

9to5strength - Panda Express Nutrition Tables

Panda Express - Sides

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Fried Rice	520	11	85	3	16	3	1.0	2.1
Chow Mein	510	13	80	9	20	4	6.0	2.2
Brown Steamed Rice	420	9	86	1	4	1	4.0	0.0
Chow Fun	410	9	73	6	9	1	1.0	2.8
White Steamed Rice	380	7	87	0	0	0	0.0	0.0
Mixed Vegetables (Side)	80	4	16	5	1	0	5.0	1.4

Panda Express - Vegetables

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Eggplant Tofu	340	7	23	17	24	4	3.0	1.3
Country Style Bean Curd	191	7	14	8	12	2	2.0	2.4
Hot Szechuan Tofu	140	6	10	5	8	1	2.0	1.5
Mixed Veggies (Entree)	35	2	8	2	0	0	3.0	0.7

Panda Express - Chicken

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Orange Chicken	490	25	51	19	23	5	2.0	2.1
Teriyaki Chicken	340	41	14	10	13	4	3.0	1.6
Asian Chicken	340	41	14	10	13	4	3.0	1.6
Grilled Teriyaki Chicken	300	36	8	8	13	4	0.0	1.3
Grilled Asian Chicken	300	36	8	8	13	4	0.0	1.3
Kung Pao Chicken	290	16	14	6	19	4	2.0	2.4
Black Pepper Chicken	280	13	15	7	19	4	1.0	2.8
Mushroom Chicken	220	12	11	4	14	3	1.0	2.1
Potato Chicken	190	8	18	4	10	2	2.0	1.7

Panda Express - Chicken Breast & Beef

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Beijing Beef	470	13	46	24	26	5	1.0	1.7
SweetFire Chicken Breast	380	13	47	27	15	3	1.0	0.8
Shanghai Angus Steak (String Beans)	310	19	17	11	19	4	1.0	2.0
Sweet & Sour Chicken Breast	300	10	40	24	12	3	1.0	0.7
Wok-Seared Steak & Shrimp	220	19	20	11	7	2	1.0	2.8
String Bean Chicken Breast	190	14	13	4	9	2	4.0	1.5
Broccoli Beef	150	9	13	7	7	2	2.0	1.3

Panda Express - Seafood

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Honey Walnut Shrimp	360	13	35	9	23	4	2.0	1.1
Golden Treasure Shrimp	360	14	35	14	18	3	2.0	1.1
Crispy Shrimp (Entree)	260	9	26	2	13	2	1.0	2.0
Wok-Seared Steak & Shrimp	220	19	20	11	7	2	1.0	2.8
Steamed Ginger Fish	200	15	8	6	12	3	0.0	5.0

Panda Express - Appetizers

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Chicken Egg Roll	200	6	20	2	10	2	2.0	0.9
Cream Cheese Rangoon	190	5	24	1	8	5	2.0	0.5
Vegetable Spring Roll	190	3	27	3	8	2	2.0	1.3
Chicken Potsticker	160	6	20	2	6	2	1.0	0.6
Crispy Shrimp	130	5	13	1	6	1	1.0	1.0

Panda Express - Soup

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Hot & Sour Soup (Bowl)	170	10	20	6	6	1	1.0	3.2
Hot & Sour Soup (Cup)	120	7	14	4	5	1	1.0	2.2

Panda Express - Sauces & Cookies

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Chocolate Chip Chunk Cookie	160	2	25	14	7	3	0.0	0.3
Teriyaki Sauce	70	0	16	14	0	0	0.0	1.0
Sweet & Sour Sauce	70	0	21	20	0	0	0.0	0.3
Plum Sauce	15	0	3	3	0	0	0.0	0.1
Chili Sauce	10	0	2	2	0	0	0.0	0.3
Potsticker Sauce	10	0	3	2	0	0	0.0	0.7
Hot Mustard	10	0	0	0	1	0	0.0	0.3
Soy Sauce	5	0	0	0	0	0	0.0	0.9

Panda Express - Beverages

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT
Mountain Dew® (Large)	510	0	133	133	0	0
Tropicana Fruit Punch® (Large)	510	0	138	138	0	0
Pepsi® (Large)	460	0	129	124	0	0
Mug Root Beer® (Large)	460	0	119	119	0	0
Sierra Mist® (Large)	460	0	124	124	0	0
Tropicana Lemonade® (Large)	460	0	124	124	0	0
Dr. Pepper (Large)	390	0	106	106	0	0
Lipton Brisk Raspberry® (Large)	370	0	96	96	0	0
Mountain Dew® (Medium)	360	0	95	95	0	0
Tropicana Fruit Punch® (Medium)	360	0	98	98	0	0
Pepsi® (Medium)	330	0	92	89	0	0
Mug Root Beer® (Medium)	330	0	85	85	0	0
Sierra Mist® (Medium)	330	0	89	89	0	0
Tropicana Lemonade® (Medium)	330	0	89	89	0	0
Dr Pepper® (Medium)	280	0	76	76	0	0
Mountain Dew® (Small)	260	0	70	70	0	0
Lipton Brisk Raspberry® (Medium)	260	0	69	69	0	0
Tropicana Fruit Punch® (Small)	260	0	72	72	0	0
Pepsi® (Small)	240	0	67	65	0	0
Mug Root Beer® (Small)	240	0	63	63	0	0
Sierra Mist® (Small)	240	0	65	65	0	0
Tropicana Lemonade® (Small)	240	0	65	65	0	0
Dr Pepper® (Small)	210	0	56	56	0	0
Lipton Brisk Raspberry® (Small)	190	0	51	51	0	0
Diet Pepsi®	0	0	0	0	0	0
Lipton No Calorie Brisk Peach®	0	0	0	0	0	0
Sobe Lean®	0	0	0	0	0	0
China Mist Iced Tea®	0	0	0	0	0	0