

Nutrition Guide

Shareables, Sides, Bakery

Made to Share & Apps To Share		Calories	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Blue Ribbon Bacon	Bacon, tossed in sauce.	420	210	23	8	0	65	1110	29	0	25	22
Cinnabiscuits	Includes: Cinna-biscuits, Icing	700	200	21	13	0	<5	1450	124	2	74	8
Cheesy Chili Fries	Includes: French Fries, Onions, American and Cheddar Cheese, Chili	1410	790	89	37	2	180	2580	121	13	12	26
Onion Rings	Includes: 8 Onion Rings and Ranch Dressing	1030	570	63	11	0.5	15	2070	103	7	12	13
Bakery/Dessert		Calories	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Holy Cow Chocolate Cake	Includes: Chocolate Cow, Chocolate Cake, Whipped Topping, Chocolate Sauce, Powdered Sugar, Ice Cream	610	250	29	14	0	50	610	86	<1	67	8
Ice Cream Sundae	Includes: Vanilla Ice Cream, Chocolate and Caramel Sauces, Whipped Topping, Pecans	430	230	23	12	0	60	190	54	1	43	6
Kid Sundae	Includes: Vanilla Ice Cream, Chocolate Sauce, Whipped Topping	170	80	9	6	0	25	55	22	0	19	2
Reese's Peanut Butter Pie	Slice	640	380	42	24	0	25	400	69	4	53	8
	Whole Pie	3660	2250	250	146	2	150	2570	373	19	292	44
Turtle Cheesecake	Slice	640	370	42	23	1	70	370	61	2	37	6
	Whole Pie	3640	2240	249	138	5	425	2200	326	9	200	35
Pecan Pie	Slice	670	240	26	11	0	125	470	102	4	40	8
	Whole Pie	3940	1390	150	61	1	745	2790	603	23	232	45
Pumpkin Pie	Slice	470	170	19	8	0	75	440	69	3	38	9
	Whole Pie	2990	1120	125	59	0.75	440	2650	426	18	239	55
Double-Crust Apple Pie	Slice	600	250	28	12	0	0	250	82	3	45	4
	Whole Pie	3200	1500	168	72	0	0	1500	492	18	270	24
Chocolate Chunk Cookie	Cookie (1)	520	220	24	12	0	20	380	72	4	36	4
A La Mode (Addition to Slice of Pie)	One Scoop Vanilla Ice Cream	140	80	8	5	0	30	55	16	0	13	2
Fresh Baked Breads		Calories	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Biscuits	Includes: Biscuits (2), Whipped Butter Blend	510	280	31	16	1	15	1520	53	1	3	7
Dinner Rolls	Includes: Dinner Rolls (2), Whipped Butter Blend	370	150	17	5	0	25	470	50	2	8	7
Banana Nut Bread	Slices (2)	260	80	8	1.5	0	0	350	30	2	24	4
	Loaf	1610	470	52	9	0	0	2190	185	11	152	23
Pumpkin Bread	Slices (2)	370	120	13	2	0	35	490	59	2	29	5
	Loaf	1810	590	67	11	0.5	170	2470	293	11	146	27
Multigrain Wheat Toast	Slices (2) Dry	300	0	3	0	0	0	320	56	10	12	12
	Slices (2) with Margarine	310	15	4.5	0	0	0	340	56	10	12	12

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Farmhouse Sides		Calories	Cal.from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
French Fries		330	130	14	2.5	0	0	500	47	4	0	0
Shredded Hash Browns		180	60	7	1	0	0	10	28	3	1	2
Golden Brown Homefries		180	90	10	2.5	0	0	15	21	2	2	2
<i>Load 'Em Up: (French Fries, Shredded Hash Browns, Golden Brown Home Fries Only)</i>	Bacon	90	65	7	2	0	18	373	<1	0	0	6
	Cheddar Cheese	110	85	10	5	0	29	182	<1	0	<1	7
	Sour Cream	30	30	3	2	0	9	8	<1	0	<1	<1
	Green Onions	0	0	0	0	0	0	0	0	0	0	0
Bob Evans Signature Coleslaw		170	110	12	2	0	10	210	16	1	14	<1
Bread & Celery Dressing		340	140	15	5	0	20	1000	42	2	6	7
Broccoli (Buttered)		110	90	10	3	0	10	110	5	0	0	3
Carrots		90	40	4.5	1.5	0	5	115	13	3	10	<1
Corn		170	90	10	30	0	10	90	20	2	2	3
Green Beans with Ham		30	15	1.5	0	0	<5	460	4	2	0	2
Macaroni & Cheese		250	110	12	5	0	25	910	25	2	4	11
Mashed Potatoes & Chicken Gravy		160	80	9	3.5	0	15	920	18	1	1	3
Fresh-Cut Fruit (Apples, Blueberries, Banana)		70	0	0	0	0	0	0	18	2	10	<1
Premium Sides		Calories	Cal.from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Onion Rings (5)		560	270	30	5	0	0	1080	63	4	7	8
French Fries	French Fries, Bacon Pieces, Cheddar Chees, Green Onions & Sour Cream	510	410	47	25	0	125	630	7	<1	6	16
Mashed Potatoes	Mashed Potatoes, Bacon Pieces, Cheddar Chees, Green Onions & Sour Cream	250	160	18	9	0	45	710	17	1	3	7
Sausage Gravy and Biscuits		Calories	Cal.from Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholest. (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sausage Gravy and Biscuits (Cup)		680	300	39	20	1	25	2400	68	2	4	13
Sausage Gravy and Biscuits (Bowl)		930	390	56	27	1	45	3390	84	2	5	19

* 2,000 calories a day is used for general nutrition advice, but calorie needs vary