

HEALTHY Rice Bowls	CALORIES	Calories from Fat	FAT (g)	Total SAT FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARB (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)
BANGKOK THAI CHICKEN RICE BOWL	600	210	23	2.5	0	25	1320	75	5	15	25	110%	70%	6%	25%
BANGKOK THAI BEEF RICE BOWL	650	240	27	4	0	45	1310	76	5	15	27	110%	70%	8%	30%
BANGKOK THAI PORK RICE BOWL	690	280	32	6	0	50	1450	76	5	16	26	110%	70%	6%	20%
BANGKOK THAI VEGGIE RICE BOWL	550	200	23	2.5	0	0	1170	75	5	15	13	110%	70%	6%	20%
BANGKOK THAI CHICKEN 13" BURRITO	760	250	27	6	0	55	2050	100	7	14	30	100%	70%	25%	30%
BANGKOK THAI BEEF 13" BURRITO	780	250	28	6	0	45	2000	101	7	14	33	100%	70%	25%	40%
BANGKOK THAI PORK 13" BURRITO	820	290	32	9	0	50	2130	101	7	15	31	100%	70%	25%	30%
BANGKOK THAI VEGGIE 13" BURRITO	680	210	23	5	0	0	1860	100	7	14	19	100%	70%	25%	30%
BANGKOK THAI CHICKEN 10" BURRITO	540	180	20	4.5	0	55	1520	66	5	12	25	100%	70%	15%	20%
BANGKOK THAI BEEF 10" BURRITO	550	190	21	5	0	45	1460	67	5	12	28	100%	70%	15%	25%
BANGKOK THAI PORK 10" BURRITO	600	230	26	7	0	50	1600	67	5	13	27	100%	70%	15%	15%
BANGKOK THAI VEGGIE 10" BURRITO	450	150	16	3.5	0	0	1320	66	5	12	14	100%	70%	15%	15%
CAJUN CHICKEN RICE BOWL	520	160	18	5	0	45	820	68	8	2	22	10%	15%	15%	15%
CAJUN BEEF RICE BOWL	570	200	22	7	0	65	820	69	8	2	25	10%	15%	15%	25%
CAJUN PORK RICE BOWL	610	240	26	9	0	70	950	69	8	3	24	10%	15%	15%	15%
CAJUN VEGGIE RICE BOWL	470	150	17	5	0	20	680	68	8	2	11	10%	15%	15%	15%
CAJUN CHICKEN 13" BURRITO	730	250	27	9	0	75	1610	93	8	2	27	10%	15%	35%	30%
CAJUN BEEF 13" BURRITO	750	250	28	9	0	65	1560	94	8	2	30	10%	15%	35%	35%
CAJUN PORK 13" BURRITO	800	290	32	12	0	70	1690	94	8	3	29	10%	15%	35%	25%
CAJUN VEGGIE 13" BURRITO	650	210	23	8	0	20	1450	96	8	2	16	10%	15%	35%	25%
CAJUN CHICKEN 10" BURRITO	530	190	21	7	0	70	1270	62	6	4	24	10%	15%	25%	20%
CAJUN BEEF 10" BURRITO	550	190	22	7	0	60	1220	63	6	4	27	10%	15%	25%	25%
CAJUN PORK 10" BURRITO	590	230	26	10	0	65	1350	63	6	5	26	10%	15%	25%	15%
CAJUN VEGGIE 10" BURRITO	450	150	17	6	0	15	1080	62	6	4	13	10%	15%	25%	15%
MEXICAN CHICKEN RICE BOWL	800	370	42	10	0	60	1370	78	6	9	24	30%	15%	15%	20%
MEXICAN BEEF RICE BOWL	850	410	46	11	0	80	1360	79	6	9	27	30%	15%	20%	30%
MEXICAN PORK RICE BOWL	890	450	50	13	0	85	1490	79	6	10	26	30%	15%	15%	20%

MEXICAN VEGGIE RICE BOWL	450	370	41	10	0	35	1220	78	6	9	13	30%	15%	15%	20%
MEXICAN CHICKEN 13" BURRITO	960	410	46	13	0	90	2100	104	8	9	30	20%	10%	35%	30%
MEXICAN BEEF 13" BURRITO	980	410	46	14	0	80	2040	104	8	9	32	20%	10%	35%	35%
MEXICAN PORK 13" BURRITO	1020	450	51	16	0	85	2180	105	8	10	32	20%	10%	35%	25%
MEXICAN VEGGIE 13" BURRITO	880	370	42	12	0	35	1900	104	8	9	18	20%	10%	35%	25%
MEXICAN CHICKEN 10" BURRITO	770	360	40	12	0	90	1890	74	7	11	27	15%	8%	25%	20%
MEXICAN BEFF 10" BURRITO	790	370	41	12	0	80	1840	75	7	11	29	15%	8%	25%	25%
MEXICAN PORK 10" BURITTO	830	410	45	14	0	85	1970	75	7	12	28	15%	8%	25%	15%
MEXICAN VEGGIE 10" BURRITO	690	330	36	11	0	35	1700	74	7	11	15	15%	8%	25%	15%
BUFFALO CHICKEN RICE BOWL	560	230	26	6	0	50	1270	60	3	3	22	100%	20%	10%	20%
BUFFALO BEEF RICE BOWL	610	260	30	8	0	70	1260	61	3	3	25	100%	20%	15%	25%
BUFFALO PORK RICE BOWL	650	300	34	10	0	75	1390	61	3	4	24	100%	20%	10%	15%
BUFFALO VEGGIE RICE BOWL	510	220	25	6	0	25	1120	60	3	3	11	100%	20%	10%	15%
BUFFALO CHICKEN 13" BURRITO	730	270	30	10	0	80	2000	86	5	2	28	90%	15%	30%	30%
BUFFALO BEEF 13" BURRITO	750	270	30	10	0	70	1940	86	5	2	30	90%	15%	30%	35%
BUFFALO PORK 13" BURRITO	790	310	35	12	0	75	2080	87	5	4	29	90%	15%	30%	25%
BUFFALO VEGGIE 13" BURRITO	650	230	26	9	0	25	1800	86	5	2	16	90%	15%	30%	25%
BUFFALO CHICKEN 10" BURRITO	510	200	22	8	0	80	1570	55	3	4	24	90%	15%	20%	15%
BUFFALO BEFF 10" BURRITO	530	200	23	8	0	70	1520	56	3	4	27	90%	15%	20%	25%
BUFFALO PORK 10" BURRITO	570	240	27	10	0	70	1650	57	3	5	26	90%	15%	20%	15%
BUFFALO VEGGIE 10" BURRITO	430	160	18	7	0	20	1380	55	3	4	13	90%	15%	20%	15%
FLORENCE CHICKEN RICE BOWL	420	80	9	4	0	45	410	64	6	7	23	30%	15%	25%	15%
FLORENCE BEEF RICE BOWL	460	120	13	5	0	45	400	65	6	7	26	30%	15%	25%	25%
FLORENCE PORK RICE BOWL	510	160	17	8	0	65	540	65	6	8	25	30%	15%	25%	15%
FLORENCE VEGGIE RICE BOWL	360	70	8	4	0	15	260	64	6	7	12	30%	15%	25%	15%
FLORENCE CHICKEN 13" BURRITO	630	160	18	8	0	75	1200	89	6	7	29	30%	15%	40%	30%
FLORENCE BEEF 13" BURRITO	650	170	19	8	0	65	1140	90	6	7	32	30%	15%	45%	35%
FLORENCE PORK 13" BURRITO	690	210	23	10	0	65	1280	90	6	8	31	30%	15%	40%	25%
FLORENCE VEGGIE 13" BURRITO	550	130	14	7	0	15	1000	89	6	7	18	30%	15%	40%	25%
FLORENCE CHICKEN 10" BURRITO	460	140	16	7	0	75	1030	58	4	7	26	30%	15%	30%	20%
FLORENCE BEEF 10" BURRITO	480	150	16	7	0	65	980	59	4	7	28	30%	15%	35%	25%
FLORENCE PORK 10" BURRITO	520	190	21	9	0	65	1110	59	4	8	27	30%	15%	30%	15%
FLORENCE VEGGIE 10" BURRITO	380	110	12	6	0	15	840	58	4	7	14	30%	15%	30%	15%
N. C. BBQ CHICKEN RICE BOWL	620	170	19	4	0	45	1000	88	3	28	23	25%	30%	15%	20%

N. C. BBQ BEEF RICE BOWL	670	210	23	5	0	65	1000	89	3	28	25	25%	30%	15%	25%
N. C. BBQ PORK RICE BOWL	710	250	28	7	0	70	1130	89	3	29	24	25%	30%	15%	15%
N. C. BBQ VEGGIE RICE BOWL	570	170	19	4	0	20	860	88	3	28	11	25%	30%	15%	15%
N. C. BBQ CHICKEN 13" BURRITO	790	210	23	7	0	75	1740	114	4	28	28	15%	25%	30%	25%
N. C. BBQ BEEF 13" BURRITO	810	210	24	8	0	65	1680	114	4	28	30	15%	25%	30%	35%
N. C. BBQ PORK 13" BURRITO	850	250	28	10	0	70	1810	115	4	29	30	15%	25%	30%	25%
N. C. BBQ VEGGIE 13" BURRITO	710	170	19	6	0	20	1540	114	4	28	17	15%	25%	30%	25%
N. C. BBQ CHICKEN 10" BURRITO	560	160	18	6	0	75	1400	76	3	22	25	15%	20%	20%	15%
N. C. BBQ BEEF 10" BURRITO	580	170	19	6	0	65	1350	77	3	22	27	15%	20%	20%	25%
N. C. BBQ PORK 10" BURRITO	620	210	23	9	0	70	1480	77	3	23	27	15%	20%	20%	15%
N. C. BBQ VEGGIE 10" BURRITO	480	130	14	5	0	20	1210	76	3	22	13	15%	20%	20%	15%
POWER PROTEIN CHICKEN RICE BOWL	660	210	23	8	0	250	1550	74	11	3	38	20%	10%	20%	25%
POWER PROTEIN BEEF RICE BOWL	710	250	28	9	0	270	1540	75	11	3	40	20%	10%	20%	30%
POWER PROTEIN PORK RICE BOWL	750	290	32	11	0	275	1670	75	11	4	39	20%	10%	20%	20%
POWER PROTEIN VEGGHIE RICE BOWL	610	210	23	8	0	225	1400	74	11	3	26	20%	10%	20%	20%
POWER PROTEIN CHICKEN 13" BURRITO	870	300	33	11	0	280	2340	99	11	3	43	20%	10%	40%	35%
POWER PROTEIN BEEF 13" BURRITO	890	300	34	12	0	270	2280	100	11	3	46	20%	10%	40%	40%
POWER PROTEIN PORK 13" BURRITO	930	340	38	14	0	275	2410	100	11	4	45	20%	10%	40%	30%
POWER PROTEIN VEGGIE 13" BURRITO	790	260	29	10	0	225	2140	99	11	3	32	20%	10%	40%	30%
POWER PROTEIN CHICKEN 10" BURRITO	680	250	28	10	0	280	1940	69	9	5	40	20%	10%	25%	25%
POWER PROTEIN BEEF 10" BURRITO	700	260	29	10	0	270	1880	70	9	5	42	20%	10%	30%	30%
POWER PROTEIN PORK 10" BURRITO	740	300	33	12	0	275	2020	70	9	5	41	20%	10%	25%	20%
POWER PROTEIN VEGGIE 10" BURRITO	600	220	24	9	0	225	1740	69	9	5	28	20%	10%	25%	20%
GREEK CHICKEN RICE BOWL	650	310	35	2	0	40	890	65	7	4	21	8%	10%	8%	15%
GREEK BEEF RICE BOWL	700	350	39	3.5	0	60	890	65	7	4	23	8%	10%	10%	20%
GREEK PORK RICE BOWL	740	390	43	6	0	65	1020	66	7	5	22	8%	10%	8%	10%
GREEK VEGGIE RICE BOWL	600	310	34	2	0	15	750	65	7	4	9	8%	10%	8%	10%
GREEK CHICKEN 13" BURRITO	860	400	44	6	0	70	1680	90	7	4	26	8%	10%	30%	25%
GREEK BEEF 13" BURRITO	880	400	45	6	0	60	1630	91	7	4	29	8%	10%	30%	35%
GREEK PORK 13" BURRITO	920	440	49	9	0	65	1760	91	7	5	28	8%	10%	30%	25%
GREEK VEGGIE 13" BURRITO	780	360	40	5	0	15	1490	90	7	4	15	8%	10%	30%	25%
GREEK CHICKEN 10" BURRITO	620	300	34	5	0	70	1470	60	5	5	23	8%	10%	15%	20%
GREEK BEEF 10" BURRITO	640	310	34	5	0	60	1360	61	5	5	25	8%	10%	15%	25%
GREEK PORK 10" BURRITO	690	350	39	7	0	65	1490	61	5	6	24	8%	10%	15%	15%

GREEK VEGGIE 10" BURRITO	540	270	30	4	0	10	1220	60	5	5	11	8%	10%	15%	15%
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The nutritional information is based on using Genesis R & D software. Analytic results may be different in private lab.

For a typical adult who consumes 2,000 calories a day, the recommended limits are 20 grams of saturated, and 2,300 milligrams of sodium.