	206	480	320	67	36	6	0	440	55	19	3	15	19	60	20	15	8	
Chicken Noodle Soup	8.75 oz	248	120	35	29	3.5	1	0	770	30	14	1	1	5	50	4	2	4	
Broccoli Cheddar Soup	8.75 oz	248	290	180	62	20	10	0	990	45	16	2	6	14	35	60	30	4	
Turkey Chili	8.75 oz	248	220	60	27	7	1.5	0	930	35	24	5	5	20	20	35	6	20	