

Fueled

Disclaimer: The nutritional information on this site is for the serving size listed, based on adherence to the recipe, as developed and tested in our culinary center. Any changes from the recipe, such as changes to meet local taste preferences, product substitutions or serving size modifications will change the nutrient content of an item, and render the information inaccurate. We hope this information will help you meet your nutritional goals.

Menu Item	Serving Size	Calories		Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
		Calories (Kcals)	From Fat (Kcals)									
Pick Your Fuel												
Protein												
Red Curry Grilled Chicken	3 oz.	170	63	7	1	*0	85	370	2	0	0	25
Asian Beef	3 oz.	210	117	13	2	*0	50	95	2	0	1	20
Grilled Sesame Tofu	3 oz.	120	45	5	1	*0	0	380	7	1	4	10
Veggies												
Onions	1/2 oz.	5	0	0	0	*	0	0	1	0	<1	0
Ginger	1/2 oz.	0	0	0	0	*	0	0	0	0	0	0
Garlic	1/2 oz.	20	0	0	0	*	0	0	5	0	0	<1
Cilantro	1/2 oz.	0	0	0	0	*	0	5	<1	0	0	0
Broccoli	1/2 oz.	0	0	0	0	*	0	5	<1	0	0	0
Carrots	1/2 oz.	5	0	0	0	0	0	10	1	0	<1	0
Scallions	1/2 oz.	0	0	0	0	*	0	0	1	0	0	0
Roasted Wild Mushrooms	1 oz.	70	63	7	1	*0	0	35	2	0	<1	0
Napa Cabbage	1/2 oz.	0	0	0	0	*	0	10	0	0	0	0
Daikon Radish	1/2 oz.	0	0	0	0	*	0	0	<1	0	0	0
KimChi	1/2 oz.	0	0	0	0	*0	0	20	1	0	*0	0
Jalapeno's	1/2 oz.	0	0	0	0	*	0	0	<1	0	<1	0
Lime Juice	1/8 wedge	0	0	0	0	*	0	0	<1	0	0	0
Basil	1/2 oz.	0	0	0	0	*	0	0	0	0	0	0
Sauce												
Red Thai Chili Sauce	2 oz.	130	45	5	0.5	*0	0	1320	21	0	18	3
Thai Coconut Sauce	2 oz.	100	27	3	2	*0	0	540	17	<1	*13	1
Soy Ginger Vinaigrette	2 oz.	70	0	0	0	*0	0	950	16	0	14	1
Sriracha Mayo	2 oz.	310	288	32	5	*0	20	480	4	0	3	<1
Rehydrate												
Hot Mint Tea	12 oz.	50	0	0	0	*0	0	10	13	0	*12	0
Sparkling Lemon Grass Tea	12 oz.	35	0	0	0	*0	0	20	9	0	*6	0
Water	12 oz.	0	0	0	0	0	0	0	0	0	0	0

*Some values for this nutrient are unavailable; the number listed is incomplete.

Revised: 7/28/16