PANDA EXPRESS® NUTRITIONAL INFORMATION

MENU ITEMS	Serving Size (oz)	Calories	Calories From Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholestrol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
RICE & NOODLES												
Chow Mein	8.3 oz	400	110	12	2	0	0	1060	61	8	10	12
Fried Rice	10 oz	570	160	18	4	0	130	900	85	8	0	16
Steamed Rice	8.7 oz	420	0	0	0	0	0	0	93	0	0	8
VEGGIES												
Eggplant & Tofu 辣	6.1 oz	310	220	24	3	0	0	680	19	3	13	7
Mixed Veggies (Side)	8.6 oz	70	5	.5	0	0	0	530	13	5	4	4
Mixed Veggies (Entree)	4.3 oz	35	0	0	0	0	0	260	7	3	2	2
CHICKEN												
Black Pepper Chicken	6.1 oz	250	130	14	3	0	120	980	12	2	4	19
Broccoli Chicken	5.5 oz	180	80	9	2	0	65	630	11	3	2	13
Kung Pao Chicken 辣	6.1 oz	300	170	19	3.5	0	110	880	13	2	4	19
Mandarin Chicken	5.8 oz	310	150	16	4	0	115	740	8	0	8	34
Mushroom Chicken	5.9 oz	220	110	13	3	0	100	780	9	2	3	17
Orange Chicken 辣	5.4 oz	400	170	20	3.5	0	90	640	42	0	18	15
Pineapple Chicken	6.3 oz	240	110	12	2.5	0	95	690	19	2	14	15
Potato Chicken	5.2 oz	220	100	11	2	0	60	760	18	3	4	11
String Bean Chicken	5.1 oz	190	90	10	2	0	75	720	11	2	4	12
Sweet & Sour Chicken	5.5 oz	400	150	17	3	0	40	370	46	1	23	15
CHICKEN BREAST												
Pineapple Chicken Breast	6 oz	220	70	8	1.5	0	45	640	20	1	14	17
String Bean Chicken Breast	5.6 oz	170	60	7	1.5	0	35	720	13	2	5	15
SweetFire Chicken Breast™ 辣	5.8 oz	440	160	18	3.5	0	45	370	53	1	27	17
Thai Cashew Chicken Breast	6.3 oz	280	170	19	3.5	0	50	980	21	2	6	23
BEEF												
Beijing Beef 辣	5.6 oz	850	450	50	9	1	75	1120	67	4	29	31
Broccoli Beef	5.4 oz	150	50	6	1.5	0	25	720	12	3	2	11
Mongolian Beef	6.9 oz	230	100	11	2.5	0	45	1040	17	3	6	17
PORK												
BBQ Pork	4.6 oz	360	180	19	8	0	120	1310	13	1	12	34
Sweet & Sour Pork	5.6 oz	400	210	23	4.5	0	30	360	36	2	15	13
SHRIMP												
Crispy Shrimp	3.5 oz / 6 pcs	260	120	13	2.5	0	60	810	26	1	2	9
Honey Walnut Shrimp	3.7 oz	370	210	23	4	0	110	470	27	2	9	14
Kung Pao Shrimp 辣	6.4 oz	250	130	15	2.5	0	115	880	14	2	4	14
Tangy Shrimp	6.4 oz	190	60	7	1.5	0	130	820	19	2	14	13
APPETIZERS												
Chicken Egg Roll	3.0 oz / 1 roll	200	100	12	4	0	20	390	16	2	2	8
Chicken Potsticker	3.3 oz / 3 pcs	220	100	11	2.5	0	20	280	23	1	2	7
Cream Cheese Rangoon	2.4 oz / 3 pcs	190	70	8	5	0	35	180	24	2	1	5
Veggie Spring Roll	3.4 oz / 2 rolls	160	60	7	1	0	0	540	22	4	2	4
SOUP												
Egg Flower Soup	9.8 oz	90	20	2	0	0	60	810	15	1	4	3
Hot & Sour Soup 辣	10.6 oz	90	30	3.5	0.5	0	65	970	12	1	3	4
SAUCES & COOKIES												
Mandarin Sauce	1.8 oz	160	0	0	0	0	0	340	40	0	40	0
Potsticker Sauce	1.9 oz	45	0	0	0	0	0	1030	10	0	8	1
Sweet & Sour Sauce	1.8 oz	80	0	0	0	0	0	180	21	0	21	0
Fortune Cookies	8 g / 1 pc	32	2	0	0	0	0	8	7	0	3	1

WOK SMART™ entrees are 250 calories or less per single serving. Entree selections may vary by location. 辣 "La" (Spicy)

The Dietary Guidelines for Americans recommend limiting saturated fat to 20 grams and sodium to 2,300 milligrams for a typical adult eating 2,000 calories daily. Recommended limits may be higher or lower depending upon daily calorie consumption. These values are based on standard product formulation. Minor acceptable variations can be expected due to sampling differences, product assembly, seasonal influences and regional suppliers. Promotional entrees have not been included. Panda Express cooking oil and products contain zero grams of artificial Trans Fats per serving. A small amount of Trans Fat naturally occurs in beef, and is reflected in our nutritional information.

Please contact Panda Guest Relations at (800) 877-8988 for more information.