

9to5strength - Outback Steakhouse Nutrition Tables

Outback Steakhouse - Appetizers

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Bloomin' Onion	1950	18	123	18	155	56	14.0	9.6
Aussie Signature Sampler	1780	42	123	5	125	44	11.0	8.2
Aussie Cheese Fries, Large	1770	54	124	3	117	51	11.0	8.1
Alice Springs Chicken Quesadilla, Regular	1620	94	91	16	98	44	4.0	7.8
Steakhouse Quesadilla, Regular	1590	77	78	5	107	60	4.0	6.0
Kookaburra Wings, Regular	1450	65	14	3	127	41	2.0	9.3
Aussie Cheese Fries, Small	1160	35	70	2	83	33	6.0	5.3
Kookaburra Wings, Small	1050	35	10	3	97	29	2.0	6.5
Alice Springs Chicken Quesadilla, Small	970	47	51	13	64	27	2.0	4.4
Volcano Shrimp	960	21	55	6	73	19	4.0	7.3
Steakhouse Quesadilla, Small	820	39	40	3	55	31	2.0	3.0
Crab Cakes	800	28	22	5	66	16	3.0	3.6
Steakhouse Mac and Cheese Bites	770	24	47	1	54	14	4.0	3.1
Bloom Petals	750	7	46	4	60	22	5.0	3.6
Gold Coast Coconut Shrimp, Regular	640	23	59	21	34	18	0.0	3.1
Wood-Fire Grilled Shrimp on the Barbie	540	34	44	3	25	11	2.0	3.5
Seared Peppered Ahi, Large	390	30	19	10	22	4	2.0	3.6
Gold Coast Coconut Shrimp, Small	360	12	41	21	17	9	0.0	1.6
Seared Peppered Ahi, Small	340	19	19	10	21	4	2.0	3.1

Outback Steakhouse - Salads

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Blue Cheese Pecan Chopped Salad, Side	620	12	34	18	48	13	5.0	3.2
Blue Cheese Wedge	530	10	27	22	43	11	2.0	2.7
Bushman's Honey Wheat Bread and Butter	310	10	51	10	9	4	4.0	1.2
Caesar Salad	280	7	12	4	24	5	5.0	1.4
Dressing: Blue Cheese Vinaigrette (1.5 oz)	260	2	8	7	23	5	0.0	1.6
Dressing: Thousand Island Dressing (1.5 oz)	250	0	6	3	25	4	0.0	0.8
Dressing: Creamy Blue Cheese Dressing (1.5 oz)	240	2	0	0	25	5	0.0	0.7
Dressing: Honey Mustard Dressing (1.5 oz)	230	0	12	11	21	4	0.0	0.8
Dressing: Mustard Vinaigrette (1.5 oz)	220	0	4	4	22	3	0.0	0.3
Dressing: Ranch Dressing (1.5 oz)	210	0	1	1	23	4	0.0	0.6
Dressing: Caesar Dressing (1.5 oz)	190	2	2	0	19	4	0.0	1.1
House Salad	110	5	12	5	6	3	3.0	0.3
Dressing: Light Balsamic Vinaigrette (1.5 oz)	80	0	8	7	5	1	0.0	0.8
Dressing: Tangy Tomato Dressing (1.5 oz)	70	0	17	16	0	0	0.0	0.5

Outback Steakhouse - Soups

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Baked Potato, Bowl	520	10	47	6	32	17	5.0	6.0
French Onion Soup	420	19	21	8	29	14	2.0	5.3
Baked Potato, Cup	280	7	23	3	17	9	3.0	3.2

Outback Steakhouse - Entree Salads

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Steakhouse Salad	940	53	50	27	59	17	10.0	4.6
Crispy Chicken Add-On	470	26	28	1	29	13	2.0	2.0
Brisbane Caesar Salad no Protein	420	11	24	7	34	8	10.0	2.0
Aussie Cobb Salad no Protein (No Dressing)	370	23	19	7	23	11	5.0	1.9
Grilled Chicken Add-On	160	31	0	0	4	1	0.0	0.5
Grilled Shrimp Add-On	160	26	2	0	4	2	0.0	1.6

Outback Steakhouse - Signature Steaks

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Slow Roasted Prime Rib, 24 oz	2100	138	0	2	172	78	0.0	4.3
Slow Roasted Prime Rib, 16 oz	1400	92	0	1	114	52	0.0	3.6
The Melbourne/Porterhouse, 24 oz	1230	107	5	0	87	38	0.0	1.8
The Melbourne/Porterhouse, 22 oz	1110	96	5	0	78	34	0.0	1.6
Bone in Natural Cut Ribeye, 22 oz	1080	104	0	0	74	32	0.0	3.2
Slow Roasted Prime Rib, 12 oz	1050	69	0	1	86	39	0.0	3.3
The Melbourne/Porterhouse, 20 oz	1010	88	4	0	71	31	0.0	1.4
New York Strip, 14 oz	940	73	0	0	72	32	0.0	1.8
The Melbourne/Porterhouse, 18 oz	910	79	4	0	64	28	0.0	1.3
New York Strip, 13 oz	880	68	0	0	67	30	0.0	1.7
New York Strip, 12 oz	810	63	0	0	62	27	0.0	1.6
Roasted Garlic Filet Medallions w Mash	790	58	35	6	48	24	9.0	5.2
Ribeye, 14 oz	750	79	0	0	48	21	0.0	1.4
Ribeye, 13 oz	710	75	0	0	45	20	0.0	1.3
Slow Roasted Prime Rib, 8 oz	700	46	0	0	57	26	0.0	2.9
Ribeye, 12 oz	650	69	0	0	42	18	0.0	1.2
Ribeye, 10 oz	540	58	0	0	35	15	0.0	1.0
Outback Center Cut Sirloin, 12 oz	420	76	0	0	13	6	0.0	2.6
Outback Center Cut Sirloin, 11 oz	390	70	0	0	12	5	0.0	2.4
Victoria's Filet Mignon, 9 oz	360	60	0	0	14	6	0.0	2.2
Outback Center-Cut Sirloin, 10 oz	350	63	0	0	11	5	0.0	2.2
Outback Center-Cut Sirloin, 9 oz	320	57	0	0	10	5	0.0	2.0
Victoria's Filet Mignon, 8 oz	320	53	0	0	12	6	0.0	2.0
Outback Center-Cut Sirloin, 8 oz	280	51	0	0	9	4	0.0	1.8
Victoria's Filet Mignon, 6 oz	240	40	0	0	9	4	0.0	1.5
Outback Center-Cut Sirloin, 6 oz	210	38	0	0	7	3	0.0	1.3

Outback Steakhouse - Surf and Turf

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Sirloin, 12 oz, and Coconut Shrimp	790	88	42	21	31	15	0.0	4.3
Filet, 9 oz, and Lobster Tail	780	86	2	0	47	26	0.0	4.3
Sirloin, 11 oz, and Coconut Shrimp	750	81	42	21	30	14	0.0	4.0
Filet, 8 oz, and Lobster Tail	740	80	2	0	45	25	0.0	4.0
Sirloin, 10 oz, and Coconut Shrimp	720	75	42	21	28	14	0.0	3.8
Sirloin, 9 oz, and Coconut Shrimp	680	69	42	21	27	14	0.0	3.6
Filet, 6 oz, and Lobster Tail	660	66	2	0	42	24	0.0	3.6
Sirloin, 8 oz, and Coconut Shrimp	650	62	42	21	26	13	0.0	3.4
Sirloin, 12 oz, and Grilled Shrimp	580	90	5	2	22	10	0.0	3.9
Sirloin, 6 oz, and Coconut Shrimp	580	50	42	21	24	12	0.0	2.9

Sirloin, 11 oz, and Grilled Shrimp
 Sirloin, 5 oz, and Coconut Shrimp
 Sirloin, 10 oz, and Grilled Shrimp
 Sirloin, 9 oz, and Grilled Shrimp
 Sirloin, 8 oz, and Grilled Shrimp
 Sirloin, 6 oz, and Grilled Shrimp
 Sirloin, 5 oz, and Grilled Shrimp

540	84	5	2	21	10	0.0	3.6
540	43	42	21	23	12	0.0	2.7
510	77	5	2	20	9	0.0	3.4
470	71	5	2	19	9	0.0	3.2
440	65	5	2	18	8	0.0	3.0
370	52	4	2	15	7	0.0	2.5
330	46	4	2	14	7	0.0	2.3

Outback Steakhouse - Steak Mates

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Gold Coast Coconut Shrimp	360	12	41	21	17	9	0.0	1.6
Lobster Tail, 5 oz., Steamed	340	27	1	0	24	13	0.0	1.4
Roasted Garlic Butter Topping	170	0	2	0	18	11	0.0	0.5
Grilled Shrimp	150	14	4	2	9	4	0.0	1.2
Sautéed Mushrooms	130	7	11	5	6	3	3.0	1.7
Smoky Bacon Bourbon Topping	110	7	6	5	6	3	0.0	1.4
Grilled Onions	90	2	15	7	3	1	3.0	0.5

Outback Steakhouse - Sides

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Steakhouse Mac and Cheese	850	29	64	4	52	29	4.0	3.3
Aussie Fries	410	6	57	0	17	7	5.0	2.2
Sweet Potato (All Toppings)	410	5	72	22	11	5	10.0	0.6
Baked Potato (All Toppings)	390	12	58	7	12	6	8.0	2.4
Broccoli and Cheese	390	16	16	5	31	17	5.0	2.1
Loaded Homestyle Mashed Potatoes	300	9	21	2	20	11	4.0	3.6
Baked Potato Soup, Cup	280	7	23	3	17	9	3.0	3.2
Homestyle Mashed Potatoes	240	5	20	1	15	9	4.0	3.2
Chicken Tortilla Soup, Cup	170	9	13	1	9	5	2.0	1.8
Fresh Mixed Veggies	160	4	17	6	10	4	6.0	0.8
Fresh Seasonal Veggie (Steamed Broccoli)	150	6	14	4	10	4	5.0	0.8
Grilled Asparagus	60	2	4	2	4	0	2.0	0.6

Outback Steakhouse - Side Salads

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Blue Cheese Pecan Chopped Salad, Side	620	12	34	18	48	13	5.0	3.2
Blue Cheese Wedge	530	10	27	22	43	11	2.0	2.7
Caesar Salad	280	7	12	4	24	5	5.0	1.4
House Salad	240	2	0	0	25	5	0.0	0.7

Outback Steakhouse - Forkless Features

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Steak Quesadilla and Fries (Regional)	2000	82	135	5	125	67	9.0	8.2
Blue Cheese Bacon Burger (Regional)	1380	52	100	10	86	36	7.0	5.4
The Bloomin' Burger	1160	47	58	11	83	37	4.0	4.5
Mushroom Swiss Burger (Regional)	1020	55	46	10	71	34	3.0	3.0
Grass-Fed Burger with Aged Cheddar	920	46	42	9	65	28	2.0	2.9
Sweet Chook O' Mine Sandwich	920	50	58	21	55	19	2.0	3.4
Bacon Cheeseburger (Regional)	910	51	44	10	59	30	3.0	4.2
Crispy Chicken Sandwich	880	35	69	10	52	19	4.0	6.1
Sirloin Sandwich (Regional)	820	63	66	7	34	9	4.0	3.7

Grilled Chicken and Swiss Sandwich (Regional)	770	50	50	15	42	17	2.0	2.9
The Outback Burger without Cheese	710	39	42	9	43	22	3.0	2.0
Classic Cheeseburger (Regional)	710	39	42	9	43	22	3.0	2.0
BBQ Chicken and Bacon Sandwich (Regional)	670	50	53	18	30	15	2.0	3.0
Honey-Lime Chicken Wrap (Regional)	620	34	67	10	20	5	4.0	2.6
Add-On: Provolone Cheese	200	15	1	0	15	9	0.0	1.2
Add-On: Swiss Cheese	170	13	0	0	14	9	0.0	0.5
Add-On: Cheddar Cheese	160	10	0	0	14	8	0.0	0.7
Add-On: American Cheese	100	5	0	0	9	5	0.0	1.3
Add-On: Bacon	60	4	0	0	5	2	0.0	0.6

Outback Steakhouse - Straight From The Sea

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Fish, Shrimp and Chips (Regional)	1120	47	105	11	57	18	8.0	6.9
Fish and Chips (Regional)	1030	54	104	13	43	12	8.0	7.4
Bacon Bourbon Salmon, 10 oz, with Veg	810	66	23	11	52	12	6.0	3.3
Perfectly Grilled Salmon, 10 oz, with Veg	700	59	18	7	46	10	6.0	1.9
Tilapia with Pure Lump Crab Meat with Veg	700	63	26	8	39	13	7.0	3.9
Bacon Bourbon Salmon, 10 oz	650	61	6	5	42	8	0.0	2.5
Bacon Bourbon Salmon, 7 oz, with Veg	640	49	20	9	41	10	6.0	2.7
Perfectly Grilled Salmon, 7 oz, with Veg	540	42	18	7	35	8	6.0	1.5
Tilapia with Pure Lump Crab Meat	520	58	8	2	27	8	1.0	3.0
King Crab: 1-1/4 Lb. Entrée (Regional)	500	43	1	0	34	20	0.0	6.6
Bacon Bourbon Salmon, 7 oz	480	45	3	3	32	7	0.0	1.9
Lobster Tail Entrée: 5 oz Steamed, 2 Lobster Tails	480	53	1	0	27	14	0.0	2.3
King Crab: 1/2 Lb. Entrée (Regional)	370	17	1	0	32	19	0.0	3.0

Outback Steakhouse - Chicken, Ribs, Chops and More

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Chicken Tender Platter, Aussie Fries, Honey Mustard	1430	49	115	13	86	33	9.0	6.2
Toowoomba Pasta	1340	60	107	6	73	40	9.0	6.5
Chicken Tender Platter w Aussie Fries, Buffalo Sauce	1310	49	104	3	78	31	9.0	8.3
Baby Back Ribs, Full Order, with Aussie Fries	1280	80	78	15	75	29	5.0	4.5
Queensland Chicken and Shrimp Pasta	1210	75	98	0	55	30	7.0	5.6
Alice Springs Chicken, 8 oz, with Aussie Fries	1200	79	73	13	66	24	6.0	6.0
2 Grilled Pork Chops with Mash	1100	106	57	26	48	19	9.0	8.8
Queensland Pasta: with Shrimp	1090	51	99	0	53	29	7.0	6.0
Walhalla Pasta	1050	31	114	7	52	28	13.0	5.0
Chicken Tender Platter, Honey Mustard Sauce	1010	43	58	11	68	25	4.0	4.1
Baby Back Ribs, 1/2 Order, with Aussie Fries	980	52	76	15	53	21	5.0	4.0
Alice Springs Chicken, 5 oz, with Aussie Fries	920	48	69	9	51	18	6.0	4.6
Chicken Tender Platter with Buffalo Sauce	910	43	48	3	60	24	4.0	6.1
Baby Back Ribs, Full Order	880	74	22	15	57	22	0.0	2.4
Queensland Pasta, No Protein	860	24	96	0	41	23	7.0	4.0
Drover's Rib and Chicken Platter	840	101	20	15	40	15	0.0	3.0
1 Grilled Pork Chop with Mash	790	58	57	26	37	16	9.0	6.4
Alice Springs Chicken, 8 oz	780	73	17	11	47	17	1.0	3.8
Pork Porterhouse with Mash	750	74	20	1	42	19	4.0	6.7
Parmesan Herb Crusted Chicken with Veg	670	63	30	8	33	16	7.0	3.0
Baby Back Ribs, 1/2 Order	580	47	20	15	36	14	0.0	1.9
Grilled Chicken on the Barbie, 8 oz, with Veg	520	59	34	20	16	6	6.0	2.6
Pork Porterhouse	510	69	0	0	26	11	0.0	3.5

1 Grilled Pork Chop	400	48	23	20	12	4	0.0	2.5
Grilled Chicken on the Barbie, 5 oz, with Veg	390	35	34	20	14	5	6.0	2.2
Grilled Chicken on the Barbie, 8 oz	360	55	16	14	7	3	0.0	1.8

Outback Steakhouse - Desserts

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Chocolate Tower (Regional)	1780	23	269	199	81	38	13.0	3.5
Chocolate Thunder From Down Under	1500	17	138	120	101	55	6.0	1.3
Triple Layer Carrot Cake	1290	10	174	117	68	21	5.0	2.4
New York Style Cheesecake w Chocolate Sauce	1080	17	92	78	73	43	2.0	1.7
New York Style Cheesecake w Raspberry Sauce	1040	17	105	86	62	37	2.0	1.7
Key Lime Pie (Regional)	1010	17	141	118	40	20	2.0	1.2
New York Style Cheesecake	930	17	78	64	62	37	2.0	1.6
Salted Caramel Cookie Skillet	930	10	124	79	45	31	1.0	3.4
Salted Caramel Topped Cheesecake (Seasonal)	930	17	78	64	62	37	2.0	2.0
Double Chocolate Mini Dessert Parfait	590	3	54	41	39	22	2.0	0.5
Key Lime Mini Dessert Parfait (Seasonal)	570	9	80	66	23	13	1.0	0.7
Strawberry Shortcake Dessert Parfait (Seasonal)	430	6	46	37	24	13	2.0	0.8
Ice Cream (Regional)	300	5	33	26	16	10	0.0	0.2

Outback Steakhouse - Soft Drinks

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Coco-berry Smoothie	630	2	121	113	16	15	0.0	0.5
Strawberry Smoothie	630	2	122	113	16	15	0.0	0.4
Ice Cream Float with Coke	380	4	67	61	13	8	0.0	0.2
Cherry Limeade	230	0	57	47	0	0	1.0	0.4
Fruit Punch	180	1	44	42	0	0	0.0	0.0
Kiwi Strawberry Lemonade	170	0	43	40	0	0	2.0	0.0
Watermelon Cooler	160	0	41	40	0	0	0.0	0.1
The Strawberry Bull	150	0	39	34	0	0	0.0	0.3
Coke/Hi-C/Dr P./Sprite	110	0	30	30	0	0	0.0	0.0
Red Bull, Can	110	0	26	24	0	0	0.0	0.5
Fruit Spritzer	110	0	27	27	0	0	0.0	0.0
Minute Maid Country Style Lemonade	100	0	27	26	0	0	0.0	0.0
Fresh Strawberry Lemonade	100	0	27	23	0	0	2.0	0.0
Gold Peak Tea, Sweet	70	0	17	17	0	0	0.0	0.0
Classic Arnold Palmer	50	0	13	12	0	0	0.0	0.0
Bottled Water	0	0	0	0	0	0	0.0	0.2
Diet Drinks	0	0	0	0	0	0	0.0	0.0
Gold Peak Coffee	0	0	0	0	0	0	0.0	0.0
Gold Peak Tea, Unsweet	0	0	0	0	0	0	0.0	0.0