

DINNER NUTRITION FACTS

Most items are calculated based on chicken unless the items already come with the meat.

Items	Calories	Calories	Total Fat		Sodium		Potassium		Total carb		Dietary Fiber		Sugars	Protein	Vit.A	Vit.C	Calcium	Iron	cholesterol
		from Fat	g	%DV	mg	%DV	mg	%DV	g	%DV	g	%DV	g	g	%DV	%DV	%DV	%DV	mg
Kra Pao	355	69	8	13	947	39	151	4	14	5	4	15	6	49	56	134	6	22	113
Cashews	422	116	14	22	864	36	147	4	25	8	3	13	16	50	31	92	6	21	0
Sweet & Sour	427	65	8	13	862	36	204	6	42	14	2	10	36	47	35	98	5	16	113
Pad King	362	67	8	13	873	36	232	7	22	7	4	14	11	51	18	78	6	19	113
Pad Ped	363	70	8	13	1061	44	145	3	15	5	5	18	6	50	37	139	7	24	113
Pad Nor Mai	356	68	8	13	1085	45	147	3	19	6	5	17	13	51	8	50	7	23	113
Broccoli	361	68	8	13	1192	50	376	9	21	7	4	18	12	51	3	137	7	21	113
Pad Pak	335	63	8	12	1083	45	335	9	22	7	4	17	12	44	39	138	11	19	97
Pad Prig	369	70	8	13	1083	45	85	2	10	3	3	9	5	55	20	111	4	19	130
Katium Prik Thai	561	82	9	15	1069	45	194	6	32	11	5	15	10	83	6	59	19	29	194
Pepper Steak	550	196	27	31	986	41	283	8	22	7	4	13	15	63	48	220	14	31	120
Thai D Delight	574	124	14	23	1147	48	303	8	25	8	5	19	13	82	41	158	16	31	240
Pad Ped Seafood	421	89	10	16	1501	63	145	3	29	10	4	16	8	45	42	147	18	37	301
Sawaii Fish	432	87	14	17	673	28	28	1	28	9	1	4	17	52	30	29	8	7	124
Regular Fired Rice	684	215	27	41	1036	43	292	8	62	21	3	14	13	52	58	29	10	32	298
Thai D Fried Rice	653	214	27	41	1024	43	265	8	56	19	4	15	12	51	35	31	12	29	298
Spicy Fried Rice	681	216	27	41	1011	42	162	4	61	20	4	14	12	52	33	116	10	33	298
Pineapple FR	731	257	31	49	1023	43	23	1	63	21	1	9	13	53	7	39	7	35	325
Pad Thai	643	236	30	45	738	31	62	2	62	21	2	7	19	47	11	10	10	16	282
Kee Mao	616	214	27	41	1114	46	199	6	64	21	2	8	14	46	38	70	6	20	282
See Ewe	605	213	27	41	1128	47	175	5	61	20	1	5	12	46	27	67	5	17	282
Tung Tak	600	213	27	41	1106	46	62	2	60	20	1	5	12	45	8	10	5	17	282
Thai D Noodle	599	209	26	40	820	34	225	6	53	18	5	14	21	43	30	126	13	17	282
Pad Woonsen	630	214	26	41	1075	45	215	6	49	16	5	16	12	50	55	55	22	27	346
Lard Narr	625	216	27	42	1028	43	274	8	58	19	1	6	8	53	7	87	6	19	298
Panang Curry	619	235	26	42	1249	52	29	1	37	12	2	6	28	50	29	102	8	19	127
Yellow Curry	634	234	26	42	1267	53	232	7	41	14	1	6	28	50	48	20	8	17	127
Red Curry	615	236	26	42	1248	52	25	1	36	12	2	5	28	49	21	52	7	17	127
Duck Curry	648	249	30	44	1293	54	99	3	41	14	1	6	31	52	20	83	6	51	254
Green Curry	610	235	26	42	1248	52	64	2	35	12	1	5	27	50	11	35	8	16	127
Rice (dinner)	200	4	0	1	51	2	0	0	45	15	0	1	0	3	0	0	1	2	0