

Item	Serving Size	Calories	Protein (g)	Carbs (g)	Fat (g)	Sat. Fat (g)	Chol (mg)	Sodium (mg)	Fiber (g)
Regular Rice									
Brown Rice	6oz	164	3	35	2	0	0	2	3
Jasmine Rice	6oz	270	5	61	0	0	0	2	2
House Rice	6oz	261	4	53	3	0	0	2	2
Large Rice									
Brown Rice	12oz	327	7	69	3	0	0	3	5
Jasmine Rice	12oz	540	10	122	0	0	0	4	3
House Rice	12oz	522	9	107	5	0	0	5	3
Regular Meat									
Grilled Steak	2oz	171	13	2	12	5	44	171	0
Grilled Chicken	2oz	67	12	3	1	0	29	212	0
Savory Meatballs	2oz	465	24	33	24	9	84	0	2
Spicy Pork	2oz	121	7	7	7	2	26	374	0
Tofu	2oz	35	4	3	1	0	0	122	0
Large Meat									
Grilled Steak	4oz	342	26	4	24	10	87	341	0
Grilled Chicken	4oz	133	23	6	1	0	57	424	0
Savory Meatballs	4oz	620	32	44	32	12	112	0	2
Spicy Pork	4oz	244	14	13	14	5	52	768	0
Tofu	4oz	70	7	5	2	0	0	243	0
Veggies									
Pickled Carrots/Cabbage	1/4 cup	24	1	6	0	0	0	26	1
Green onions	1/4 cup	6	0	1	0	0	0	1	1
Cilantro	1/4 cup	1	0	0	0	0	0	2	0
Garbanzo Beans	1/4 cup	67	4	11	1	0	0	3	3
Cucumber	1/4 cup	4	0	1	0	0	0	1	0
Jalapenos	1/4 cup	7	0	1	0	0	0	0	1
Spinach	1/4 cup	2	0	0	0	0	0	6	0
Peas	1/4 cup	31	2	6	0	0	0	29	2

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Carrots	1/4 cup	13	0	3	0	0	0	21	1
Red Bell Peppers	1/4 cup	10	0	2	0	0	0	1	1
Zucchini (Steamed)	1/4 cup	6	0	1	0	0	0	6	0
Broccoli (Steamed)	1/4 cup	5	1	1	0	0	0	5	0
Bean Sprouts (Steamed)	1/4 cup	4	0	0	0	0	0	4	0
Corn	1/4 cup	44	1	10	1	0	0	7	1
Mushrooms (Steamed)	1/4 cup	4	1	1	0	0	0	1	0
Green/Red Cabbage	1/4 cup	4	0	1	0	0	0	3	0
Romaine Lettuce	1/4 cup	2	0	0	0	0	0	1	0
Sauces									
Black Bean	2 oz	48	2	11	0	0	0	1036	1
Bangkok Curry	2 oz	54	1	10	1	1	0	912	0
Chaing Mai Chili	2 oz	102	0	26	0	0	0	578	1
Seoul on Fire	2 oz	84	2	16	2	0	0	810	0
Ha Noi Nut	2 oz	120	3	7	9	2	0	218	1
Nagasaki	2 oz	138	2	34	0	0	0	750	0
Tampico	2 oz	36	0	8	0	0	0	234	1
Extras									
Tom Yum Soup	8 oz	289	11	15	20	14	14	2211	0
Banh Mi Sandwiches									
Chicken Banh Mi	1 Sandwich	472	23	80	9	2	39	1225	4
Beef Banh Mi	1 Sandwich	576	24	79	20	7	54	1184	4
Pork Banh Mi	1 Sandwich	526	18	83	16	4	36	1387	4
Meatball Banh Mi	1 Sandwich	798	36	98	28	10	80	0	6

b.b.bop Rice Bowls

**All nutritional data provided by Medical City Hospital of Dallas Heart Healthy Program