



# MONGGO'S GRILL

## Nutritional Information

Item	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Carbohydrates (g)	Sodium (mg)	Sugars (g)	Calories From Fat
<b>Sauces</b> (unless otherwise noted, serving size = 1oz, or approx 1 - ladle)								
Orange Pineapple	1 oz	8	0	0	2	1	2	0
Oyster Sauce	1 oz	8	0	0	3	0	2	0
Sweet & Sour	1 oz	24	0	6	0	79	5	0
Sweet Chili Garlic	1 oz	8	0	0	2.5	45	1.5	0
Curry Sauce	1 oz	5	0	0	0	65	0	2
Thai Peanut	1 oz	33	2	0	3	168	2	18
Spicy Szechuan	1 oz	14	1	0	2	140	1	0
BBQ Sauce	1 oz	9	0	0	2	35	2	0
Red Wine	1 oz	5	0	0	0	88	0	0
Sesame Oil	1 tblsp	120	14	1	0	0	0	120
Garlic	1 oz	2	0	0	1	0	0	0
Khan's Favorite	1 oz	45	0	0	11	210	10	0
Lemon	1 oz	2	0	0	0	0	0	0
Ginger	1 oz	7	0	0	1	0	0	1
Red Peper	1 oz	0	0	0	0	0	0	0
Olive Oil Blend	1 tblsp	120	14	1	0	0	0	120
Garlic Oil	1 tblsp	120	14	1	0	0	0	120
Hot Oil	1 tblsp	120	14	1	0	0	0	120
Black Bean	1 oz	15	0	0	2.5	223	1.5	0
Honey Mustard	1 oz	30	0	0	6	68	4.5	0
Teriyaki	1 oz	27	0	0	6	395	5	0
Mongolian	1 oz	10	0	0	2	775	2	0
<b>Noodles</b>								
Steam Noodles	2 oz	134	1.7	0	24	261	1	6
Shanghai Noodles	2 oz	85	1.9	0	14	3	0	3
Pad Thai Noodles	2 oz	200	1.9	0	46	20	0	3
Rotini Noodles	2 oz	84	< 1	0	16	0	0	3
<b>Rice</b>								
White Rice	¾ cup	160	0	0	35	0	2	3
Brown Rice	¾ cup	140	1	0	29	0	0	3
Fried Rice	¾ cup	180	0	0	39	950	2	5