

Garbanzo Mediterranean Fresh - Database Nutrient Analysis, Allergen and Ingredient Data (October 2020)



Menu Item	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Allergen Statement	Ingredient Statement
Grilled Cheese Pita	440	140	15	8	0.5	40	790	57	2	6	18	Contains Milk, Wheat.	White Flour (Bleached Enriched Flour [Wheat Flour, Bleached, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid]), Sharp Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Annatto [color]), Water, Sugar, Salt, Yeast.
Babaganoush, 40 grams	70	50	6	1	0	0	220	3	2	1	2		Roasted Eggplant (Roasted Eggplant, Salt, Citric Acid), Tahini (Water, Sesame Seeds, Lemon Parsley, Salt, Garlic), Olive Oil, Lemon Juice, Garlic, Salt, White Pepper.
Chopped Romaine Lettuce, 21 grams	5	0	0	0	0	0	0	1	0	0	0		Romaine Lettuce.
Cilantro Sauce, 1 ounce	25	20	2	0	0	0	90	1	0	1	0		Tomatoes, Cilantro, Onions, Canola Oil, Jalapeno Peppers, Garlic, Lemon Juice, Salt.
Cucumber and Tomato Salad, 1.5 ounce	20	15	1.5	0	0	0	200	2	0	1	0		Cucumber, Tomatoes, Canola Oil, Salt.
Falafel Fried, 1 each	70	30	3.5	0	0	0	160	7	2	1	2		Falafel Dough (Garbanzo Beans, Parsley, Onions, Water, contains 2% or less of: Cilantro, Salt, Spices, Garlic Puree [Garlic, Citric Acid, Ascorbic Acid], Xanthan Gum, Sodium Benzoate and Potassium Sorbate [preservatives]), Canola Frying Shortening (Canola Oil, TBHQ and Citric Acid [to protect flavor], Dimethylpolysiloxane [anti-foaming agent]).
Feta Cheese, .2 ounce	60	35	4	2.5	0	15	370	1	0	0	5	Contains Milk.	Feta (Cultured Pasteurized Milk, Salt, Enzymes).
Fresh Red Onion, .5 ounce	5	0	0	0	0	0	0	1	0	1	0		Onions.
Greek Vinaigrette, 1 ounce	130	110	12	1	0	0	330	4	0	3	0		Canola Oil, Vinegar, Sugar, Black Pepper, Salt, Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Garlic, Fresh Oregano.
Gyro Meat, 3 ounces	290	220	24	10	0	55	560	7	1	0	12	Contains Soy, Wheat.	Gyro Cone (Beef, Cereal Binder [Corn Flour, Wheat Flour, Rye Flour], Water, Lamb, Onions, contains 2% or less of: Vegetable Protein Product [Soy Protein Concentrate, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate, Pyridoxine Hydrochloride, Riboflavin, Cyanocobalamin], Salt, Seasonings [Spices, Hydrolyzed Gyro Cone (Beef, Cereal Binder [Corn Flour, Wheat Flour, Rye Flour], Water, Lamb, Onions, contains 2% or less of: Vegetable Protein Product [Soy Protein Concentrate, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate, Pyridoxine Hydrochloride, Riboflavin, Cyanocobalamin], Salt Seasonings [Spices, Hydrolyzed
Gyro Meat, 4 ounces	390	290	32	13	0	70	750	9	1	0	16	Contains Soy, Wheat.	Hummus (Cooked Garbanzo Beans, Water, Soybean Oil and/or Canola Oil, Lemon Juice, Sesame Tahini, Organic Garlic Puree [Organic Garlic, Water], contains 2% or less of: Salt, Spice).
Hummus, 2 ounces	140	90	10	1.5	0	0	230	12	4	2	4	Contains Soy.	Mayonnaise (Soybean Oil, Eggs, Water, Distilled Vinegar, Salt, Sugar, Lemon Juice, Calcium Disodium EDTA, Natural Flavors), Water, Mediterranean Garlic Spice (Dill, Spice, Garlic Powder, Sugar).
Mediterranean Garlic Sauce, 1 ounce	140	140	17	3	0	15	220	0	0	0	0	Contains Egg, Soy.	Greek Olive Mix (Green Olives, Kalamata Olives, Water, Sea Salt, Wine Vinegar).
Olive Salad, .5 ounce	25	20	2.5	0	0	0	270	0	0	0	0		Dill Pickles (Cucumbers, Water, Vinegar, Salt, contains less than 2% of: Alum, Calcium Chloride, Potassium Sorbate [preservative], Natural Flavor, Polysorbate 80, Yellow 5, Blue 1).
Pickles, .5 ounce	0	0	0	0	0	0	190	0	0	0	0		Cabbage, Canola Oil, Lemon Juice, Salt.
Red Cabbage, .5 ounce	10	5	1	0	0	0	35	1	0	0	0		Tomatoes, Jalapeno Peppers, Canola Oil, Sriracha Chili Sauce (Chili, Sugar, Salt, Garlic, Distilled Vinegar, Potassium Sorbate, Sodium Bisulfite [preservative], Xanthan Gum), Garlic, Salt.
Red Chili Sauce, 1 ounce	35	30	3	0	0	0	170	2	0	1	0		Portobello Mushrooms, Canola Oil, Olive Oil, Garlic, Salt, Black Pepper.
Sauteed Portobello Mushrooms, 3 ounces	120	100	11	1	0	0	120	4	1	2	2		Onions, Shishito Peppers, Red Bell Pepper, Yellow Squash, Zucchini Squash, Canola Oil, Olive Oil, Water, Lemon Juice, Garlic, Salt, Black Pepper, Fresh Rosemary, Fresh Oregano.
Sauteed Seasonal Vegetables, 1.3 ounce	45	40	4.5	0	0	0	70	2	1	1	0		Rice, Canola Oil, Rice Spice (Hydrolyzed Corn Protein, Salt, Turmeric, Spices, Canola Oil, Silicon Dioxide).
Seasoned Rice, 3.5 ounces	160	35	4	0	0	0	380	27	0	0	3		Wheat Bulgur, Water, Cucumber, Tomatoes, Lemon Juice, Onions, Parsley, Olive Oil, Salt, White Pepper.
Tabbouleh, 1.5 ounce	50	15	2	0	0	0	65	8	1	1	1	Contains Wheat.	Water, Tahini (Water, Sesame Seeds, Lemon Parsley, Salt, Garlic), Lemon Juice (premium juice from gently squeezed fresh Lemons [mildly pasteurized for safety]), Parsley, Garlic, Salt, White Pepper.
Tahini Sauce, 1 ounce	70	50	6	1	0	0	95	0	2	0	3		Sour Cream (Cultured Cream, Whey, Modified Cornstarch, Sodium Phosphate, Sodium Tripolyphosphate, Guar Gum, Carrageenan, Calcium Sulfate, Locust Bean Gum, Potassium Sorbate), Yogurt (Lowfat Milk, Nonfat Milk, Modified Food Starch, Cultures), Cucumber, Lemon Juice, Canola Oil, Mediterranean Garlic Spice (Dill, Spice, Garlic Powder, Sugar), Garlic, Olive Oil, Salt, Black Pepper, Cumin.
Tzatziki Sauce, 1 oz	35	25	3	1	0	5	110	2	0	1	1	Contains Milk.	White Flour (Bleached Enriched Flour [Wheat Flour, Bleached, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid]), Water, Sugar, Salt, Yeast.
White Pita, 1 each	260	5	0.5	0	0	0	510	56	2	5	7	Contains Wheat.	Diced Tomato.
Roma Tomatoes, .5 ounce	5	0	0	0	0	0	0	1	0	0	0		