Piccadilly Vegetables

rev. October 2018

Name	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Portion Size (g)
Baby Limas	160	20	2.5	0	0	0	130	27	7	0	8	128 g
Baked Potato	550	290	32	10	5	30	210	54	6	3	13	312 g
Beef Rice Dressing	150	60	6	2	0	20	250	16	1	1	8	128 g
Black-Eyed Peas	90	5	0	0	0	0	530	17	5	3	5	128 g
Broccoli & Rice	180	70	8	3.5	0.5	15	340	20	2	1	6	142 g
Broccoli Florets	60	35	4	0.5	1	0	210	5	3	1	3	128 g
Brussel Sprouts	100	60	6	1	1.5	0	580	10	5	2	4	128 g
Buttered carrots	60	60	25	3	0.5	0	85	9	3	5	1	128 g
Buttered Cauliflower	60	45	5	1	1	0	300	4	3	2	2	128 g
Cabbage	50	25	3	0.5	0.5	0	110	6	2	3	1	128 g
Caramelized Onions	60	45	5	1	1	0	0	4	1	3	0	39 g
Carrot Souffle	390	140	150	16	0	90	310	58	3	49	4	185 g
Cauliflower with Cheese	120	40	4.5	2	0	5	860	18	2	4	3	142 g
Cheese Sauce	40	10	1	0	0	0	330	7	0	3	1	60g
Corn	120	20	2.5	0.5	0.5	0	125	20	5	9	3	128 g
Cornbread Dressing	170	70	8	1.5	0	15	600	21	1	2	5	128 g
French Style Squash	100	35	4	1	0.5	5	420	12	2	2	4	128 g
Green Bean Supreme	100	60	6	1.5	0	0	540	9	2	1	2	128 g
Green Beans	25	10	1	0	0	0	480	5	2	2	0	128 g
Grilled vegetables	60	25	3	0.5	0	0	95	6	2	4	1	128 g
Lima Beans Boiled	140	0	0	0	0	0	610	25	7	3	8	128 g
Mashed Potatoes	130	35	4	1	1	0	170	22	2	1	2	198 g
Mexican Pinto Beans	140	5	0	0	0	0	65	24	6	1	8	128 g
Mixed squash	80	45	5	1	1	0	15	6	2	3	2	128 g
New Potatos	180	100	11	2	2.5	0	280	18	2	1	2	155 g
Okra, Frozen, Pre-Breaded, fried	280	160	17	3	0	0	550	27	3	3	3	99 g
Pasta, Macaroni and Cheese, Baked	250	100	11	4	1.5	15	900	26	1	7	10	89 g
Penne Pasta	200	10	1	0	0	0	350	41	2	2	7	170 g
Potatoes, Candied Sweet, Frozen	240	5	0	0	0	0	150	61	2	54	1	172 g
Potatoes, French Fried, Frozen	260	110	12	2	0	0	135	34	5	0	3	113 g
Potatoes, New, Roasted	160	50	6	1	0	0	190	25	3	1	3	142 g
Pinto Beans	150	5	0.5	0	0	0	570	4	0	1	8	128 g
Polynesian rice	170	60	6	1	1.5	0	780	25	1	2	3	184 g
Rice	110	0	0	0	0	0	670	26	1	0	2	85 g
Roasted Potatoes	170	70	8	1.5	0	0	290	22	2	2	3	142 g
Rutabagas	40	0	0	0	0	30	10	3	5	1		128 g
Smothered Okra	120	70	8	1.5	0	0	580	10	3	4	2	128 g
Spaghetti Pasta	270	15	1.5	0	0	0	450	52	3	1	10	170 g
Turnip Greens	30	5	0	0	0	0	220	6	3	0	3	128 g
Twice Baked Potatoes Casserole	280	190	21	10	1.5	45	500	15	1	2	8	170 g
Whole Okra	70	35	4	0.5	1	0	210	8	3	3	1	128 g
Yellow Rice	140	30	3.5	0.5	1	0	430	25	1	1	2	128 g