



PANDA EXPRESS ENTRÉES NUTRITIONAL INFORMATION

	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBOHYDRATES (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)
CHICKEN												
Orange Flavored Chicken 🍲	5.5 oz.	500	245	27	5.5	1	100	810	42	3	14	23
Chicken with Mushrooms	5.5 oz.	130	60	6	1.5	0	45	520	8	3	4	11
Chicken with String Beans	5.5 oz.	160	70	8	1.5	0	25	550	10	4	3	12
Kung Pao Chicken 🍲	5.5 oz.	240	130	15	3	0	65	540	12	5	3	16
Mandarin Chicken	5.5 oz.	250	90	10	3	0	145	1150	8	0	8	31
Garlic Chicken Breast with String Beans	5.5 oz.	140	70	8	1.5	0	25	540	8	3	3	10
BEEF												
Beef with Broccoli	5.5 oz.	150	60	7	1.5	0	25	510	11	4	3	11
Firecracker Beef 🍲	5.5 oz.	160	70	8	2	0	25	670	11	4	5	11
PORK												
Sweet & Sour Pork	5.5 oz.	400	210	23	4.5	0	30	360	35	2	15	13
BBQ Pork	5.5 oz.	400	210	23	9	0	140	1570	15	1	14	41
SHRIMP												
Tangy Shrimp with Pineapple	5.5 oz.	150	50	5	1	0	85	550	16	2	11	9
Kung Pao Shrimp 🍲	5.5 oz.	240	120	14	2	0	95	640	14	4	4	16
Fried Shrimp	6 pcs. (100 g)	260	120	13	2.5	0	60	810	26	1	2	9
VEGETABLES												
Mixed Vegetables	5.5 oz.	50	15	1.5	0	0	0	370	7	3	3	3
RICE & NOODLES												
Vegetable Fried Rice	8 oz.	450	130	14	3	0	105	710	67	6	0	13
Steamed Rice	8 oz.	380	20	2.5	0.5	0	0	30	81	4	0	9
Vegetable Chow Mein	8 oz.	390	110	12	2	0	0	1020	59	7	10	11
APPETIZERS												
Veggie Spring Roll	1.7 oz./ 1 Roll	80	30	3.5	1	0	0	270	11	2	1	2
Chicken Egg Roll	3 oz./ 1 Roll	170	70	8	1.5	0	25	410	17	2	2	8
SOUP												
Hot & Sour Soup 🍲	12 oz.	110	35	3.5	1	0	85	1370	14	2	3	5
Egg Flower Soup	12 oz.	88	22	2.2	0	0	55	895	16	0	2	2
SAUCES												
Mandarin Sauce	1.5 oz.	70	0	0	0	0	0	740	17	0	15	1
Sweet & Sour Sauce	1.5 oz.	80	0	0	0	0	0	135	19	0	17	1

These values are based on standard product formulation. Minor acceptable variations can be expected of sampling differences, product assembly, seasonal influences and regional suppliers.

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🍲 Indicates spicy dishes.