

PANDA EXPRESS® NUTRITIONAL INFORMATION

MENU ITEMS	Serving Size (oz)	Calories	Calories From Fat (g)	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	9.4 oz	500	210	23	4	0	0	980	61	4	5	18
Fried Rice	9.3 oz	530	140	16	3	0	150	820	82	1	3	12
Steamed Rice	8.1 oz	380	0	0	0	0	0	0	86	0	0	7
VEGGIES												
Eggplant & Tofu (辣)	6.1 oz	310	220	24	3.5	0	0	570	20	3	13	7
Mixed Veggies (Side) (W)	8.6 oz	70	5	0.5	0	0	0	530	13	5	4	4
Mixed Veggies (Entree) (W)	4.3 oz	35	0	0	0	0	0	260	7	3	2	2
CHICKEN												
Black Pepper Chicken (W)	6.1 oz	250	130	14	3	0	120	930	12	2	5	19
Kung Pao Chicken (辣)	5.8 oz	280	160	18	3.5	0	105	800	12	2	4	18
Mandarin Chicken	5.8 oz	310	150	16	4	0	115	740	8	0	8	34
Mushroom Chicken (W)	5.9 oz	220	120	13	3	0	100	760	9	1	4	17
Orange Chicken (辣)	5.7 oz	420	180	21	4	0	95	620	43	0	18	15
Potato Chicken (W)	5.2 oz	220	100	11	2	0	60	780	19	3	5	11
CHICKEN BREAST												
String Bean Chicken Breast (W)	5.6 oz	170	60	7	1.5	0	35	740	13	2	5	15
SweetFire Chicken Breast™ (辣)	5.8 oz	440	160	18	3.5	0	45	370	53	1	27	17
Sweet & Sour Chicken Breast	5.5 oz	380	150	17	3	0	40	320	40	1	23	15
Thai Cashew Chicken Breast (W)	5.5 oz	220	100	11	2	0	40	670	13	2	5	18
BEEF												
Beijing Beef™ (辣)	5.6 oz	690	360	40	8	0.5	65	890	57	4	25	26
Broccoli Beef (W)	5.4 oz	130	40	4	1	0	15	710	13	3	3	10
Kobari™ Beef (辣) (W)	5.3 oz	210	60	7	1.5	0	25	840	20	2	10	15
PORK												
BBQ Pork	4.6 oz	360	180	19	8	0	120	1310	13	1	12	34
Sweet & Sour Pork	6.2 oz	390	190	21	3	0	15	460	44	2	26	10
SHRIMP												
Crispy Shrimp	3.5 oz / 6 pcs	260	120	13	2.5	0	60	810	26	1	2	9
Golden Treasure Shrimp™ (辣)	5 oz	390	170	19	3	0	115	500	39	2	15	16
Honey Walnut Shrimp	3.7 oz	370	210	23	4	0	110	470	27	2	9	14
APPETIZERS												
Chicken Egg Roll (W)	3.0 oz / 1 roll	200	100	12	4	0	20	390	16	2	2	8
Chicken Potsticker (W)	3.3 oz / 3 pcs	220	100	11	2.5	0	20	280	23	1	2	7
Cream Cheese Rangoon (W)	2.4 oz / 3 pcs	190	70	8	5	0	35	180	24	2	1	5
Veggie Spring Roll (W)	3.4 oz / 2 rolls	160	60	7	1	0	0	540	22	4	2	4
SOUP												
Hot & Sour Soup (辣) (W)	10.6 oz	100	30	3.5	0.5	0	65	930	12	1	4	4
SAUCES & COOKIES												
Mandarin Sauce	1.8 oz	160	0	0	0	0	0	340	40	0	40	0
Sweet & Sour Sauce	1.8 oz	70	0	0	0	0	0	115	21	0	20	0
Fortune Cookies	8 g / 1 pc	32	2	0	0	0	0	8	7	0	3	1

 WOK SMART™ entrees are 250 calories or less per single serving. Entree selections may vary by location.  “La” (Spicy)

The Dietary Guidelines for Americans recommend limiting saturated fat to 20 grams and sodium to 2,300 milligrams for a typical adult eating 2,000 calories daily. Recommended limits may be higher or lower depending upon daily calorie consumption. These values are based on standard product formulation. Minor acceptable variations can be expected due to sampling differences, product assembly, seasonal influences and regional suppliers. Promotional entrees have not been included.

Ingredients are based upon standardized recipes. Variations in nutrition values may occur based upon regional and seasonal ingredient differences, packaging differences and menu items being individually hand served. Before placing your order, please inform your server if a person in your party has a food allergy. Panda uses ingredients that contain all the major FDA allergens (peanuts, tree nuts, eggs, fish, shellfish, milk, soy and wheat). Panda Express does not have any vegetarian dishes.

For a full nutritional information chart and allergen information, visit pandaexpress.com.

Please contact Panda Guest Relations at (800) 877-8988 for more information.