

# WuYee CHINESE EXPRESS NUTRITION INFORMATION

Based on a 1 cup or individual serving size

|                                   | Calories | Carbohydrate (g) | Protein (g) | Fat (g) | Sodium (mg) | Fiber (g) |
|-----------------------------------|----------|------------------|-------------|---------|-------------|-----------|
| <b>POULTRY</b>                    |          |                  |             |         |             |           |
| 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)



**NUTRITION INFORMATION**