

**Buffets Inc. Nutrition Information**  
**Salad/Salad Topper Items**

Subject to change without notice.  
Items vary daily.

Menu Item	Serving Size, grams	Calories	Fat, grams	Saturated Fat, grams	Trans Fat, grams	Cholesterol, milligrams	Protein, grams	Carbohydrate, grams	Total Sugars, grams	Fiber, grams	Sodium, milligrams
Ambrosia	89 (1 spoon)	160	9	8	0	0	0	23	19	1	50
BLT Salad	70 (1 spoon)	120	12	2	0	15	2	2	2	<1	180
Broccoli Apple Salad	100 (1 spoon)	160	11	2	0	15	4	13	9	2	150
Broccoli Bacon Salad	100 (1 spoon)	180	13	2.5	0	15	4	14	8	2	260
Bruschetta Tomato Salad	100 (1 spoon)	90	7	1.5	0	0	3	4	3	1	180
Caesar Salad	65 (1 cup)	70	6	1	0	5	1	4	1	1	110
California Coleslaw	100 (1 spoon)	100	0	0	0	0	1	24	22	1	85
Carrot & Raisin Salad	100 (1 spoon)	140	9	1.5	0	10	1	17	13	2	115
Chicken Caesar Salad	72 (1 spoon)	90	7	1.5	0	20	6	3	<1	1	120
Chicken Pasta Salad	100 (1 spoon)	240	18	3.5	0	30	6	13	1	<1	320
Corn Salsa	85 (1 spoon)	60	0.5	0	0	0	2	14	2	2	80
Creamy Pea Salad	100 (1 spoon)	180	15	4.5	0	25	6	10	4	3	220
Cucumber Tomato Salad	100 (1 spoon)	30	1	0	0	0	<1	4	3	<1	360
Dilled Potato Salad	83 (1 spoon)	110	8	2	0	10	1	10	1	1	240
Gelatin	70 (1 spoon)	40	0	0	0	0	<1	10	10	0	30
Gelatin Whip	68 (1 spoon)	80	3	2.5	0	0	<1	13	11	0	55
Greek Salad	75 (1 spoon)	120	8	2	0	15	3	10	4	1	210
Italian Chopped Salad	75 (1 spoon)	90	7	2	0	10	2	4	2	<1	280
Italian Pasta Salad	100 (1 spoon)	190	13	4	0	20	6	14	3	1	520
Macaroni Vegetable Salad	100 (1 spoon)	240	16	3	0	45	5	21	4	1	330
Marinated Vegetables	100 (1 spoon)	50	3.5	0.5	0	0	2	5	3	2	150
Oriental Chicken-without dressing	72 (1 spoon)	50	1.5	0	0	15	5	6	2	1	45
Oriental Pasta	100 (1 spoon)	150	8	1	0	15	8	14	2	2	330
Pickled Beets	100 (1 spoon)	60	0	0	0	0	<1	18	16	2	110
Potato Salad	85 (1 spoon)	120	7	1	0	25	2	15	4	1	300
Prunes, Stewed	71 (1 spoon)	100	0	0	0	0	<1	27	19	2	0
Raisin Fluff	80 (1 spoon)	120	4	2.5	0.5	0	1	21	10	<1	125
Seafood Salad	117 (1 spoon)	310	26	3.5	0	40	4	15	3	1	500
Seven Layer Salad	75 (1 spoon)	190	17	4.5	0	30	5	4	2	1	250
Sicilian Pasta Salad	100 (1 spoon)	140	7	1.5	0	2	4	16	2	1	430
Spinach Salad	57 (1 cup)	90	7	1.5	0	70	4	3	2	<1	250
Spring Mix	45 (1 cup)	5	0	0	0	0	<1	1	0	1	5

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<b>Strawberry Walnut Salad</b>	66 (1 spoon)	<b>90</b>	7	0.5	0	0	2	6	3	2	<5
<b>Strawberry Whip</b>	76 (1 spoon)	<b>230</b>	18	11	0	20	1	17	11	0	140
<b>Strawberry-Banana Salad</b>	85 (1 spoon)	<b>80</b>	0.5	0	0	0	1	20	13	2	0
<b>Tarragon Potato Salad</b>	82 (1 spoon)	<b>120</b>	7	1.5	0	10	1	13	1	1	155
<b>Three Bean Salad</b>	100 (1 spoon)	<b>90</b>	4.5	0.5	0	0	2	12	0	3	480
<b>Tossed Green Salad</b>	45 (1 cup)	<b>5</b>	0	0	0	0	<1	1	0	1	5
<b>Waldorf Salad</b>	60 (1 spoon)	<b>110</b>	7	1	0	5	2	12	10	1	40
<b>Salad Toppers</b>											
<i>Bacon Bits, imitation</i>	7 (1 spoon)	<b>30</b>	1	0	0	0	3	2	0	<1	125
<i>Bacon Bits, real</i>	7 (1 spoon)	<b>25</b>	1.5	0.5	0	5	3	0	0	0	220
<i>Broccoli</i>	10 (1 spoon)	<b>5</b>	0	0	0	0	0	1	0	<1	0
<i>Carrots, Matchsticks</i>	8 (1 spoon)	<b>5</b>	5	0	0	0	0	1	0	0	5
<i>Cauliflower</i>	10 (1 spoon)	<b>5</b>	0	0	0	0	0	1	0	<1	<5
<i>Cherry Peppers</i>	11 (1 spoon)	<b>4</b>	0	0	0	0	0	1	<1	0	60
<i>Cherry Tomatoes</i>	17 (1 each)	<b>5</b>	0	0	0	0	0	1	0	0	0
<i>Chow Mein Noodles</i>	7 (1 spoon)	<b>35</b>	1.5	0	0	0	1	4	0	<1	50
<i>Cottage Cheese</i>	28 (1 spoon)	<b>20</b>	1	0	0	2	3	1	1	0	95
<i>Crispy Noodles</i>	7 (1 spoon)	<b>30</b>	1	0	0	0	<1	5	0	0	90
<i>Croutons</i>	7 (7 croutons)	<b>35</b>	1	0	0	0	<1	4	0	0	90
<i>Cucumbers, sliced</i>	15 (1 slice)	<b>2</b>	0	0	0	0	0	<1	0	0	0
<i>Diced Eggs</i>	15 (1 spoon)	<b>20</b>	1.5	0.5	0	65	2	0	0	0	20
<i>Feta Cheese</i>	40 (1 spoon)	<b>110</b>	9	6	0	35	6	2	2	0	450
<i>Garbanzo Beans</i>	15 (1 spoon)	<b>10</b>	0	0	0	0	<1	2	0	<1	35
<i>Imitation Shredded Cheese</i>	10 (1 spoon)	<b>20</b>	1	0.5	0	0	0	2	0	0	70
<i>Kidney Beans</i>	15 (1 spoon)	<b>10</b>	0	0	0	0	<1	2	0	1	40
<i>Mushrooms</i>	10 (1 spoon)	<b>2</b>	0	0	0	0	0	<1	0	0	0
<i>Olives</i>	15 (1 spoon)	<b>15</b>	1.5	0	0	0	0	1	0	<1	130
<i>Parmesan Cheese</i>	7 (1 spoon)	<b>30</b>	2	1	0	5	3	0	0	0	110
<i>Peaches, sliced</i>	15 (1 spoon)	<b>10</b>	0	0	0	0	0	2	2	0	0
<i>Peas</i>	15 (1 spoon)	<b>10</b>	0	0	0	0	1	2	1	1	10
<i>Peel &amp; Eat Shrimp</i>	9 (1 shrimp)	<b>5</b>	0	0	0	10	1	0	0	0	40
<i>Pepperoncini</i>	11 (1 spoon)	<b>2</b>	0	0	0	0	0	<1	0	0	170

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<i>Radishes</i>	10 (1 spoon)	2	0	0	0	0	0	<1	0	0	<5
<i>Raisins</i>	12 (1 spoon)	40	0	0	0	0	0	10	7	<1	0
<i>Red Onions, sliced</i>	6 (1 ring)	2	0	0	0	0	0	<1	0	0	0
<i>Spinach Leaves</i>	32 (1 cup)	5	0	0	0	0	1	1	0	<1	25
<i>Sunflower Seeds</i>	11 (1 spoon)	70	5	0.5	0	0	3	2	0	1	65



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