

Ryan's Nutrition Information
Entrees

Menu Item	Serving Size, grams	Calories	Fat, grams	Saturated Fat, grams	Trans Fat,	Cholesterol,	Protein,	Carbohydrate,	Total Sugars,	Fiber,	Sodium,
					grams	milligrams	grams	grams	grams	grams	grams
Baked Whole Salmon	67 (1 piece)	140	10	2	0	40	14	0	0	0	120
BBQ Ribs	102 (1 rib)	180	12	5	0	50	10	7	6	0	560
BBQ Chicken	78 (1 spoon)	150	6	2	0	50	15	9	0	0	270
BBQ Pulled Pork	85 (1 spoon)	230	16	6	0	65	17	5	3	1	370
Bourbon Chicken	56 (1 spoon)	70	3	0.5	0	40	9	3	1	0	230
Crab Cakes	50 (1 cake)	120	5	1.5	0	5	3	15	2	1	270
Carved Turkey Breast	56 (1 slice)	90	3.5	1	0	35	14	0	0	0	135
Chicken & Dumplings	120 (1 spoon)	60	2	0	0	20	8	3	0	0	560
Chicken Fried Steak-without Gravy	62 (1 piece)	210	13	4	0.5	25	9	15	0	<1	630
Chicken Fried Steak with Gravy	74 (1 piece)	220	13	4	0.5	25	9	16	0	<1	700
Chicken Fajitas	98 (1 spoon)	90	2.5	0.5	0	35	13	4	3	1	650
Chicken Pot Pie	125 (1 spoon)	290	18	5	1	10	8	24	1	1	440
Corn Dog	74 (1 corn dog)	240	11	3.5	0	15	6	28	8	1	420
Fried Chicken, Breast	137 (1 breast)	270	12	3	0	25	39	1	0	1	200
Fried Chicken, Leg	75 (1 leg)	160	10	2.5	0	30	17	1	0	1	110
Fried Chicken, Thigh	122 (1 thigh)	220	13	3.5	0	35	23	2	0	2	150
Fried Chicken Wing	58 (1 wing)	70	3	1	0	5	10	0	0	0	50
Fried Breaded Catfish Fillet	178 (1 fillet)	340	16	2	0	105	36	12	0	1	450
Fried Fish	46 (1 piece)	90	5	1	0	25	9	4	0	0	160
Fried Shrimp	55 (11 shrimp)	150	8	1.5	0	35	6	16	<1	1	470
Fried Tilapia	25 (1 piece)	70	2.5	0.5	0	15	7	4	0	0	115
Grilled Chicken Breast-Plain	113 (1 breast)	180	4	1	0	95	35	0	0	0	85
Grilled Hot Dog Weiner	45 (1 weiner)	140	13	5	0	55	5	1	0	0	470
Grilled Pork Chop-BBQ	95 (1 chop)	190	9	3	0	70	22	4	0	0	150
Grilled Pork Chop-Plain	85 (1 chop)	170	9	3	0	70	22	0	0	0	45
Grilled Pork Chop-Teriyaki	95 (1 chop)	190	10	3	0	70	22	3	3	0	260
Grilled Sliced Sausage in BBQ Sauce	71 (1 spoon)	210	17	8	0	25	7	8	2	0	620
Grilled Sliced Sausage in Peppers & Onions	86 (1 spoon)	200	17	8	0	25	7	4	3	<1	460
Grilled Teriyaki Chicken Thighs	29 (1 piece)	60	2.5	0.5	0	25	6	4	1	0	180
Homestyle Chuck Roast w/ Vegetables	125 (1 spoon)	150	7	2.5	0	55	16	4	2	<1	270
Macaroni & Beef w/ Tomatoes	120 (1 spoon)	120	4.5	2	0	15	6	15	6	2	580
Macaroni & Cheese	100 (1 spoon)	120	2.5	1	0	5	4	19	1	<1	530
Meat Lasagna	174 (1 piece)	250	11	5	0	30	18	22	5	2	670
Meatloaf	59 (1 slice)	100	6	2.5	0	30	6	6	3	0	300
Mexican Casserole	125 (1 spoon)	190	9	4	0	35	8	21	4	2	550
Pizza, Cheese	85 (1 slice)	200	8	3	0	15	10	21	1	<1	310
Pizza, Pepperoni	95 (1 slice)	250	13	5	0	25	12	21	1	<1	480
Rotisserie Chicken, Breast	137 (1 breast)	280	13	3.5	0	115	40	<1	0	0	230
Rotisserie Chicken, Leg	75 (1 leg)	120	9	2.5	0	50	13	<1	0	0	160
Rotisserie Chicken, Thigh	122 (1 thigh)	250	16	4.5	0	90	25	1	0	0	260
Sirloin Steak	85 (3 oz)	180	9	3.5	0	70	25	0	0	0	170
Spaghetti	85 (1 spoon)	130	2.5	0.5	0	0	4	23	1	1	90
Spaghetti Sauce w /Meat	55 (2 fl oz ladle)	140	8	3.5	0	0	8	10	6	<1	660
Taco Meat	35 (1 1/4 oz)	70	4	1.5	0	45	5	3	0	1	180
White Turkey w/ Gravy	120 (1 spoon)	90	2	1	0	50	15	4	<1	0	400