

PANDA EXPRESS NUTRITIONAL INFORMATION

Entree items	Serving Size (oz)	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
RICE & NOODLES												
Chow Mein	8 oz	390	110	12	2	0	0	1020	59	7	10	11
Steamed Rice	8 oz	380	20	2.5	0.5	0	0	30	81	4	0	9
Fried Rice	8 oz	450	130	14	3	0	105	710	67	6	0	13
VEGGIES												
Mixed Veggies	5.5 oz	90	60	7	1	0	0	110	8	3	3	2
Eggplant & Tofu 🌶️	5.5 oz	180	90	10	1.5	0	0	690	20	4	13	5
CHICKEN												
Orange Chicken 🌶️	5.5 oz	500	245	27	5.5	1	100	810	42	3	14	23
Mandarin Chicken	5.5 oz	250	90	10	3	0	145	1150	8	0	8	31
Mushroom Chicken	5.5 oz	130	60	6	1.5	0	45	520	8	3	4	11
Kung Pao Chicken 🌶️	5.5 oz	240	130	15	3	0	65	540	12	5	3	16
Potato Chicken	5.5 oz	200	90	10	2	0	55	990	21	2	8	11
Black Pepper Chicken	5.5 oz	200	100	12	2.5	0	80	820	11	2	4	13
String Bean Chicken Breast	5.5 oz	160	70	8	1.5	0	25	550	10	4	3	12
Sweet & Sour Chicken	5.5 oz	350	130	14	2.5	0	35	330	43	1	22	13
BEEF												
Beijing Beef 🌶️	5.0 oz	420	230	26	5	0	25	730	36	1	15	14
Broccoli Beef	5.5 oz	150	60	7	1.5	0	25	510	11	4	3	11
Mongolian Beef	5.5 oz	180	100	11	2	0	25	800	15	2	8	11
PORK												
BBQ Pork	5.5 oz	440	210	23	9	0	140	1570	15	1	14	41
Sweet & Sour Pork	5.5 oz	400	210	23	4.5	0	30	360	35	2	15	13
SHRIMP												
Tangy Shrimp	5.5 oz	150	50	5	1	0	85	550	16	2	11	9
Kung Pao Shrimp 🌶️	5.5 oz	240	120	14	2	0	95	640	14	4	4	16
Crispy Shrimp	100 g / 6 pcs	260	120	13	2.5	0	60	810	26	1	2	9
APPETIZERS												
Chicken Egg Roll	3 oz / 1 Roll	170	70	8	1.5	0	25	410	17	2	2	8
Chicken Potsticker	3 pcs	220	110	12	1.5	0	0	360	25	4	1	6
Veggie Spring Roll	1.7 oz / 1 Roll	80	30	3.5	1	0	0	270	11	2	1	2
Cream Cheese Rangoon	3 pcs	190	70	8	5	0	35	180	24	2	1	5
SOUP												
Hot & Sour Soup 🌶️	12 oz	110	35	3.5	1	0	85	1370	14	2	3	5
Egg Flower Soup	12 oz	88	22	2.2	0	0	55	895	16	0	2	2
SAUCES & COOKIES												
Mandarin Sauce	1.5 oz	70	0	0	0	0	0	740	17	0	15	1
Sweet & Sour Sauce	1.5 oz	80	0	0	0	0	0	135	19	0	17	0
Potsticker Sauce	1.5 oz	35	5	0	0	0	0	970	8	0	7	1
Fortune Cookies	8 g / 1 pc	32	2	0	0	0	0	8	7	0	3	1

🌶️ Indicates spicy dishes.
Entrees may vary by location.

These values are based on standard product formulation. Minor acceptable variations can be expected of sampling differences, product assembly, seasonal influences and regional suppliers. Promotional entrees have not been included.
Please contact Panda Guest Relations at (800) 877-8988 for more information.