



RICE KING ENTREES NUTRITIONAL INFORMATION



Entrées	Serving Size (oz)	Calories	Calories from Fat	Protein (g)	Carbs (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Appetizers										
Egg Roll	3	180	72	9	18	8	1	0	25	400
Gyoza	5	385	195	10	37	22	3	0	25	617
Soup										
Egg Drop Soup	6	62	14	4	8	2	0	0	25	398
Hot & Sour Soup	6	55	18	3	7	2	0	0	38	445
Beef and Pork										
Steak Broccoli	5	222	126	12	12	14	2	0	30	320
Pepper Steak	5	231	135	13	11	15	2	0	30	345
Black Pepper Steak	5	200	108	11	12	12	2	0	30	320
Potato Steak	5	243	135	12	15	15	2	0	30	330
Volcano Beef	5	213	117	11	13	13	2	0	30	320
Sweet & Sour Pork	5	366	162	22	29	18	3	0	75	160
Korean BBQ Short Ribs	5	274	198	11	8	22	3	0	45	640
Chicken										
Charbroiled Teriyaki Chicken	5	234	90	28	8	10	2	0	45	710
Orange Chicken	5	365	145	24	31	16	2	0	70	140
Spicy Orange Chicken	5	365	140	24	31	16	2	0	70	140
Charbroiled Chicken Skewer	3	209	81	14	18	9	1	0	30	380
Hot & Spicy Chicken	5	230	126	12	14	14	2	0	45	320
Kung Pao Chicken	5	230	135	12	14	15	2	0	40	350
Fresh Mushroom Chicken	5	230	126	13	13	14	2	0	30	340
Black Pepper Chicken	5	234	126	13	14	14	2	0	32	330
Chicken & Green Beans	5	247	135	14	14	15	2	0	35	335
Green Bean Pork	5	265	153	14	14	17	3	0	45	460
Vegetables										
Mushroom Tofu	5	146	90	5	9	10	1	0	0	380
Eggplant & Fried Tofu	5	164	108	5	9	12	1	0	0	320
Vegetable Chop Suey	5	99	63	2	7	7	1	0	0	105
Rice										
Chicken Fried Rice	5	249	79	11	31	9	2	0	56	380
Shrimp Fried Rice	5	251	79	10	32	9	2	0	50	320
Steamed Rice	5	164	6	3	36	1	0.5	0	0	105
Noodles										
Chicken Chow Mein	5	218	68	11	26	8	1	0	13	418
Seafood										
Kung Pao Shrimp	5	237	117	16	14	13	2	0	80	460
Shrimp & Vegetables	5	230	126	11	15	14	2	0	80	460

These values are based on standard product formulation. Minor variations may occur on a store by store basis by product assembly, seasonal influences and regional suppliers.

Indicates Spicy Menu Items

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