

Nutrition Facts

DV: Recommended Daily Value

Menu	Serving	Calories	Fat (g)	%DV Fat	Saturated fat (g)	Trans fat (g)	%DV Saturated + trans fat	Cholesterol (mg)	Sodium (mg)	%DV Sodium	Carbohydrate (g)	%DV Carbohydrate	Fibre (g)	%DV Fibre	Sugars (g)	Protein (g)	%DV Vitamin A	%DV Vitamin C	%DV Calcium	%DV Iron
Side dishes																				
Fries	212g	630	34	52	3	0,1	16	0	85	4	74	25	7	28	0	8	0	0	2	10
Vegetables	174g	80	4,5	7	1	0,1	6	0	85	4	10	3	4	16	4	3	50	100	4	4
Baked potato	235g	200	0,2	1	0,1	0	1	0	10	1	47	16	4	16	2	4	0	30	2	6
Garnished baked potato	330g	500	25	38	14	0,5	73	65	550	23	50	17	5	20	4	19	25	35	35	8
Mashed potatoes	168g	130	6	9	2	0	10	0	600	25	25	8	3	12	0	3	2	2	2	4
Poutine	420g	1000	64	98	23	1	120	70	2270	95	79	26	6	24	1	40	25	2	70	10
Rice	300g	450	14	22	2,5	0,2	14	5	1600	67	72	24	3	12	3	8	4	30	4	35
Coleslaw	120g	90	6	9	0,5	0,1	3	5	210	9	9	3	2	8	4	1	2	70	4	4