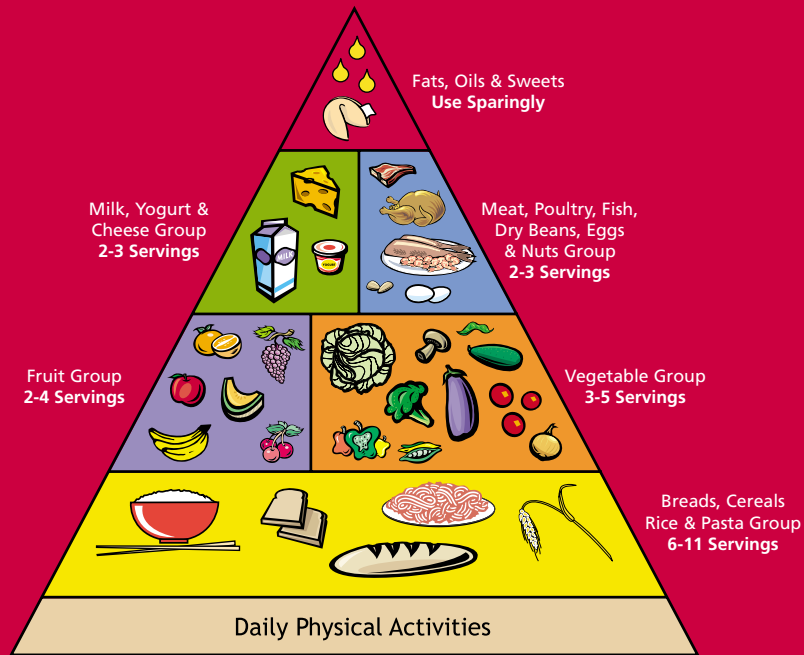


Panda Express Nutrition Information

The five major food groups are shown on the Food Guide Pyramid. Each of these food groups provides some, but not all, of the nutrients you need daily. Center your diet around the foods at the base of the Pyramid, and eat less of the foods at the top of the Pyramid. If you're watching your weight, eat the minimum number of recommended servings. If you need to gain weight, eat the maximum number of servings. In all five groups, try to choose non-fat and lean groups as often as possible.



The Food Guide Pyramid

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(balance)

To Our Guests:

Thank you for choosing the irresistibly delicious flavors of Panda Express.

Enjoy the unique tastes of such entrées as Orange Flavored Chicken, a Panda Express original, and beef with crisp broccoli or our famous Chow Mein. Yum.

A few reminders when you visit Panda Express:

- Our entrees are prepared using a chicken base; our meals are not vegetarian.
- We do not add MSG to our food
- We use only 100%, pure soybean oil in the preparation of our recipes
- We do not offer gluten-free entrées or side dishes

Should you have food allergies, we want you to know that some Panda Express dishes may contain food allergens such as eggs, peanuts or shellfish. If you have special dietary needs, experience food allergies or sensitivities or just need more details about our products, please call 800-877-8988. Our Guest Relations representatives can answer your questions and help you choose the Panda foods that are right for you.

We sincerely hope your dining experience is pleasantly delicious. Enjoy!

Panda Express.
Chinese for: Yummy.

pandaexpress.com





PANDA EXPRESS ENTRÉES NUTRITIONAL INFORMATION

	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	TOTAL CARBOHYDRATES	DIETARY FIBER	SUGARS	PROTEIN
CHICKEN											
Black Pepper Chicken 🍲	5.5 oz.	180	90	10 g	2 g	40 mg	630 mg	10 g	2 g	2 g	13 g
Orange Flavored Chicken 🍲	5.5 oz.	480	190	21 g	4.5 g	80 mg	820 mg	50 g	2 g	5 g	21 g
Chicken with Mushrooms	5.5 oz.	130	60	7 g	1.5 g	50 mg	590 mg	7 g	2 g	2 g	11 g
Chicken with String Beans	5.5 oz.	170	70	8 g	1.5 g	30 mg	560 mg	12 g	3 g	2 g	11 g
Spicy Chicken with Peanuts 🍲	5.5 oz.	200	60	7 g	1.5 g	70 mg	800 mg	17 g	4 g	2 g	18 g
Mandarin Chicken	5.5 oz.	250	80	9 g	2.5 g	125 mg	960 mg	8 g	2 g	2 g	34 g
Chicken with Potato	5.5 oz.	220	100	11 g	2 g	55 mg	910 mg	17 g	1 g	1 g	12 g
Sweet & Sour Chicken	4 oz.	310	130	14 g	3 g	50 mg	330 mg	28 g	2 g	0 g	18 g
BEEF											
Beef with Broccoli	5.5 oz.	150	70	8 g	2 g	15 mg	730 mg	9 g	1 g	2 g	11 g
Beef with String Beans	5.5 oz.	170	80	9 g	2 g	20 mg	640 mg	11 g	2 g	0 g	12 g
PORK											
Sweet & Sour Pork	4 oz.	410	270	30 g	7 g	55 mg	350 mg	17 g	3 g	0 g	19 g
BBQ Pork	4.5 oz.	350	170	19 g	7 g	85 mg	970 mg	13 g	< 1 g	5 g	32 g
VEGETABLES											
Mixed Vegetables	5.5 oz.	70	30	3 g	0.5 g	0 mg	420 mg	8 g	1 g	1 g	3 g
TOFU											
String Beans with Fried Tofu	5.5 oz.	180	100	11 g	2 g	0 mg	650 mg	11 g	3 g	3 g	10 g
RICE & NOODLES											
Vegetable Fried Rice	8 oz.	390	110	12 g	2.5 g	85 mg	740 mg	61 g	2 g	0 g	9 g
Steamed Rice	8 oz.	330	0	0.5 g	0 g	0 mg	20 mg	74 g	2 g	0 g	7 g
Vegetable Chow Mein	8 oz.	330	100	11 g	2 g	0 mg	810 mg	48 g	4 g	6 g	10 g
APPETIZERS											
Fried Shrimp	6 pcs. (100 g)	260	110	12 g	2.5 g	65 mg	730 mg	26 g	< 1 g	0 g	12 g
Veggie Spring Roll	1.7 oz./ 1 Roll	80	20	2.5 g	0 g	0 mg	270 mg	14 g	< 1 g	0 g	2 g
Chicken Egg Roll	3 oz./ 1 Roll	190	70	8 g	1.5 g	25 mg	450 mg	21 g	3 g	< 1 g	8 g
SAUCES											
Mandarin Sauce	1.5 oz.	70	0	0 g	0 g	0 mg	670 mg	16 g	0 g	14 g	< 1 g
Sweet & Sour Sauce	1.5 oz.	60	0	0 g	0 g	0 mg	120 mg	15 g	0 g	13 g	< 1 g
Soy Sauce	1 Tbsp. (15 ml)	16	0	0 g	0 g	0 mg	660 mg	2 g	0 g	2 g	2 g
Hot Mustard Sauce	9 g	18	0	0 g	0 g	0 mg	90 mg	1 g	0 g	0 g	0 g
Hot Sauce	2 Tsp. (7 g)	10	5	0.5 g	0 g	0 mg	130 mg	2 g	0 g	1 g	0 g

🍲 Indicates spicy dishes.

Panda's food offerings are not vegetarian.

These values are based on standard product formulation. Minor acceptable variations can be expected of sampling differences, product assembly, seasonal influences and regional suppliers.

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