



## POCKETS Nutrition Facts

	<u>Calories</u>	<u>Fat</u>	<u>Sat Fat</u>	<u>Choles</u>	<u>Sodium</u>	<u>Carb</u>	<u>Fiber</u>	<u>Protein</u>
<b>1/2 Pockets</b> All with 10g of Fat or less includes 1/2 Pocket Bread								
Veggie Low Cal	261	3	0.5	0	158	50	6	10
Original	301	6	2.5	8	236	50	6	14
Bam Bam's	305	6	2.5	8	249	51	7	14
Greek	307	7	3.5	17	379	49	6	12
Asian	318	7	1	0	209	55	7	11
Southwest	351	8	4	15	352	55	8	14
Popeye's	368	10	5	24	378	51	7	17
Tuna	375	8	3.0	32	449	51	6	27
<b>Small Salads*</b>								
Tossed	127	6	4	15	205	12	4	10
Greek	133	8	6	33	488	8	2	6
Asian	155	7	1	0	148	21	4	5
Southwest	222	10	6	30	434	21	6	10
Spinach Berry & Almond	336	19	7	33	490	34	6	12
Mandarin Nut	343	27	8	33	449	19	4	10
Berry Blue	409	22	7	25	557	39	7	18
*1/2 Bread add	240	3	0	0	135	44	4	8
<b>Pockets</b> All Information on Pockets include a Full Sized Pocket Bread								
Veggie Low Cal	522	6	1	0	316	99	12	19
Original	602	12	5	15	472	100	12	27
Bam Bam's	609	12	5	15	497	101	14	28
Greek	613	14	7	33	758	97	11	23
Asian	635	13	2	0	418	110	13	22
Southwest	702	16	7	30	704	110	15	27
Popeye's	736	20	9	48	755	101	13	34
Tuna	750	15	6	63	897	101	12	53
<b>Calzones</b>								
Original	640	16	6	23	845	96	10	27
Broccolator	648	15	6	47	965	94	10	36
Gobbler	657	15	6	47	1008	95	11	37
Greek	723	22	12	56	1066	97	10	32
BBC	766	28	12	63	950	91	10	38
Southwest	791	23.5	10	47	1040	103.5	12	40.5
BBQ Chicken	794	23	10	47	1060	109	10	40
Call Me Cheesy	851	30	15	72	986	101	10	43
Tuna Melt	991	46	14	81	1222	96	10	46
<b>Dressings</b> Values for a 2 Tbs (1 oz.) serving								
Fat Free Italian	10	0	0	0	360	3	0	0
Balsamic Vinaigrette	50	0	0	0	310	3	0	0
Fat Free Raspberry Vinaigrette	53	0	0	0	307	14	0	0
Salsa	55	0	1	0	105	3	0	0
Honey Dijon,	75	5	1	5	275	6	0	0
Italian	80	8	1	0	330	2	0	0
House	99	8	1	3	222	0	0	0
Light Ranch	100	5	1	0	257	7	0	4
Creamy Garlic	100	8	2	5	240	7	0	0
1000 Island	110	8	2	10	210	8	0	0
Sesame Ginger	120	8	1	0	220	10	0	0
Greek	130	13	3	0	140	1	0	1
Ranch	139	15	2	7	244	0	0	2
<b>Meats</b>								
Turkey	38	0	0	3	330	1	0	9
Chicken	45	2	0	2	240	1	0	8
Tuna	60	0	0	20	110	0	0	14
Bacon	75	5	2	15	540	0	0	9
Sausage	100	8	3	31	310	0	0	7
Pepperoni	110	9	4	25	500	1	0	5
Salami	165	14	6	38	750	2	0	8