

Buffets Inc. Nutrition Information
Side Items

Subject to change without notice.
Items vary daily.

Menu Item	Serving Size, grams	Calories	Fat, grams	Saturated Fat, grams	Trans Fat, grams	Cholesterol, milligrams	Protein, grams	Carbohydrate, grams	Total Sugars, grams	Fiber, grams	Sodium, milligrams
AuGratin Potatoes	110 (1 spoon)	120	7	3.5	0	20	6	10	1	1	340
Baked Potatoes	130 (1 each)	150	0	0	0	0	4	36	2	4	20
BBQ Baked Beans	85 (1 spoon)	130	3	1	0	<5	4	26	15	4	680
Broccoli/Cauliflower Medley	85 (1 spoon)	25	0	0	0	0	2	6	1	2	30
Broccoli Florets (fresh)	85 (1 spoon)	25	0	0	0	0	2	6	1	2	30
Broccoli Florets and Cheese Sauce	85 (1 spoon)	50	2	0.5	0	0	2	8	1	2	410
Cajun Dirty Rice	70 (1 spoon)	90	2	0	0	0	2	16	<1	<1	470
Candied Yams	118 (1 spoon)	140	1.5	0	0	0	1	33	15	2	45
Cauliflower AuGratin	85 (1 spoon)	50	2	0.5	0	0	2	8	1	2	410
Cheesy Hashbrowns	100 (1 spoon)	140	9	5	0	25	6	10	1	1	320
Collard Greens w/Bacon	110 (1 spoon)	40	2.5	1	0	0	2	3	1	1	310
Corn Bread Dressing	100 (1 spoon)	220	13	2.5	1	45	4	22	9	1	540
Corn on the Cob	130 (1 piece)	80	2.5	0.5	0	0	2	13	2	2	20
French Fries	60 (22 fries)	170	9	1.5	0	0	2	23	0	2	400
Fried Okra	85 (1 spoon)	220	12	1	0	0	3	28	2	3	590
Fried Rice w/Ham	100 (1 spoon)	130	6	1.5	0	70	5	14	1	<1	720
German Boiled Cabbage	85 (1 spoon)	40	2.5	1	0	0	3	4	2	1	230
Green Bean Casserole	110 (1 spoon)	100	7	2	0	0	2	9	2	1	400
Green Beans	85 (1 spoon)	15	0	0	0	0	<1	3	1	1	340
Green Beans El Greco	85 (1 spoon)	20	0	0	0	0	1	6	3	2	150
Green Cabbage	85 (1 spoon)	70	5	1	0	0	2	6	4	2	500
Grilled Cowboy Potatoes	100 (1 spoon)	180	9	1.5	0	0	3	23	1	4	640
Grilled Vegetables	85 (1 spoon)	40	2.5	0	0	0	1	4	2	1	40
Jo Jo Potatoes	82 (1 tongs)	160	8	1.5	0	0	3	22	0	2	290
Joe's Cracked Pepper Green Beans w/Bacon	85 (1 spoon)	70	4.5	1.5	0	5	3	6	2	2	210
Mashed Potatoes	110 (1 spoon)	70	0.5	0	0	0	1	13	1	1	270
Montreal Vegetable Medley	85 (1 spoon)	50	4.5	0.5	0	0	1	3	2	1	160
Potato Skins	14 (1 tongs)	80	5	0.5	0	0	1	7	0	0	90
Ranch Red Potatoes	100 (1 spoon)	100	4.5	1	0	0	2	16	1	2	150
Rissoto Style Rice	70 (1 spoon)	100	4	1	0	0	2	15	<1	0	310
Sautéed Zucchini	85 (1 spoon)	50	4	0.5	0	0	1	4	2	1	60
Seasoned Green Beans	85 (1 spoon)	40	2	0	0	0	1	6	1	2	160

Nutritional information does not apply to restaurants compliant with trans fat legislation in their city or county: #756 Philadelphia, PA; #271 Gaithersburg, MD; #223 Levittown, NY; #197 Bellevue, WA; #310 Federal Way, WA; #814 Kent, WA; #172 Catonsville, MD. For a typical adult who consumes 2,000 calories a day, the recommended limits are 20 grams of saturated fat and 2,400 milligrams of sodium. Nutritional data calculated using standardized recipes and a combination of laboratory analysis and nutrition software analysis and is rounded according to FDA labeling guidelines. Nutrition information presented is based on the individual piece or serving utensil measure for each menu item. There may be variations in nutrient content across servings, due to preparation, variable serving sizes, ingredients, or custom orders. Any changes in amount or type of ingredients or preparation that deviates from the standardized recipe invalidates the nutrient content as listed. Please be advised that not all foods on this list are offered every day, nor are all foods offered at all locations.

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Spaghetti	100 (1 spoon)	150	3	0.5	0	0	5	27	1	2	90
Spanish Rice	70 (1 spoon)	140	7	3.5	0	30	9	9	2	<1	370
Spinach Marie	110 (1 spoon)	190	14	5	0	100	7	8	1	1	480
Squash	85 (1 spoon)	150	9	2	0	0	1	18	9	1	10
Steamed Carrots	85 (1 spoon)	40	2.5	0.5	0	0	<1	7	4	3	65
Steamed Corn	85 (1 spoon)	90	2.5	0.5	0	0	3	17	2	2	210
Steamed Red Potatoes	100 (1 spoon)	90	3	0.5	0	0	2	15	1	2	20
Vegetable Rice Pilaf	70 (1 spoon)	60	0	0	0	0	2	14	1	<1	95
White Rice	70 (1 spoon)	90	0	0	0	0	2	20	0	<1	270

*Old
Country
Buffet*

*HOMETOWN
BUFFET*

*Country
Buffet*

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