

**Ryan's Nutrition Information**  
**Sides**

Menu Item	Serving Size, grams	Calories	Fat, grams	Saturated Fat, grams	Trans Fat,	Cholesterol, milligrams	Protein, grams	Carbohydrate, grams	Total Sugars,	Fiber, grams	Sodium, milligrams
					grams				grams		
Baby Lima Beans w/ Sauce	50 ( 1 spoon)	<b>50</b>	1	0	0	0	2	10	1	2	200
Baked Beans	110 (1 spoon)	<b>90</b>	1	0	0	0	6	20	3	5	420
Baked Potato-Plain	180 (1 each)	<b>180</b>	0	0	0	0	4	31	1	4	10
Breaded Fried Okra	85 (1spoon)	<b>220</b>	12	1	0	0	3	28	2	3	590
Brussel Sprouts	80 (1 spoon)	<b>40</b>	2	0.5	0.5	0	2	6	1	2	30
Candied Sweet Potatoes w/ Marshmallows	86 (1 spoon)	<b>130</b>	1.5	0	0.5	0	1	31	17	2	270
Chopped Collard Greens in Sauce	54 (1 spoon)	<b>20</b>	1	0	0	0	1	3	1	2	240
Corn Cobbet	76 (1 cobbet)	<b>90</b>	3	0.5	0.5	0	2	4	2	2	420
Cornbread Stuffing	60 (1 spoon)	<b>100</b>	5	1	0	0	2	13	1	1	440
Cream Corn	50 (1 spoon)	<b>40</b>	0	0	0	0	1	10	3	1	80
Cut Corn	50 (1 spoon)	<b>50</b>	2	0	0.5	0	1	9	1	1	330
Fried Onion Rings	72 (6 rings)	<b>230</b>	14	2.5	0	0	3	25	3	2	290
Fried Potatoes	82 ( spoon)	<b>110</b>	3.5	0.5	0	0	3	5	0	2	240
Garlic Mashed Potatoes	85 (1 spoon)	<b>90</b>	4	1	1.5	0	3	11	<1	1	230
Glazed Baby Carrots w/ Sauce	54 (1 spoon)	<b>60</b>	3	0.5	0	0	<1	7	5	1	120
Green Beans-Plain	50 (1 spoon)	<b>10</b>	0	0	0	0	<1	2	1	1	5
Grilled Vegetables w/ Broccoli	50 (1 spoon)	<b>40</b>	3	1	1	0	1	2	1	<1	210
Grilled Vegetables w/ Cauliflower	50 (1 spoon)	<b>40</b>	3.5	1	1	0	1	2	1	<1	230
Pinto Beans	92 (1 spoon)	<b>70</b>	1	0	0	0	5	14	0	4	270
Rice Pilaf	43 (1 spoon)	<b>60</b>	1	0	0	0	1	12	0	0	180
Seasoned Green Beans	50 (1 spoon)	<b>25</b>	2	0	0	0	0	3	1	1	140
Spaghetti	85 (1 spoon)	<b>130</b>	2.5	0.5	0	0	4	23	1	1	90
Steamed Broccoli Spears	50 (1 spoon)	<b>40</b>	2.5	0.5	0	0	2	<1	3	1	350
Steamed Cabbage w/ Bacon	50 (1 spoon)	<b>60</b>	5	2	0	5	1	2	1	1	220
Stewed Tomatoes w/ Okra & Corn	100 ( 1 spoon)	<b>25</b>	0	0	0	0	<1	6	4	1	270
Yellow Squash w/ Onions	50 (1 spoon)	<b>40</b>	3.5	1	1	0	0	2	1	1	15