



Calories and Fat Content in Fast Food Restaurant Foods

Noodles & Company

	Calories	Fat (Grams)
Indonesian Peanut Saute (small)	330	10
Pad Thai (small)	380	8
Whole Grain Tuscan Fettuccine (small)	360	
House Marinara (small)	340	9
Chicken Noodle Soup (small)	170	6
Chicken Noodle Soup (regular)	350	11
Chinese Chop Salad (small)	120	5
Chinese Chop Salad (regular)	250	10
The Med Salad (small)	170	3.5
The Med Salad (regular)	320	7
Japanese Pan Noodles Trio with Shrimp and Tossed Green Side Salad with Fat-Free Asian Dressing	420	6
Bangkok Curry Trio with Shrimp and Tossed Green Side Salad with Fat-Free Asian Dressing	330	10

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