

# WuYee CHINESE EXPRESS NUTRITION INFORMATION

Based on a 1 cup or individual serving size

POULTRY	Calories	Carbohydrate (g)	Protein (g)	Fat (g)	Sodium (mg)	Fiber (g)
Almond Chicken	220	16	10	13	875	3
Beijing Chicken	300	4	32	17	760	1
Black Pepper Chicken	190	13	11	10	875	1
Black Pepper Duck	220	17	11	11	930	1
Cashew Chicken	220	16	10	13	910	2
Chicken Lo Mein - Canton	267	33	11	9	580	1
Chicken Lo Mein - Steamed	280	32	13	10	613	1
Chicken with Broccoli ▼	200	16	15	9	990	2
Chicken with Green Beans ▼	210	16	16	9	880	3
Chicken with Vegetables ▼	190	17	13	7	860	2
Garlic Chicken	180	24	11	8	1000	1
General Chicken	264	19	9	15	800	1
Hunan Chicken	210	17	13	10	880	2
Kung Pao Chicken 🍗	270	15	13	18	1040	2
Moo Goo Gai Pan ▼	160	11	12	7	630	2
Mushroom Chicken ▼	170	15	12	7	765	2
Orange Chicken	368	31	20	22	784	1
Oven-Cooked Teriyaki Skewer (1) ▼	169	10	23	3	606	0
Sesame Chicken	424	36	17	25	616	1
Sweet and Sour Chicken	360	14	19	26	624	2
Szechuan Chicken ▼	180	15	13	7	675	1
<b>BEEF</b>						
Beef with Broccoli ▼	190	15	9	9	950	2
Beef with Vegetables ▼	180	16	9	9	850	2
Hunan Beef	200	16	9	11	835	2
Mongolian Beef	240	17	10	13	850	2
Mushroom Beef ▼	160	14	8	7	725	2
Pepper Beef ▼	180	15	8	9	730	2
Szechuan Beef ▼	170	14	8	8	630	1
<b>PORK</b>						
BBQ Pork with Green Bean	290	19	18	16	700	2
BBQ Pork with Vegetables	250	19	15	14	690	2
Hunan Pork	275	19	16	16	700	2
Szechuan Pork	240	17	15	14	540	1
Twice-Cooked Pork 🍗	350	19	22	22	820	1
<b>SHRIMP</b>						
Kung Pao Shrimp 🍗 ▼	220	6	29	8	510	1
Shrimp with Vegetables ▼	160	8	23	3	550	1
Triple Delight ▼	200	13	19	7	740	1
<b>VEGETABLE</b>						
House Special ▼	110	17	2	4	760	3
<b>RICE &amp; LO MEIN</b>						
BBQ Pork Fried Rice	316	24	11	19	326	1
Beef Fried Rice	298	23	10	17	347	1
Chicken Fried Rice	310	23	11	19	249	1
Plain Lo Mein - Canton	176	26	3	5	516	1
Plain Lo Mein - Steamed	185	26	6	6	543	1
Plain Fried Rice	222	48	9	12	393	1
Shrimp Fried Rice	223	14	19	10	280	1
Steamed Rice ▼	194	41	5	0	3	1
<b>APPETIZERS</b>						
Chicken Egg Roll	151	19	6	6	380	2
Crab Rangoon	122	12	3.5	7	148	.4
Pork Egg Roll	178	19	6	9	470	2
Vegetable Egg Roll	125	20	4	4	430	2
<b>EXTRAS</b>						
Fortune Cookie	35	7	0	0	0	0
Sweet and Sour Sauce	35	11	0	0	35	0
<b>SOUPS</b>						
Egg Drop Soup	75	9	3.5	2.5	1099	0.4
Hot and Sour Soup	88	10	5	2.8	1503	0.5

☐ = Diitian's Choice ▼ = Under 10 grams of fat 🍗 = Spicy dish

Serving size for entrées, rice, lo mein and soup is one-cup.



## Nutrition Tips

Try a few slimming tips from our Hy-Vee dietitians.

- ❑ Choose stir-fried entrées
- ❑ Pick entrées with plenty of vegetables
- ❑ Ask for steamed rice
- ❑ Share a meal with a friend
- ❑ Satisfy hunger with egg-drop soup
- ❑ Try sushi with your meal
- ❑ Go easy on the soy sauce
- ❑ Enjoy with a cup of green or jasmine tea
- ❑ Relax and take time to enjoy each bite
- ❑ Visit with friends while eating
- ❑ Take a refreshing walk after meals
- ❑ Ask your favorite Hy-Vee dietitian for help with special diets.

From traditional Chinese favorites to fresh new flavors, **Hy-Vee Chinese** dinners offer delicious meals for everyone to enjoy.

Tender meat, fresh vegetables and flavorful seasonings make eating healthy easy at Hy-Vee.

Making lives easier, healthier, happier.  
[www.hy-vee.com](http://www.hy-vee.com)

