

# NUTRITIONAL INFORMATION

## FOOD LINE

Item	Serving Size	Calories	Total Fat (g)	Fiber (g)
Beef	1/4 cup	54	2	0
Chicken	1/4 cup	50	2	0
Pork	1/4 cup	59	3	0
Mild Sausage	1/4 cup	107	10	0
Spicy Sausage	1/4 cup	107	10	0
Calamari	1/4 cup	39	1	0
Cod	1/4 cup	35	0	0
Halibut	1/4 cup	47	1	0
Krab	1/4 cup	33	0	0
Mahi Mahi	1/4 cup	36	0	0
Salmon	1/4 cup	77	5	0
Scallops	1/4 cup	37	0	0
Shrimp	1/4 cup	32	0	0
Swordfish	1/4 cup	51	2	0
Chinese Noodles	1/4 cup	197	0	1
Pad Thai Noodles	1/4 cup	200	0	3
Yakisoba Noodles	1/4 cup	78	0	1
White Jasmine Rice	1/4 cup	52	0	0

# NUTRITIONAL INFORMATION

## FOOD LINE CONTINUED

Item	Serving Size	Calories	Total Fat (g)	Fiber (g)
Baby Corn	1/4 cup	2	0	1
Bamboo Shoots	1/4 cup	10	0	0
Bean Sprouts	1/4 cup	2	0	0
Black Beans	1/4 cup	35	0	3
Broccoli	1/4 cup	7	0	1
Cabbage	1/4 cup	4	0	0
Carrots	1/4 cup	12	0	1
Celery	1/4 cup	4	0	1
Cilantro	1/4 cup	5	0	1
Green Peppers	1/4 cup	7	0	1
Mushrooms	1/4 cup	7	0	0
Peas	1/4 cup	29	0	2
Pineapple	1/4 cup	19	0	1
Red Potatoes	1/4 cup	29	0	1
Snow Peas	1/4 cup	7	0	0
Spinach	1/4 cup	1	0	1
Tofu	1/4 cup	44	3	1
Tomatoes	1/4 cup	6	0	0
Water Chestnuts	1/4 cup	18	0	1
Yellow Onions	1/4 cup	17	0	1
Yellow Squash	1/4 cup	5	0	0
Zucchini	1/4 cup	5	0	0

# NUTRITIONAL INFORMATION

## SAUCES

Item	1 Ladle Serving Size (oz.)	Calories	Calories from fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugar (g)	Protein (g)
Bekter's Ginger™	1 oz.	25	0	0	0	0	200	6	0	2	0
Black Thai Peanut™	1 oz.	60	40	4.5	0	0	230	4	0	1	1
Burn-Your-Village BBQ™	1 oz.	20	5	0	0	0	350	4	0	1	0
Feed the Hordes Hoisin™	1 oz.	30	0	0	0	0	290	7	0	6	0
Five Village Fire Szechuan™	1 oz.	15	0	0	0	0	270	3	0	2	0
Khan's Favorite™	1 oz.	15	5	0	0	0	260	3	0	1	0
Kung Pao... Yow!™	1 oz.	30	10	1	0	0	320	5	0	2	0
Mean Bean Garlic™	1 oz.	15	5	0	0	0	310	3	0	2	0
Mongol Mustard™	1 oz.	45	15	1	0	0	250	7	0	5	0
Not-So-Sweet and Sour™	1 oz.	35	0	0	0	0	280	9	0	1	0
Samurai Teriyaki™	1 oz.	25	5	0	0	0	410	5	0	3	0
Yellow Belly Curry™	1 oz.	30	25	2.5	0	0	140	2	0	1	1
Hot Chili Oil/Garlic Oil	1 oz.	211	206	23	4	0	0	1	0	0	0
Sweet Chili Sauce	1 oz.	18	0	0	0	0	100	4	0	4	0
Lemon Juice/Lime Juice	1 oz.	3	0	0	0	0	3	1	0	0	0
Garlic Chili Sauce	1 oz.	0	0	0	0	0	29	0	0	0	0
Sesame Oil	1 oz.	248	248	28	4	0	0	0	0	0	0
Sherry	1 oz.	41	25	0	0	0	214	12	0	7	0
Soy Sauce	1 oz.	8	25	0	0	0	780	1	0	0	1
Ginger Broth/Garlic Broth	1 oz.	2	0	0	0	0	0	0	0	0	0

ALL HUNOT SAUCES ARE MSG FREE AND TRANS FAT FREE

# NUTRITIONAL INFORMATION

## APPETIZERS

ALL NUTRITIONAL INFO CALCULATED PRIOR TO COOKING

Item	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Small Order Eggrolls (3)	4.5	300	140	16	4.5	15	630	31	2	3	9
Large Order Eggrolls (5)	7.5	500	233	27	7.5	25	1050	52	3.3	5	15
Small Order Potstickers (4)	4	200	48	5.6	1.6	16	616	27.2	2.4	0	9.6
Large Order Potstickers (7)	7	350	84	9.8	2.8	28	1078	47.6	4.2	0	16.8
Small Order Crab Rangoons (4)	4.7	582	362	40.7	24	137	587	39.1	1	1	10.3
Large Order Crab Rangoons (7)	8.25	1018	633	71	42	240	1027	68	2	2	18
Taste of the Bounty (3/3/3)	10.75	723	260	30	11.7	75	1315	88	3.8	12.5	23.5
Small Order Veggie Spring Rolls (3)	4.5	200	80	9	2	0	530	27	2	4	3
Large Order Veggie Spring Rolls (5)	7.5	333	133	15	3.3	0	883	45	3.3	6.7	5
Small Order Shrimp Wontons (4)	4.7	382	182	20.7	12	77	417	37.1	1	1	12.3
Large Order Shrimp Wontons (7)	8.25	668	318	36.2	21	135	730	65	1.75	1.75	21.5

ALL HUMOT APPETIZERS ARE TRANS FAT FREE

# NUTRITIONAL INFORMATION

## DESSERTS

ALL NUTRITIONAL INFO CALCULATED PRIOR TO COOKING

Item	Serving Size (oz)	Calories	Calories from fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Cheesecake	7.7	750	430	48	31	245	520	57	0	45	14
Cheesecake Rangoons (4)	4.3	364	112	13	8	63.5	297	49.8	0	12.7	9.6
Cheesecake Rangoons (7)	7.5	637	195	23	14	112	521	87	0	22	17
Molten Muffin	5	480	170	18	5	50	590	71	4	55	7
S'mores Total	7.1	840	272	32	16.5	20	412	141	4	103	10
Graham Crackers (8)	2	240	52	6	0.5	0	342	43	2	17	4
Marshmallows (8)	2	180	0	0	0	0	0	46	0	38	0
Hershey Bar (2)	3.1	420	220	26	16	20	70	52	2	48	6
Ice Cream	2.25	130	60	7	4	25	45	15	0	15	2
Khan's Cake	7.4	760	380	42	23	190	320	89	6	65	10

ALL HUNOT DESSERTS ARE TRANS FAT FREE

# ALLERGY INFORMATION

Due to the nature of the food line, some cross contamination may occur.

	Contains Wheat/Gluten	Soybean Allergen	Peanut Allergen	Tree Nut Allergen	Egg Allergen	Dairy Allergen	Fish Allergen	Shellfish Allergen
Khan's Favorite™	X	X						Mollusks
Samurai Teriyaki™	X	X						
Bekter's Ginger™	X	X						Mollusks
Black Thai Peanut™		X	X	Coconut		X	Anchovy	
Yellow Belly Curry™		X		Coconut		X	Anchovy	
Five Village Fire Szechuan™	X	X						Mollusks
Mean Bean Garlic™	X	X						Mollusks
Kung Pao...Yow!™								
Not-So-Sweet & Sour™								
Sweet & Sour Dipping Sauce								
Feed the Hordes Hoisin™	X	X						
Burn-Your-Village BBQ™	X	X						Mollusks
Mongol Mustard™	X	X						

Sauces listed in green are vegetarian-friendly.

This chart applies to all HuHot Mongolian Grills EXCEPT those located in Iowa, Kansas, Nebraska and South Dakota. Please contact a local manager for allergy information in those states.