GRINNELL COLLEGE

# The Marketplace Nutrition Information
## Gluten Free

| Food Item | Serving Size | Calories | Calories From Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) | Vitamin A %DV | Vitamin C %DV | Calcium %DV | Iron %DV | Allergens | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | | | | | | | | | None | Milk | Egg | Soy | Peanut | Tree Nut | Wheat | Fish | Shellfish |
| **Entrees** | | | | | | | | | | | | | | | | | | | | | | | | | |
| African spiced wild rice | 4 oz | 140 | 45 | 5 | 0.5 | 0 | 0 | 150 | 22 | 3 | 8 | 4 | 0 | 10 | 4 | 4 | | | | x | | x | | | |
| Asian chicken banh mi | 1 | 310 | 90 | 10 | 2.5 | 0 | 65 | 520 | 29 | 5 | 5 | 26 | 35 | 10 | 8 | 10 | | | x | x | | | | | |
| Beef pot roast | 6 oz | 490 | 340 | 37 | 15 | 0 | 140 | 220 | 0 | 0 | 0 | 35 | 0 | 0 | 2 | 25 | x | | | | | | | | |
| Beef taco meat | 3 oz | 190 | 110 | 12 | 4.5 | 1 | 60 | 340 | 3 | <1 | <1 | 18 | 6 | 4 | 4 | 15 | x | | | | | | | | |
| Beef tips & mushrooms | 8 oz | 380 | 210 | 23 | 6 | 0 | 90 | 460 | 7 | 2 | 4 | 32 | 4 | 10 | 4 | 15 | | | | x | | | | | |
| Black bean vegandillas | 3 oz | 130 | 35 | 4 | 0 | 0 | 0 | 230 | 21 | 5 | 0 | 5 | 0 | 2 | 4 | 8 | x | | | | | | | | |
| Blackened chicken breast | 1 | 250 | 140 | 15 | 9 | 0 | 95 | 1640 | 5 | 2 | 1 | 23 | 30 | 4 | 4 | 10 | | x | | | | | | | |
| Butter chicken | 8 oz | 620 | 440 | 49 | 16 | 0 | 135 | 210 | 21 | 3 | 10 | 23 | 45 | 40 | 6 | 15 | | x | | | | | | | |
| Cheeseburger on a bun | 1 | 390 | 190 | 21 | 8 | 1 | 75 | 600 | 26 | 3 | 3 | 24 | 4 | 0 | 10 | 10 | | x | x | x | | | | | |
| Chicken taco | 1 | 110 | 35 | 4 | 1 | 0 | 30 | 310 | 7 | <1 | <1 | 12 | 6 | 2 | 2 | 4 | | x | x | x | | | | | |
| Chicken w/ corn & tomato | 4 oz | 170 | 70 | 8 | 1.5 | 0 | 60 | 150 | 3 | 0 | <1 | 23 | 2 | 4 | 0 | 6 | | | | x | | | | | |
| Chicken w/ red curry sauce | 8 oz | 330 | 150 | 16 | 6 | 0 | 145 | 280 | 2 | 0 | 0 | 42 | 4 | 0 | 2 | 15 | | | | | | x | | | |
| Chicken/garlic & pepper sauce | 1 | 150 | 40 | 4.5 | 1.5 | 0 | 65 | 150 | 2 | 0 | 0 | 24 | 4 | 8 | 6 | 6 | | x | | | | | | | |
| Chickpea stirfry | 8 oz | 255 | 160 | 17 | 1.5 | 0 | 0 | 705 | 19 | 5 | 4 | 6 | 27 | 21 | 11 | 21 | | | | x | x | x | | | |
| Chickpea vindaloo | 8 oz | 100 | 25 | 2.5 | 0 | 0 | 0 | 230 | 18 | 3 | 3 | 3 | 8 | 20 | 4 | 10 | x | | | | | | | | |
| Chipotle catfish | 6 oz | 390 | 140 | 15 | 3 | 0 | 105 | 1050 | 27 | 2 | <1 | 34 | 4 | 20 | 4 | 20 | | | | x | | | | x | |
| Churro beans | 6 oz | 170 | 40 | 4.5 | 0.5 | 0 | 0 | 640 | 27 | 8 | 3 | 8 | 8 | 15 | 6 | 10 | x | | | | | | | | |
| Curried veg in coconut sauce | 8 oz | 360 | 260 | 29 | 20 | 0 | 0 | 640 | 26 | 4 | 8 | 5 | 180 | 180 | 10 | 25 | | | | | | x | | | |
| Enchilada casserole | 1 pc | 490 | 300 | 33 | 14 | 0.5 | 90 | 1050 | 23 | 4 | 2 | 27 | 30 | 6 | 40 | 15 | | x | | x | | | | | |
| Falafel | ea. | 30 | 10 | 1 | 0 | 0 | 0 | 70 | 4 | 1 | <1 | 1 | 0 | 0 | 0 | 4 | | | | | | | | | |
| Fish tacos | 1 | 290 | 220 | 24 | 3.5 | 0 | 25 | 125 | 9 | 2 | 1 | 10 | 10 | 15 | 4 | 4 | | | x | x | | | | x | |
| Garlic roast beef w/ veg. | 4 oz | 230 | 70 | 8 | 2.5 | 0 | 75 | 670 | <1 | 0 | 0 | 37 | 0 | 0 | 2 | 20 | | | | x | | | | | |
| Goat cheese & beef pizza | 1 | 330 | 130 | 15 | 7 | 0 | 50 | 610 | 33 | 2 | 4 | 15 | 10 | 15 | 6 | 10 | | x | x | x | | | | | |
| Grilled chicken breast | 1 | 160 | 70 | 7 | 1.5 | 0 | 65 | 55 | 0 | 0 | 0 | 23 | 0 | 0 | 0 | 4 | x | | | | | | | | |
| Grilled ham steak | 3 oz | 90 | 15 | 1.5 | 1 | 0 | 30 | 1155 | 3 | 0 | 3 | 14 | 0 | 0 | 3 | 6 | x | | | | | | | | |
| Grilled top sirloin steak | 1 | 310 | 160 | 18 | 7 | 0 | 95 | 1170 | <1 | 0 | 0 | 35 | 0 | 0 | 4 | 15 | x | | | | | | | | |

*All of our foods are prepared in a facility where peanuts, tree nuts, fish, shellfish, wheat, soy, milk and eggs are also prepared. Cross contamination is possible.
For allergen concerns please contact Dining Services at 641-269-3661.

GRINNELL COLLEGE

# The Marketplace Nutrition Information
## Gluten Free

| Food Item | Serving Size | Calories | Calories From Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) | Vitamin A %DV | Vitamin C %DV | Calcium %DV | Iron %DV | Allergens | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | | | | | | | | | None | Milk | Egg | Soy | Peanut | Tree Nut | Wheat | Fish | Shellfish |
| Herb baked chicken | 2 pc | 630 | 370 | 41 | 15 | 0 | 220 | 180 | 1 | 0 | <1 | 60 | 15 | 4 | 4 | 15 | | x | | | | | | | |
| Hoppin' John | 5 oz | 120 | 50 | 6 | 0.5 | 0 | 0 | 480 | 14 | 4 | 3 | 4 | 4 | 15 | 4 | 8 | x | | | | | | | | |
| Hot dog on bun | 1 | 340 | 190 | 21 | 7 | 0 | 30 | 940 | 28 | 4 | 6 | 10 | 0 | 0 | 4 | 8 | | | x | | | | | | |
| Indian sabji | 6 oz | 150 | 30 | 3 | 0 | 0 | 0 | 160 | 27 | 3 | 5 | 4 | 10 | 40 | 4 | 10 | | | | x | | x | | | |
| Kale w/ panfried walnuts | 3 oz | 100 | 70 | 8 | 0.5 | 0 | 0 | 20 | 6 | 2 | 1 | 3 | 245 | 60 | 8 | 6 | | | | | | x | | | |
| Lemon oregano chicken | 2 pc | 580 | 300 | 34 | 9 | 0 | 195 | 200 | 6 | 1 | 2 | 62 | 10 | 30 | 6 | 20 | | x | | x | | | | | |
| Lemon pepper tilapia | 1 | 170 | 100 | 11 | 2 | 0 | 40 | 40 | 0 | 0 | 0 | 18 | 0 | 0 | 0 | 4 | | | | | | | | x | |
| Lemon rice w/peanuts | 6 oz | 310 | 100 | 11 | 1 | 0 | 0 | 880 | 46 | 2 | <1 | 5 | 6 | 8 | 4 | 15 | | | | x | x | | | | |
| Lentil dhal | 6 oz | 250 | 25 | 3 | 0 | 0 | 0 | 310 | 40 | 19 | 3 | 16 | 2 | 8 | 4 | 25 | x | | | | | | | | |
| Lentils in broth | 4 oz | 150 | 0 | 0.5 | 0 | 0 | 0 | 140 | 26 | 10 | 2 | 12 | 0 | 4 | 4 | 25 | x | | | | | | | | |
| Maple & peach glazed ham | 4 oz | 190 | 60 | 6 | 2 | 0 | 60 | 1510 | 4 | 0 | 3 | 29 | 0 | 10 | 0 | 6 | x | | | | | | | | |
| Mexican fiesta rice | 4 oz | 150 | 35 | 4 | 0 | 0 | 0 | 230 | 25 | 2 | 3 | 3 | 6 | 15 | 4 | 6 | x | | | | | | | | |
| Mixed sausage grill | 3 pc | 250 | 200 | 22 | 8 | 0 | 55 | 750 | 2 | 0 | 0 | 11 | 0 | 0 | 4 | 4 | x | | | | | | | | |
| Monterey chic sand w/ avocado | 1 | 400 | 160 | 18 | 5 | 0 | 75 | 630 | 31 | 6 | 4 | 30 | 2 | 10 | 2 | 8 | | x | x | | | | | | |
| Monterey chicken w/ bacon | 1 | 280 | 130 | 14 | 5 | 0 | 80 | 450 | 5 | <1 | 2 | 32 | 4 | 15 | 15 | 6 | | x | | x | | | | | |
| NYC style eggs on a roll | 1 | 420 | 240 | 27 | 11 | 0 | 285 | 880 | 27 | 3 | 4 | 19 | 10 | 0 | 10 | 10 | | x | x | | | | | | |
| Pad Thai | 8 oz | 340 | 170 | 19 | 3 | 0 | 150 | 460 | 21 | 2 | 12 | 21 | 10 | 10 | 4 | 10 | | | x | x | x | | | x | x |
| Pasta w/ marinara sauce | 6 oz | 340 | 60 | 7 | 2 | 0 | 0 | 520 | 60 | 7 | 11 | 11 | 30 | 45 | 6 | 20 | | x | | | | | | | |
| Pasta w/ meat sauce | 8 oz | 530 | 70 | 7 | 2 | 0 | 10 | 290 | 95 | 12 | 9 | 18 | 20 | 30 | 2 | 25 | x | | | | | | | | |
| Pasta w/ pesto sauce | 6 oz | 480 | 275 | 30.5 | 3.5 | 0 | 5 | 310 | 44 | 3 | 0 | 6 | 25 | 0 | 12 | 8 | | x | | | | x | | | |
| Pea mushr pilaf w/ almonds | 4 oz | 160 | 50 | 5 | 0 | 0 | 0 | 530 | 25 | 2 | 2 | 4 | 2 | 6 | 4 | 10 | | | | | | x | | | |
| Pepperoni pizza | 1 | 220 | 90 | 10 | 4.5 | 0 | 25 | 450 | 24 | 1 | 3 | 10 | 8 | 10 | 20 | 2 | | x | x | x | | | | | |
| Pork carnitas | 1 | 270 | 110 | 12 | 3.5 | 0 | 75 | 810 | 13 | 3 | 3 | 27 | 10 | 20 | 6 | 10 | | | | x | | | | | |
| Pork vindaloo | 6 oz | 330 | 200 | 22 | 8 | 0 | 75 | 870 | 5 | <1 | <1 | 27 | 4 | 4 | 4 | 15 | | | | | | x | | | |
| Portabella & bean cassoulet | 8 oz | 140 | 5 | 0.5 | 0 | 0 | 0 | 135 | 26 | 8 | 4 | 10 | 8 | 10 | 10 | 15 | x | | | | | | | | |
| Roasted chicken (1/4 chic) | 1/4 | 700 | 410 | 45 | 17 | 0 | 245 | 1530 | 4 | 0 | 1 | 68 | 15 | 8 | 6 | 20 | | x | | | | | | | |
| Roasted root vegetables | 3 oz | 80 | 40 | 4.5 | 0.5 | 0 | 0 | 140 | 9 | 3 | 5 | <1 | 65 | 20 | 4 | 4 | | | | x | | | | | |

*All of our foods are prepared in a facility where peanuts, tree nuts, fish, shellfish, wheat, soy, milk and eggs are also prepared. Cross contamination is possible.
For allergen concerns please contact Dining Services at 641-269-3661.

GRINNELL COLLEGE

# The Marketplace Nutrition Information
## Gluten Free

| Food Item | Serving Size | Calories | Calories From Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) | Vitamin A %DV | Vitamin C %DV | Calcium %DV | Iron %DV | Allergens: None | Milk | Egg | Soy | Peanut | Tree Nut | Wheat | Fish | Shellfish |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Roasted turkey | 4 oz | 200 | 70 | 8 | 2 | 0 | 75 | 65 | 0 | 0 | 0 | 30 | 0 | 0 | 2 | 8 | x | | | | | | | | |
| Rotisserie garlic beef | 4 oz | 230 | 70 | 8 | 2.5 | 0 | 75 | 670 | <1 | 0 | 0 | 37 | 0 | 0 | 2 | 20 | | | | x | | | | | |
| Rotisserie pork loin | 3 oz | 170 | 50 | 6 | 2 | 0 | 80 | 310 | 4 | 0 | 3 | 26 | 10 | 4 | 0 | 8 | x | | | | | | | | |
| Scrambled eggs | 1 egg | 70 | 45 | 5 | 2 | 0 | 211 | 70 | 0 | 0 | 0 | 6 | 5 | 0 | 3 | 5 | | | x | | | | | | |
| Sloppy Fred | 1 | 360 | 140 | 15 | 2.5 | 0 | 55 | 600 | 38 | 5 | 11 | 20 | 15 | 15 | 4 | 15 | | | x | | | | | x | |
| Spicy chic & watermelon salsa | 1 pc | 320 | 30 | 3 | 1 | 0 | 60 | 85 | 54 | 1 | 51 | 23 | 15 | 8 | 4 | 15 | | | | | | x | | | |
| Spicy tofu | 4 oz | 120 | 70 | 8 | 0 | 0 | 0 | 330 | 3 | 1 | 0 | 8 | 2 | 0 | 0 | 0 | | | | x | | | | | |
| Stuffed tomatoes & peppers | 10oz | 410 | 260 | 29 | 3.5 | 0 | 0 | 10 | 35 | 6 | 9 | 9 | 10 | 295 | 10 | 15 | | | | | | x | | | |
| Tandoori chicken | 4 oz | 180 | 35 | 4 | 1 | 0 | 85 | 160 | 3 | <1 | <1 | 32 | 10 | 4 | 4 | 10 | | x | | | | | | | |
| Thai lentil stew | 6 oz | 180 | 80 | 9 | 4 | 0 | 0 | 380 | 20 | 6 | 3 | 7 | 85 | 6 | 4 | 20 | | | | | | x | | | |
| Toasted roasted turkey roll | 1 | 480 | 250 | 28 | 4.5 | 0 | 50 | 1750 | 39 | 11 | 6 | 23 | 135 | 345 | 4 | 8 | | x | | | | x | | | |
| Tofu scrambler | 3/4 c | 160 | 100 | 11 | 1 | 0 | 0 | 280 | 8 | 2 | 3 | 9 | 20 | 60 | 2 | 4 | | | | x | | | | | |
| Western pork ribs | 8 oz | 690 | 300 | 34 | 12 | 0 | 210 | 135 | 33 | 0 | 33 | 60 | 0 | 4 | 10 | 20 | x | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Sides** | | | | | | | | | | | | | | | | | | | | | | | | | |
| Amerinese blend vegetable | 3 oz | 30 | 0 | 0 | 0 | 0 | 0 | 40 | 5 | 2 | 3 | 1 | 15 | 30 | 2 | 0 | x | | | | | | | | |
| Basmati rice | 1/2 c | 140 | 10 | 1.5 | 0 | 0 | 0 | 530 | 28 | 0 | 0 | 3 | 0 | 0 | 0 | 8 | | | | x | | | | | |
| Bi-color corn | 3 oz | 90 | 10 | 1 | 0 | 0 | 0 | 15 | 21 | 2 | 3 | 3 | 0 | 10 | 0 | 4 | x | | | | | | | | |
| Black beans | 6 oz | 200 | 45 | 5 | 1 | 0 | 0 | 700 | 32 | 11 | 3 | 11 | 10 | 15 | 6 | 15 | x | | | | | | | | |
| Braised bok choy | 40 | 20 | 2 | 0 | 0 | 0 | 0 | 270 | 5 | <1 | 2 | 1 | 25 | 25 | 6 | 4 | | | | x | | | | | |
| Braised greens | 3 oz | 90 | 10 | 1 | 0 | 0 | 0 | 830 | 18 | 8 | 2 | 6 | 140 | 85 | 35 | 20 | | | | x | | | | | |
| Braised red cabbage & bacon | 3 oz | 160 | 80 | 9 | 3 | 0 | 25 | 510 | 11 | 3 | 5 | 10 | 0 | 60 | 6 | 6 | x | | | | | | | | |
| Broccoli, steamed | 3 oz | 30 | 0 | 0 | 0 | 0 | 0 | 35 | 6 | 3 | 1 | 2 | 24 | 84 | 3 | 3 | x | | | | | | | | |
| Brown basmati rice | 1/2 c | 100 | 15 | 1.5 | 0 | 0 | 0 | 380 | 19 | 2 | 0 | 2 | 0 | 0 | 0 | 2 | | | | x | | | | | |
| California blend vegetables | 3 oz | 25 | 0 | 0 | 0 | 0 | 0 | 30 | 5 | 2 | 2 | 2 | 115 | 65 | 4 | 2 | x | | | | | | | | |
| Candied carrots | 4 oz | 200 | 130 | 14 | 2 | 0 | 0 | 230 | 19 | 4 | 13 | <1 | 390 | 8 | 4 | 4 | x | | | | | | | | |

*All of our foods are prepared in a facility where peanuts, tree nuts, fish, shellfish, wheat, soy, milk and eggs are also prepared. Cross contamination is possible.
For allergen concerns please contact Dining Services at 641-269-3661.

GRINNELL COLLEGE

# The Marketplace Nutrition Information
## Gluten Free

| Food Item | Serving Size | Calories | Calories From Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) | Vitamin A %DV | Vitamin C %DV | Calcium %DV | Iron %DV | Allergens: None | Milk | Egg | Soy | Peanut | Tree Nut | Wheat | Fish | Shellfish |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Cheese grits | 1 c. | 230 | 230 | 60 | 4 | 0 | 20 | 40 | 36 | <1 | 0 | 5 | 10 | 0 | 6 | 4 | | x | | | | | | | |
| Country blend vegetables | 3 oz | 50 | 0 | 0 | 0 | 0 | 0 | 30 | 11 | 4 | 3 | 2 | 70 | 4 | 2 | 4 | x | | | | | | | | |
| Crinkle cut carrots | 3 oz | 25 | 0 | 0 | 0 | 0 | 0 | 45 | 6 | 2 | 3 | <1 | 260 | 6 | 2 | 2 | x | | | | | | | | |
| Edamame succotash | 4 oz | 130 | 10 | 1 | 0 | 0 | 0 | 20 | 28 | 5 | na | 6 | 8 | 15 | 2 | 10 | | | | x | | | | | |
| Five-way vegetable mix | 3 oz | 60 | 0 | 0 | 0 | 0 | 0 | 85 | 12 | 3 | 4 | 3 | 25 | 10 | 2 | 4 | x | | | | | | | | |
| Francais blend vegetables | 3 oz | 60 | 20 | 2 | 0.5 | 0 | 0 | 30 | 7 | 3 | 2 | 2 | 60 | 8 | 4 | 2 | | | | | | x | | | |
| Garden blend vegetables | 3 oz | 25 | 0 | 0 | 0 | 0 | 0 | 20 | 5 | 2 | 1 | 1 | 25 | 35 | 2 | 2 | x | | | | | | | | |
| Green Beans | 3 oz | 20 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 2 | <1 | 1 | 10 | 6 | 4 | 4 | x | | | | | | | | |
| Green peas | 3 oz | 70 | 0 | 0 | 0 | 0 | 0 | 200 | 12 | 4 | 4 | 5 | 8 | 10 | 0 | 6 | x | | | | | | | | |
| Hashbrowned potatoes | 4 oz | 260 | 150 | 17 | 6 | 0 | 0 | 270 | 30 | 2 | 0 | 3 | 0 | 10 | 0 | 2 | x | | | | | | | | |
| Jasmine rice | 1/2 c | 150 | 5 | 1 | 0 | 0 | 0 | 5 | 30 | 1 | 0 | 3 | 0 | 0 | 2 | 2 | | | | x | | | | | |
| Key Largo blend vegetables | 3 oz | 35 | 0 | 0 | 0 | 0 | 0 | 40 | 6 | 1 | 3 | 0 | 20 | 15 | 2 | 0 | x | | | | | | | | |
| Mashed pot & celery root | 4 oz | 170 | 70 | 8 | 5 | 0 | 25 | 400 | 23 | 2 | 1 | 3 | 6 | 25 | 2 | 4 | | x | | | | | | | |
| Mashed potatoes | 1/2 c | 75 | 10 | 1 | 0 | 0 | 0 | 345 | 15 | 1 | 0 | 1 | 0 | 6 | 1 | 1 | | x | | | | | | | |
| Monterey blend vegetable | 3 oz | 30 | 0 | 0 | 0 | 0 | 0 | 40 | 5 | 2 | 3 | 1 | 15 | 25 | 2 | 4 | x | | | | | | | | |
| Oven fried steak cut fries | 4 oz | 150 | 50 | 6 | 1 | 0 | 0 | 440 | 32 | 3 | 0 | 3 | 0 | 25 | 0 | 4 | | | | x | | | | | |
| Oven fried tater tot potato | 4 oz | 190 | 80 | 9 | 2 | 0 | 0 | 490 | 28 | 3 | 0 | 2 | 0 | 10 | 0 | 4 | | | | x | | | | | |
| Oven fries | 4 oz | 150 | 50 | 6 | 1 | 0 | 0 | 440 | 32 | 3 | 0 | 3 | 0 | 25 | 0 | 4 | | | | x | | | | | |
| Pacific blend vegetables | 3 oz | 35 | 0 | 0 | 0 | 0 | 0 | 40 | 6 | 1 | 3 | 1 | 20 | 20 | 4 | 0 | x | | | | | | | | |
| Parslied potatoes | 3 oz | 100 | 35 | 4 | 2.5 | 0 | 10 | 10 | 15 | 2 | 1 | 2 | 4 | 15 | 2 | 6 | | x | | | | | | | |
| Potato wedge | 1 | 140 | 45 | 5 | 1 | 0 | 0 | 250 | 18 | 2 | 0 | 1 | 2 | 2 | 2 | 2 | x | | | | | | | | |
| Potatoes lyonnaise | 4 oz | 140 | 60 | 7 | 3.5 | 0 | 15 | 190 | 20 | 2 | 2 | 2 | 6 | 25 | 0 | 2 | | x | | | | | | | |
| Potatoes O'Brien | 4 oz | 200 | 100 | 12 | 4 | 0 | 0 | 500 | 25 | 2 | 2 | 3 | 10 | 45 | 2 | 8 | | | | x | | | | | |
| Prince William blend veg. | 3 oz | 25 | 0 | 0 | 0 | 0 | 0 | 20 | 5 | 2 | 2 | 1 | 60 | 40 | 2 | 4 | x | | | | | | | | |
| Ratatouille | 6 oz | 90 | 60 | 7 | 1 | 0 | 0 | 190 | 10 | 3 | 5 | 2 | 20 | 35 | 2 | 4 | x | | | | | | | | |
| Refried beans | 4 oz | 130 | 45 | 5 | 0.5 | 0 | 0 | 530 | 15 | 5 | <1 | 5 | 0 | 10 | 4 | 10 | | | | x | | | | | |
| Rice pilaf | 4 oz | 140 | 30 | 3.5 | 1 | 0 | 0 | 180 | 24 | <1 | <1 | 2 | 4 | 0 | 2 | 8 | | | | x | | | | | |

*All of our foods are prepared in a facility where peanuts, tree nuts, fish, shellfish, wheat, soy, milk and eggs are also prepared. Cross contamination is possible.
For allergen concerns please contact Dining Services at 641-269-3661.

GRINNELL COLLEGE

# The Marketplace Nutrition Information
## Gluten Free

| Food Item | Serving Size | Calories | Calories From Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) | Vitamin A %DV | Vitamin C %DV | Calcium %DV | Iron %DV | Allergens: None | Milk | Egg | Soy | Peanut | Tree Nut | Wheat | Fish | Shellfish |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Roasted cauliflower | 4 oz | 150 | 130 | 15 | 2 | 0 | 0 | 1160 | 5 | 3 | 2 | 2 | 0 | 85 | 2 | 4 | | | | | | | | | |
| Roasted corn & peppers | 3 oz | 90 | 10 | 1 | 0 | <5 | 0 | 210 | 20 | 2 | 3 | 3 | 4 | 20 | 0 | 4 | x | | | | | | | | |
| Roasted redskin potatoes | 4 oz | 150 | 150 | 5 | 0.5 | 0 | 0 | 15 | 22 | 2 | 2 | 3 | 0 | 25 | 0 | 6 | | | | x | | | | | |
| Santa Fe salad | 4 oz | 100 | 35 | 4 | 0.5 | 0 | 0 | 300 | 14 | 4 | 3 | 3 | 20 | 44 | 3 | 4 | x | | | | | | | | |
| Sauteed mushrooms | 1 oz | 15 | 10 | 1.5 | 0 | 0 | 0 | 0 | <1 | 0 | 0 | <1 | 0 | 0 | 0 | 0 | x | | | | | | | | |
| Sauteed peppers & onions | 3 oz | 60 | 45 | 5 | 1 | 0 | 0 | 0 | 5 | <1 | 3 | <1 | 30 | 85 | 0 | 0 | | | | x | | | | | |
| Sauteed spinach | 3 oz | 180 | 170 | 19 | 3 | 0 | 0 | 230 | 3 | 2 | <1 | 2 | 105 | 30 | 6 | 10 | | | | x | | | | | |
| Sauteed zucchini | 3 oz | 90 | 80 | 9 | 1.5 | 0 | 0 | 590 | 3 | 1 | 1 | 1 | 15 | 6 | 0 | 2 | x | | | | | | | | |
| Spring blend vegetables | 3 oz | 20 | 0 | 0 | 0 | 0 | 0 | 20 | 4 | 2 | 1 | 1 | 35 | 35 | 2 | 2 | x | | | | | | | | |
| Steamed brown rice | 1/2 c | 90 | 5 | 1 | 0 | 0 | 0 | 260 | 20 | 2 | 0 | 2 | 0 | 0 | 0 | 2 | x | | | | | | | | |
| Steamed white rice | 1/2 c | 100 | 0 | 0 | 0 | 0 | 0 | 0 | 21 | <1 | 0 | 2 | 0 | 0 | 2 | 0 | x | | | | | | | | |
| Sugar snap peas | 3 oz | 40 | 0 | 0 | 0 | 0 | 0 | 180 | 7 | 2 | 4 | 3 | 4 | 30 | 6 | 10 | x | | | | | | | | |
| Sweet potato fries | 4 oz | 190 | 50 | 5 | 0 | 0 | 0 | 180 | 32 | 4 | 9 | 1 | 95 | 20 | 4 | 0 | x | | | | | | | | |
| Taco shell | 1 | 40 | 15 | 2 | 0 | 0 | 0 | 35 | 6 | 0 | 0 | <1 | 0 | 0 | 0 | 0 | x | | | | | | | | |
| Winter blend vegetables | 3 oz | 25 | 0 | 0 | 0 | 0 | 0 | 10 | 4 | 2 | 2 | 1 | 4 | 15 | 0 | 6 | x | | | | | | | | |
| Yam, baked | 1 | 350 | 180 | 20 | 13 | 0 | 55 | 55 | 42 | 4 | 24 | 3 | 505 | 40 | 8 | 8 | | x | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Breakfast** | | | | | | | | | | | | | | | | | | | | | | | | | |
| Bacon | 2 | 80 | 60 | 6 | 2 | 0 | 15 | 350 | 0 | 0 | 0 | 6 | 0 | 0 | 0 | 0 | x | | | | | | | | |
| Breakfast taco | 1 | 150 | 80 | 9 | 4 | 0 | 175 | 180 | 10 | 1 | 2 | 10 | 20 | 35 | 15 | 8 | | x | x | | | | | | |
| Chicken chilaquiles | 1 | 300 | 160 | 17 | 3.5 | 0 | 30 | 560 | 25 | 4 | 3 | 11 | 15 | 20 | 10 | 10 | | x | | | | | | | |
| Chorizo hash | 6 oz | 400 | 50 | 6 | 2 | 0 | 15 | 420 | 79 | 14 | 3 | 11 | 4 | 45 | 8 | 70 | | x | | | | | | | |
| Hashbrowned potatoes | 4 oz | 260 | 150 | 17 | 6 | 0 | 0 | 270 | 30 | 2 | 0 | 3 | 0 | 10 | 0 | 2 | x | | | | | | | | |
| Oven fried steak cut fries | 4 oz | 150 | 50 | 6 | 1 | 0 | 0 | 440 | 32 | 3 | 0 | 3 | 0 | 25 | 0 | 4 | | | | x | | | | | |
| Oven fried tater tot potato | 4 oz | 190 | 80 | 9 | 2 | 0 | 0 | 490 | 28 | 3 | 0 | 2 | 0 | 10 | 0 | 4 | | | | x | | | | | |
| Potatoes O'Brien | 4 oz | 200 | 100 | 12 | 4 | 0 | 0 | 500 | 25 | 2 | 2 | 3 | 10 | 45 | 2 | 8 | | | | x | | | | | |
| Roasted redskin potatoes | 4 oz | 150 | 150 | 5 | 0.5 | 0 | 0 | 15 | 22 | 2 | 2 | 3 | 0 | 25 | 0 | 6 | | | | x | | | | | |

*All of our foods are prepared in a facility where peanuts, tree nuts, fish, shellfish, wheat, soy, milk and eggs are also prepared. Cross contamination is possible.
For allergen concerns please contact Dining Services at 641-269-3661.

GRINNELL COLLEGE

# The Marketplace Nutrition Information
## Gluten Free

| Food Item | Serving Size | Calories | Calories From Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) | Vitamin A %DV | Vitamin C %DV | Calcium %DV | Iron %DV | Allergens: None | Milk | Egg | Soy | Peanut | Tree Nut | Wheat | Fish | Shellfish |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Sausage links | 2 | 170 | 130 | 15 | 4.5 | 0 | 45 | 380 | 0 | 0 | 0 | 10 | 0 | 0 | 0 | 4 | x | | | | | | | | |
| Sausage patty | 1 | 140 | 110 | 12 | 4 | 0 | 35 | 320 | 0 | 0 | 0 | 8 | 0 | 0 | 0 | 4 | x | | | | | | | | |
| Scrambled eggs | 1 egg | 70 | 45 | 5 | 2 | 0 | 211 | 70 | 0 | 0 | 0 | 6 | 5 | 0 | 3 | 5 | | | x | | | | | | |
| Smoked pork chop | 1 | 260 | 100 | 11 | 3.5 | 0 | 75 | 1880 | 0 | 0 | 0 | 38 | 0 | 0 | 2 | 10 | x | | | | | | | | |
| Turkey sausage links | 2 | 60 | 35 | 4 | 2 | 0 | 25 | 290 | 0 | 0 | 0 | 7 | 0 | 0 | 0 | 4 | | | | x | | | | | |

*All of our foods are prepared in a facility where peanuts, tree nuts, fish, shellfish, wheat, soy, milk and eggs are also prepared. Cross contamination is possible.
For allergen concerns please contact Dining Services at 641-269-3661.