

STEAKHOUSE RIB-EYE

	OZ	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT	SAT FAT	TRANS FAT/ SLICE	CHOLESTERAL MG	SODIUM MG	TOTAL CARBS G	DIETARY FIBER G	SUGARS G	PROTEIN G	VITAMIN A %	VITAMIN C %	CALCIUM MG	IRON MG
3" BRIOCHE BUN	1.1	100	35	1.5	1	0	5	140	15	1	3	3	0.0415	0	30	0.4
STEAK	2.5	140	81	8.75	3.75	0	30	310	2	0	0	11	0	0	0	9
FRIED ONIONS	0.25	22.5	0	1.2	0.2	0	0	43.5	8.9	2.6	0.2	0.3	0.3	0	0	0
PROVOLONE CHEESE	0.5	49	35	3.8	2.38	0	9.5	125	0.3	0	0.08	3.55	0	0	106	0
MUSHROOMS	0.5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
A1 SAUCE	1	40.75	0	0	0	0	0	501	10	0	8.35	0	0	0	0	0
TOTAL	5.85	352.25	151	15.25	7.33	0	44.5	1119.5	36.2	3.6	11.63	17.85	0.3415	0	136	9.4
ADD ITEMS																
2ND PATTY	2.5	140	81	8.75	3.75	0	30	310	2	0	0	11	0	0	0	9
BACON	0.75	100	72	0.0745	2.925	0	20.27	359.5	0.9	0	1.425	5.595	0.065	0.205	0.04	0
FRIED EGG	1.62	92	45	6.8	1.97	0	184.5	95.2	69.9	0.4	0	0.38	6.27	10	0	2
AVOCADO	1.5	161	134	14.73	2.137	0	0	7	8.57	6.7	0.66	2.01	1	11	1	0