

NUTRITIONAL INFORMATION

Because of your request we have provided the nutritional information on our healthier low fat choices at Spangles.

To view the nutritional information on our products we have available, please go to our menu page and scroll over to the nutritional icon next to the item. To print the nutritional information for the items we do have available, please click the print icon on the menu toolbar.

Thank you for visiting our website and please visit us again soon

TURKEY TURKEY ON PITA NUTRITIONAL INFORMATION	
Servings 1	Amt per serving
Calories	351.7
Total Fat (grams)	7
Saturated Fat (grams)	1.4
Cholesterol (mg)	46.7
Sodium (mg)	1605.1
Protein (grams)	28.9
Carbohydrates (grams)	43.5
Fiber (grams)	3.5
*18% cals from fat	
ARAMARK WESLEY MEDICAL CENTER	

GRILLED CHICKEN ON PITA NUTRITIONAL INFORMATION	
Servings 1	Amt per serving
Calories	330.7
Total Fat (grams)	6.6
Saturated Fat (grams)	1.3
Cholesterol (mg)	44.8
Sodium (mg)	1136.2
Protein (grams)	24.1
Carbohydrates (grams)	43.3
Fiber (grams)	3.8
*18% cals from fat	
ARAMARK WESLEY MEDICAL CENTER	

SMOKED TURKEY ON SOURDOUGH NUTRITIONAL INFORMATION	
Servings 1	Amt per serving
Calories	358.1
Total Fat (grams)	10.4
Saturated Fat (grams)	1.2
Cholesterol (mg)	46.7
Sodium (mg)	1395
Protein (grams)	27.8
Carbohydrates (grams)	24.7
Fiber (grams)	2.3
*26% cals from fat	
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LOW-FAT PASTA SALAD NUTRITIONAL INFORMATION	
Servings 1	Amt per serving
Calories	252
Total Fat (grams)	1.7
Saturated Fat (grams)	0.3
Cholesterol (mg)	0
Sodium (mg)	884.5
Protein (grams)	7.6
Carbohydrates (grams)	51.8
Fiber (grams)	2.1
*16% cals from fat	
ARAMARK WESLEY MEDICAL CENTER	

NON-DAIRY DESSERT TOPPING NUTRITIONAL FACTS	
Serving Size 2 Tbsp	Amt per serving
Calories	25
Total Fat (grams)	2
Saturated Fat (grams)	2
Cholesterol (mg)	0
Sodium (mg)	0
Protein (grams)	0
Carbohydrates (grams)	2
<i>Dietary Fiber</i>	0
<i>Sugars</i>	0
<i>Sugar Alcohol</i>	2
Fiber (grams)	0
*20% cals from fat	

JELL-O NUTRITIONAL FACTS	
Serving Size 6 oz.	Amt per serving
Calories	15
Total Fat (grams)	0
Saturated Fat (grams)	0
Cholesterol (mg)	0
Sodium (mg)	82.5
Protein (grams)	1.5
Carbohydrates (grams)	0
Fiber (grams)	0