

Golden Corral Nutritional Listing - February 2024

Marketing Name	Serving Size Description	Serving Gram Weight	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Total Dietary Fiber	Total Sugars	Protein	Allergen Statement
4 oz. Cheeseburger	1 each	161g	490	28	10	1	80	810	33	0	8	28	Contains Egg, Gluten, Milk, Soy, Wheat.
6 oz. Cheeseburger	1 each	197g	580	32	12	1	115	840	33	0	8	38	Contains Egg, Gluten, Milk, Soy, Wheat.
Alfredo Sauce	1/4 cup	63g	150	14	3.5	0	5	380	3		0	3	Contains Gluten, Milk, Soy, Wheat.
Apple Cobbler	1 piece	95g	190	5	2	0	5	240	35	0	23	1	Contains Gluten, Wheat.
Apple Juice	8 fl oz	227g	110	0	0	0	0	0	28		26	0	
Apple Pie	1 slice	156g	330	13	5	0	10	400	49	2	16	5	Contains Egg, Gluten, Soy, Wheat.
Apple Salad	1/2 cup	130g	170	6	1	0	5	160	30	2	23	1	Contains Egg.
Apple Topping	2 Tbsp	35g	50	0	0	0	0	40	12		10	0	
Apple-topped Waffle	1 each	86g	190	13	2.5	0	25	510	30	0	14	3	Contains Egg, Gluten, Milk, Soy, Wheat.
Apples	1/4 cup	31g	15	0	0	0	0	0	4	1	3	0	
Applesauce	1/2 cup	126g	90	0	0	0	0	15	23	2	18	0	
Arroz Con Pollo	1 piece	357g	510	28	8	0	85	1170	36	1	3	25	Contains Soy.
Arroz Imperial	5 oz	290g	280	12	4	0	50	500	28	1	2	14	Contains Egg, Milk, Soy.
Asian Beef	3 oz	85g	110	3.5	0.5	0	20	620	10	0	8	9	Contains Gluten, Soy, Wheat.
Asian Stir Fry Vegetables	1 cup	150g	120	2.5	0	0	0	620	22	1	15	3	Contains Gluten, Sesame, Soy, Wheat.
Asparagus, Steamed	4 each	70g	80	7	3	0	0	280	2	1	1	2	Contains Milk, Soy.
Au Jus Gravy	2 oz	57g	30	2.5	1	0	5	380	2		0	0	Contains Gluten, Soy, Wheat.
Baby Back Pork Ribs	1 piece	87g	190	13	4.5	0	55	350	4	0	3	15	
Baby Carrots	5 each	50g	20	0	0	0	0	40	4	1	2	0	
Baby Lima Beans	1/2 cup	85g	150	5	2	0	0	420	19	5	2	6	Contains Milk, Soy.
Bacon	2 slices	17g	80	6	2.5	0	20	230	0		0	5	
Bacon Bits	2 Tbsp	12g	50	3.5	1.5	0	15	240	0		0	5	
Bacon Dressing	2 Tbsp	30g	150	14	2	0	0	300	5	0	5	0	
Bacon Wrapped Sirloin Filet	1 each	109g	190	12	5	0.5	70	630	1	0	0	20	Contains Milk.
Baked BBQ Chicken Legs	1 each	91g	150	7	2	0	100	610	6	1	5	16	
Baked Fish	1 each	85g	150	8	3	0	45	330	1	0	0	20	Contains Fish, Soy.
Baked Fish with Lemon Herb Sauce	3 oz	85g	150	13	6	0	25	470	1	0	0	7	Contains Fish, Milk, Soy.
Baked Florentine Fish	1 each	86g	170	12	4	0	30	260	1	0	0	14	Contains Fish, Milk, Soy.
Baked Honey Teriyaki Chicken Legs	1 each	91g	150	7	2	0	100	740	7	0	6	16	Contains Gluten, Soy, Wheat.
Baked Mandarin Orange Chicken Legs	1 each	91g	150	7	2	0	100	510	7	0	7	16	Contains Gluten, Soy, Wheat.
Baked Potatoes	1 each	173g	160	0	0	0	0	15	37	4	2	4	
Baked Spaghetti	1/2 cup	96g	160	10	4	0	20	310	9	1	1	9	Contains Gluten, Milk, Soy, Wheat.
Baked Sweet Potatoes	1 each	130g	110	0	0	0	0	70	26	4	5	2	
Baked Teriyaki Chicken Legs	1 each	91g	150	7	2	0	100	840	7	0	5	16	Contains Gluten, Soy, Wheat.
Balsamic Vinaigrette	2 Tbsp	30g	20	0	0	0	0	260	5		2	0	
Balsamic Vinegar	1 Tbsp	16g	15	0	0	0	0	0	3	0	2	0	
Banana Nut Bread	1 piece	75g	190	4	0.5	0	5	240	40	1	25	2	Contains Egg, Gluten, Milk, Soy, Tree Nuts, Wheat.
Banana Nut French Toast	1 piece	115g	280	10	2.5	0	100	290	48	1	32	6	Contains Egg, Gluten, Milk, Soy, Tree Nuts, Wheat.
Banana Pudding	1/2 cup	112g	240	10	7	0	0	190	35	0	21	2	Contains Egg, Gluten, Milk, Soy, Wheat.
Bananas	1 each	101g	90	0	0	0	0	0	23	3	12	1	
Bananas Foster French Toast Bake	1 piece	69g	140	4.5	1.5	0	90	135	22	0	10	5	Contains Egg, Gluten, Milk, Soy, Wheat.
Barbacoa	3 oz	85g	270	23	12	0	90	490	0	0	0	18	



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Barq's Root Beer® 12 oz	12 fl oz	340g	160	0	0	0	0	55	44	0	44	0	
Barq's Root Beer® 16 oz	16 fl oz	454g	210	0	0	0	0	70	58		58	0	
Barq's Root Beer® 32 oz	32 fl oz	907g	430	0	0	0	0	140	116		116	0	
BBQ Baked Beans	1/2 cup	130g	170	1	0	0	0	650	37	5	21	5	Contains Soy.
BBQ Beef	3 oz	85g	120	5	1.5	0	50	160	0	0	0	18	
BBQ Chicken Breasts (Baked Bone-In)	1 each	234g	350	12	4	0	190	150	7	1	5	55	
BBQ Chicken Legs	1 each	74g	160	7	1.5	0	90	340	6	1	4	18	
BBQ Chicken Pizza	1 slice	132g	300	9	5	0	35	850	36	2	7	17	Contains Gluten, Milk, Wheat.
BBQ Chicken Thighs (Baked Bone-In)	1 each	175g	360	24	8	0	185	1280	8	1	6	28	
BBQ Chicken Wings	3 each	122g	250	15	4	0	100	360	11	1	8	17	
BBQ Pork	3 oz	85g	170	8	2.5	0	75	100	5	0	4	18	
BBQ Pork Loin	3 oz	113g	180	7	2.5	0	45	740	13	1	9	18	
BBQ Pork Ribs	3 oz	101g	230	12	4	0	75	440	6	0	5	23	
BBQ Pork Ribs, Boneless	1 each	63g	120	7	2.5	0	30	210	5	0	4	10	
BBQ Sauce	2 Tbsp	36g	60	0	0	0	0	380	15	1	11	1	
Beef Enchiladas	1 each	127g	200	12	4	0	40	560	11	1	1	11	Contains Gluten, Milk, Soy, Wheat.
Beef Liver and Onions	4 oz	113g	220	10	2.5	0	305	300	9	0	1	23	Contains Egg, Gluten, Milk, Soy, Wheat.
Beef Pot Pie	1 piece	121g	190	10	4	0	40	470	15	0	3	11	Contains Gluten, Milk, Soy, Wheat.
Beef Quesadillas	1 piece	56g	130	9	3	0	15	200	9	0	1	5	Contains Gluten, Milk, Soy, Wheat.
Beef Roast	4 oz	108g	230	12	5	0	95	920	4	0	0	27	Contains Gluten, Soy, Wheat.
Beef Stroganoff	2/3 cup	157g	180	9	2.5	0	35	940	14	2	1	10	Contains Milk, Eggs, Soy, Wheat.
Beet and Onion Salad	1/2 cup	152g	50	0	0	0	0	260	11	2	7	1	
Beets	1/4 cup	60g	20	0	0	0	0	125	4	1	3	1	
Berry Berry Waffle	1 each	109g	240	23	5	0	50	530	33	0	17	4	Contains Egg, Gluten, Milk, Soy, Wheat.
Black Beans, Seasoned	1/2 cup	130g	180	5	0.5	0	0	770	26	6	3	8	
Black Olives	10 each	30g	40	4	2	0	0	220	2		0	0	
Black-eyed Peas	1/2 cup	120g	100	2.5	0.5	0	0	570	14	3	0	5	Contains Gluten, Soy, Wheat.
Black-eyed Peas, Southern Style	1/2 cup	131g	170	7	2.5	0	15	1560	20	5	4	8	
BLT Salad	1 cup	89g	80	6	1.5	0	10	240	4	1	2	3	Contains Egg, Gluten, Milk, Wheat.
Blue Cheese Crumbles	2 Tbsp	14g	50	4	2.5	0	15	190	0		0	3	Contains Milk.
Blue Cheese Dressing	2 Tbsp	30g	150	16	2	0	10	260	1	0	1	1	Contains Egg, Milk, Soy.
Blue Raspberry 16 oz	16 fl oz	580g	180	0	0	0	0	30	47	0	46	0	
Blue Raspberry Lemonade 32 oz	32 fl oz	1161g	360	0	0	0	0	55	94	0	91	0	
Blueberries	1/4 cup	37g	20	0	0	0	0	0	5	1	4	0	
Blueberry French Toast Bake	1 piece	71g	140	4.5	1.5	0	90	135	21	0	10	5	Contains Egg, Gluten, Milk, Soy, Wheat.
Blueberry Muffins	1 each	120g	330	14	4	0	30	420	54	0	29	3	Contains Egg, Gluten, Milk, Soy, Wheat.
Blueberry Pancakes	1 each	40g	80	4	1	0	10	40	10	1	3	2	Contains Egg, Gluten, Milk, Soy, Wheat.
Blueberry Pie - No Sugar Added	1 slice	156g	280	8	3	0	0	380	49	4	6	5	Contains Egg, Gluten, Milk, Soy, Wheat.
Blueberry Syrup	2 Tbsp	34g	120	0	0	0	0	30	28		26	0	
Bone-in Catfish	3 oz	85g	210	14	2.5	0	50	430	7	0	0	14	Contains Fish, Gluten, Wheat.
Boneless BBQ Chicken Wings	2 each	122g	180	6	1	0	45	820	13	0	4	20	Contains Egg, Gluten, Soy, Wheat.
Boneless Buffalo Chicken Wings	2 each	113g	180	8	1.5	0	40	1130	7	0	0	18	Contains Egg, Gluten, Milk, Soy, Wheat.

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Boneless Franks Red Hot Chicken Wings	2 each	114g	180	7	1.5	0	60	1450	6	1	0	22	Contains Egg, Gluten, Soy, Wheat.
Boneless Nashville Chicken Wings	2 each	114g	190	6	1	0	40	1170	13	0	4	19	Contains Egg, Gluten, Milk, Soy, Wheat.
Bourbon Street Chicken	3 oz	85g	170	9	2.5	0	95	350	4	0	4	19	Contains Gluten, Soy, Wheat.
Bourbon Street Chicken Wings	3 each	117g	240	15	4	0	100	850	10	0	7	17	Contains Gluten, Soy, Wheat.
Bratwurst (Dinner Size)	1 each	148g	350	30	10	0	65	1010	9	1	3	15	
Bratwurst (Lunch Size)	1 each	66g	220	15	5	0	35	610	13	1	2	9	Contains Gluten, Wheat.
Bread Pudding	1/2 cup	110g	270	10	5	0	55	220	40	0	29	4	Contains Egg, Gluten, Milk, Soy, Wheat.
Breaded Chicken Wings	3 each	111g	290	21	5	0	100	400	7	0	0	17	Contains Egg, Gluten, Soy, Wheat.
Breaded Flounder	1 each	72g	120	4.5	1	0	20	390	11	3	1	10	Contains Egg, Fish, Gluten, Milk, Soy, Wheat.
Breakfast Bake, Spinach Egg and Potato	3 oz	121g	140	8	3	0	145	550	8	1	2	7	Contains Egg, Milk.
Breakfast Pizza	1 slice	138g	400	24	12	0	135	810	25	1	2	20	Contains Egg, Gluten, Milk, Wheat.
Breakfast Pizza, Sausage & Gravy	1 piece	103g	260	11	5	0	50	580	29	1	3	11	Contains Egg, Gluten, Milk, Wheat.
Broccoli	1/4 cup	18g	5	0	0	0	0	0	1	0	0	1	
Broccoli and Cheese Soup	1 cup	235g	190	12	7	0	35	1030	13	0	8	8	Contains Milk, Soy.
Broccoli and Rice Casserole	1/2 cup	120g	130	6	2	0	5	560	16	1	1	4	Contains Gluten, Milk, Soy, Wheat.
Broccoli Salad	1/2 cup	54g	110	8	1.5	0	10	110	9	1	6	2	Contains Egg.
Broccoli Salad, Southern Style	1/2 cup	54g	170	15	2	0	15	105	10	1	6	1	Contains Egg.
Broccoli, Steamed	1/2 cup	78g	25	0	0	0	0	85	6	3	1	2	Contains Soy.
Brown Gravy	2 oz	57g	20	0	0	0	0	330	4		1	0	Contains Gluten, Milk, Soy, Wheat.
Brown Sugar	1 Tbsp	14g	50	0	0	0	0	0	14	0	13	0	
Brown Sugar Glazed Chicken Thighs	1 piece	123g	250	13	3	0	155	220	3	0	3	29	
Brunswick Stew	1 cup	246g	130	2.5	1	0	20	620	18	2	7	9	Contains Milk.
Bruschetta Bread	1 each	43g	130	8	2	0	0	240	11	1	1	2	Contains Gluten, Milk, Soy, Wheat.
Brussels Sprouts	1/2 cup	78g	80	6	2	0	0	240	4	2	2	3	Contains Milk, Soy.
Brussels Sprouts with Lemon Herb Butter Sauce	1/2 cup	85g	100	8	3.5	0	5	125	4	2	2	2	Contains Milk, Soy.
Buffalo Chicken Sandwich	1 each	89g	200	9	2.5	0	25	740	21	0	4	9	Contains Egg, Gluten, Milk, Soy, Wheat.
Buffalo Meatballs	2 each with sauce	160g	260	15	6	0	70	1350	15	0	1	15	Contains Egg, Gluten, Milk, Wheat.
Buffalo Shrimp	6 each	104g	220	9	1.5	0	55	630	25	1	1	10	Contains Gluten, Milk, Shellfish, Wheat.
Buffalo Wings	3 each	117g	250	20	5	0	100	750	0	0	0	16	
Buffalo Wings with Frank's RedHot Sauce	3 each	116g	210	15	4	0	100	830	1	0	0	16	
Butterfly Shrimp	3 each	82g	210	9	1.5	0	50	470	20	1	0	9	Contains Gluten, Shellfish, Wheat.
Buttermilk Biscuits	1 each	67g	230	14	7	0	0	630	24	1	2	4	Contains Gluten, Milk, Wheat.
Cabbage	1/2 cup	75g	60	5	2	0	0	200	4	2	2	1	Contains Milk, Soy.
Cabbage, Kettle Cooked	1/2 cup	85g	45	2.5	0.5	0	5	180	4	1	2	2	Contains Gluten, Soy, Wheat.
Caesar Dressing	2 Tbsp	30g	150	15	2.5	0	25	340	2	0	1	1	Contains Egg, Fish, Milk.
Caesar Salad	1 cup	79g	110	8	2	0	15	290	8	1	1	3	Contains Egg, Fish, Gluten, Milk, Wheat.
Cajun Chicken Soup	1 cup	246g	70	1	0	0	10	750	10	1	2	5	
Cajun Double Smoked Sausage	1 piece	71g	240	21	9	0	50	640	2	1	1	12	
Cajun Fried Breaded Fish	3 oz	85g	150	9	2	0	60	450	9	0	0	12	Contains Fish, Gluten, Wheat.
Cajun Pasta with Sausage	1 cup	227g	390	23	9	0	70	890	29	2	3	16	Contains Gluten, Milk, Soy, Wheat.
Cajun Sausage Hash	2 oz	57g	110	8	3	0	10	180	5	1	1	3	Contains Milk, Soy.
Candy Corn	10 each	17g	70	0	0	0	0	30	16		13	0	Contains Egg, Soy.



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Cantaloupe	1/2 cup	80g	25	0	0	0	0	15	7	1	6	1	
Captain's Wafers	10 each	28g	140	5	0	0	0	210	18		2	2	Contains Gluten, Wheat.
Caramel Pecan Sticky Rolls	1 each	99g	310	9	1.5	0	0	320	52	1	27	4	Contains Gluten, Milk, Soy, Tree Nuts, Wheat.
Carne Asada	4 oz	113g	170	7	1.5	0	75	400	1	0	1	24	Contains Gluten, Milk, Soy, Wheat.
Carne Guisada	1/2 cup	130g	140	6	1.5	0	50	400	4	0	2	17	Contains Gluten, Milk, Soy, Wheat.
Carrot Cake	1 slice	82g	290	14	5	0	25	260	38	1	30	2	Contains Egg, Gluten, Milk, Soy, Tree Nuts, Wheat.
Carrot Cake - Homeward	1 slice	144g	500	25	9	0	40	460	67	1	53	3	Contains Egg, Gluten, Milk, Soy, Tree Nuts, Wheat.
Carrot Raisin Salad	1/2 cup	64g	110	7	1	0	5	75	11	1	7	1	Contains Egg.
Carrot Souffle	1/2 cup	124g	180	8	3	0	35	135	25	2	20	2	Contains Egg, Gluten, Milk, Soy, Wheat.
Carrots	1/4 cup	28g	10	0	0	0	0	20	3	1	1	0	
Carved Salmon	3 oz	85g	130	6	2	0	35	620	1	1	0	15	Contains Fish, Soy.
Carved Turkey - Dark Meat	3 oz	86g	180	9	2.5	0	115	160	0	0	0	23	Contains Soy.
Carved Turkey - White Meat	3 oz	86g	170	7	2	0	65	125	0	0	0	24	Contains Soy.
Carved Turkey Breast	3 oz	85g	110	6	2	0	45	640	2		0	15	Contains Milk, Soy.
Catalina Dressing	2 Tbsp	30g	120	11	1.5	0	0	370	7	0	7	0	
Catalina Fat Free Dressing	2 Tbsp.	30g	40	0	0	0	0	300	10	1	6	0	
Catfish Fillets	2 piece	91g	200	11	2	0	50	500	10	1	0	16	Contains Fish, Gluten, Wheat.
Catfish Strips	4 oz	114g	270	16	4	0	80	320	9	0	0	20	Contains Fish, Gluten, Milk, Wheat.
Cauliflower	1/4 cup	27g	5	0	0	0	0	10	1	1	1	1	
Cauliflower, Steamed	1/2 cup	78g	20	0	0	0	0	65	3	2	2	1	Contains Soy.
Celery Sticks	1 each	17g	5	0	0	0	0	15	1	0	0	0	
Charro Beans	1/2 cup	115g	100	2.5	0	0	0	490	16	5	2	5	Contains Soy.
Cheddar Cheese	2 Tbsp	14g	60	4.5	2.5	0	15	90	0		0	4	Contains Milk.
Cheddar Stuffed Potatoes	1 each	190g	230	7	3	0	20	530	35	2	3	8	Contains Milk.
Cheese Enchiladas	1 each	112g	240	17	8	0	40	620	10	1	0	10	Contains Milk.
Cheese Grits	1/2 cup	128g	170	9	4.5	0	20	310	16	0	0	7	Contains Milk, Soy.
Cheese Pizza	1 slice	86g	210	7	4.5	0	15	540	26	1	2	9	Contains Gluten, Milk, Soy, Wheat.
Cheese Sauce	1/4 cup	57g	100	8	3	0	10	450	3	0	0	3	Contains Milk.
Cheesy Cauliflower Bake	1/2 cup	100g	100	6	3	0	15	470	7	1	1	5	Contains Gluten, Milk, Soy, Wheat.
Cherry Cobbler	1 each	95g	200	5	2	0	5	220	37	1	25	2	Contains Gluten, Wheat.
Cherry Peppers	3 each	42g	10	0	0	0	0	740	2		0	0	
Cherry Pie	1 slice	97g	260	10	4.5	0	0	230	40	1	20	2	Contains Gluten, Soy, Wheat.
Cherry Tomatoes	5 each	85g	15	0	0	0	0	0	3	1	2	1	
Cherry Topping	2 Tbsp	33g	50	0	0	0	0	25	12	0	10	0	
Chicken and Noodle Dumplings	1 cup	245g	210	7	2	0	45	1100	25	1	2	13	Contains Egg, Gluten, Milk, Wheat.
Chicken Bistro Melt	1 piece	128g	320	17	7	0	60	690	21	1	3	18	Contains Gluten, Milk, Soy, Wheat.
Chicken Bites, Mandarin Orange	3 pieces	85g	200	9	2.5	0	95	500	13	0	5	15	Contains Egg, Gluten, Milk, Soy, Wheat.
Chicken Bites, Buffalo	3 pieces	85g	200	11	2.5	0	95	710	9	0	0	15	Contains Egg, Gluten, Milk, Soy, Wheat.
Chicken Bites, Honey Teriyaki	3 pieces	85g	200	9	2	0	95	660	13	0	5	15	Contains Egg, Gluten, Milk, Soy, Wheat.
Chicken Bites, Nashville Hot	3 pieces	85g	230	14	3	0	95	800	10	1	1	15	Contains Egg, Gluten, Milk, Soy, Wheat.
Chicken Cacciatore	1 piece	201g	280	18	5	0	140	960	6	2	3	23	Contains Milk, Soy.
Chicken Enchiladas	1 each	127g	190	11	3.5	0	40	670	11	1	1	11	Contains Milk, Soy.

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Chicken Fajitas	3 oz	85g	60	1.5	0	0	15	85	5	1	2	6	Contains Gluten, Soy, Wheat.
Chicken Fried Chicken	1 each	131g	270	14	2.5	0	60	710	14	1	0	21	Contains Egg, Gluten, Soy, Wheat.
Chicken Fried Steak	1 each	76g	230	16	5	0	30	350	13	11	0	9	Contains Gluten, Milk, Soy, Wheat.
Chicken Fried Steak (made from scratch)	1 each	113g	230	6	2	0	25	1250	31	1	3	14	Contains Egg, Gluten, Soy, Wheat.
Chicken Gizzards	3 each	52g	160	10	2	0	90	310	10	0	1	9	Contains Egg, Gluten, Milk, Soy, Wheat.
Chicken Lemonata	1 each	105g	140	6	2.5	0	35	1220	4	1	1	15	Contains Milk, Soy.
Chicken Machaca	3 oz	85g	120	6	1.5	0	60	470	2		1	15	Contains Soy.
Chicken Noodle Soup	1 cup	232g	80	1.5	0	0	20	900	12	0	1	6	Contains Egg, Gluten, Soy, Wheat.
Chicken Parmesan	1 piece	122g	240	11	3.5	0	40	570	16	0	1	17	Contains Gluten, Milk, Soy, Wheat.
Chicken Pot Pie	1 piece	111g	200	13	6	0	30	610	12	1	2	8	Contains Gluten, Milk, Soy, Wheat.
Chicken Quesadillas	1 piece	56g	130	8	3	0	15	230	9	0	1	5	Contains Gluten, Milk, Soy, Wheat.
Chicken Salad - Prepared	1/2 cup	100g	230	18	3	0	45	410	9	0	6	11	Contains Egg, Gluten, Milk, Wheat.
Chicken Salad - Southern Style	1/2 cup	103g	290	24	3	0	60	300	8	0	5	12	Contains Egg.
Chicken Sofrito	1 piece	136g	280	20	5	0	85	600	2	0	1	21	Contains Soy.
Chicken Strips	3 oz	85g	80	1	0	0	40	240	0		0	17	
Chicken Stuffed Burritos	1 each	131g	300	18	9	0	60	740	18	0	1	17	Contains Gluten, Milk, Soy, Wheat.
Chicken, Broccoli and Rice Bake	1/2 cup	123g	140	7	3	0	35	730	11	0	0	9	Contains Milk, Soy.
Chicken, Lemon Pepper (Bone-In)	1 piece	73g	170	13	3	0	60	280	2	0	0	11	
Chickpeas	1/4 cup	60g	60	1	0	0	0	180	9	4	2	3	
Chocolate and Vanilla Swirl Soft Serve	1/2 cup	87g	100	2	1.5	0	5	75	21	0	15	1	Contains Milk.
Chocolate Cake with Cherries	1 slice	57g	180	9	2.5	0	20	210	27	1	20	2	Contains Egg, Gluten, Milk, Soy, Wheat.
Chocolate Cake with Chocolate Chips	1 slice	66g	240	12	5	0	20	210	33	0	25	2	Contains Egg, Gluten, Milk, Soy, Wheat.
Chocolate Chess Pie	1 slice	107g	390	17	10	0	55	350	54	1	40	35	Contains Milk, Eggs, Soy, Wheat.
Chocolate Chip Cookie Crumbles	2 Tbsp	14g	70	3	1.5	0	0	35	9	0	5	1	Contains Egg, Gluten, Milk, Soy, Wheat.
Chocolate Chip Cookies	1 each	14g	70	3	1.5	0	0	35	9	0	5	1	Contains Egg, Gluten, Milk, Soy, Wheat.
Chocolate Chip Muffins	1 each	128g	430	19	8	0	30	420	65	0	39	3	Contains Egg, Gluten, Milk, Soy, Wheat.
Chocolate Chip Pancakes	1 each	45g	150	8	3.5	0	10	40	18	0	11	2	Contains Egg, Gluten, Milk, Soy, Wheat.
Chocolate Chips	2 Tbsp	28g	140	8	5	0	0	0	18		16	0	Contains Milk, Soy.
Chocolate Cookie - Sugar Free	1 each	19g	70	3.5	1	0	5	45	12	1	0	1	Contains Egg, Gluten, Milk, Soy, Wheat.
Chocolate Cookie Crumbles	2 Tbsp	12g	60	2	0.5	0	0	55	9	0	4	1	Contains Gluten, Soy, Wheat.
Chocolate Covered Chocolate Chip Cookies	1 each	28g	150	9	6	0	0	55	16	1	10	1	Contains Egg, Gluten, Milk, Soy, Wheat.
Chocolate Covered Grapes	1 bunch	44g	100	6	4.5	0	0	20	13	1	11	1	Contains Milk, Soy.
Chocolate Covered Marshmallows	1 each	21g	110	6	4.5	0	0	25	13	1	10	1	Contains Milk, Soy.
Chocolate Covered Oatmeal Raisin Cookies	1 each	31g	160	10	6	0	5	80	17	1	16	1	Contains Egg, Gluten, Milk, Soy, Wheat.
Chocolate Covered Peanut Butter Cookies	1 each	28g	150	9	6	0	10	50	15	2	10	1	Contains Egg, Gluten, Milk, Peanut, Soy, Wheat.
Chocolate Covered Pineapple	1 each	64g	110	6	4.5	0	0	20	14	1	11	1	Contains Milk, Soy.
Chocolate Covered Rice Krispies® Treats	1 each	24g	120	7	4.5	0	0	65	15	1	9	1	Contains Gluten, Milk, Soy.
Chocolate Covered S'mores	1 each	26g	130	8	5	0	0	45	15	1	10	1	Contains Egg, Gluten, Milk, Soy, Wheat.
Chocolate Covered Strawberries	1 each	33g	90	6	4.5	0	0	20	9	1	7	1	Contains Milk, Soy.
Chocolate Covered Sugar Cookies	1 each	28g	140	9	6	0	5	65	16	1	10	1	Contains Egg, Gluten, Milk, Soy, Wheat.
Chocolate Crinkle Cookies	1 each	15g	70	2.5	0.5	0	5	70	9	0	6	1	Contains Egg, Gluten, Soy, Wheat.
Chocolate Cupcakes	1 each	57g	190	9	2.5	0	20	210	28	1	20	2	Contains Egg, Gluten, Milk, Soy, Wheat.

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Marketing Name	Serving Size Description	Serving Gram Weight	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Total Dietary Fiber	Total Sugars	Protein	Allergen Statement
Chocolate Dipped Truffle	1 each	42g	210	12	7	0	0	75	24	1	17	1	Contains Egg, Gluten, Milk, Peanut, Soy, Tree Nuts, Wheat.
Chocolate Fountain	2 Tbsp	38g	230	18	9	0	0	45	18	2	15	1	Contains Milk, Soy.
Chocolate Fudge	1 piece	30g	130	4.5	2	0	0	50	22	0	19	0	Contains Milk, Soy.
Chocolate Milk	1 container	227g	200	2.5	1.5	0	15	240	34		32	10	Contains Milk.
Chocolate Pudding - No Sugar Added	1/2 cup	108g	120	4.5	3	0	10	230	16	0	6	3	Contains Milk.
Chocolate Soft Serve	1/2 cup	87g	100	2	1.5	0	5	50	20	0	15	1	Contains Milk.
Chocolate Sprinkle Cookies	1 each	17g	70	3	1	0	5	75	10		7	1	Contains Egg, Gluten, Soy, Wheat.
Chocolate Syrup	1 oz	28g	70	0	0	0	0	5	17		14	0	
Chopped Peanuts	2 Tbsp	18g	110	9	1.5	0	0	0	4	2	1	4	Contains Peanut.
Chorizo and Egg Burrito	1 each	156g	310	18	7	0	105	760	22	1	1	16	Contains Egg, Gluten, Milk, Soy, Wheat.
Chorizo and Eggs	1/2 cup	115g	200	16	6	0	205	370	2	0	1	13	Contains Egg, Milk.
Chuck Tips	3 oz	85g	140	5	1.5	0	65	250	0	0	0	21	Contains Gluten, Milk, Soy, Wheat.
Cilantro White Rice	1/2 cup	85g	80	2.5	1	0	0	115	13	0	0	1	Contains Soy.
Cinnamon Apples	1/4 cup	60g	80	2.5	1	0	0	50	15	1	13	0	Contains Gluten, Milk, Soy, Wheat.
Cinnamon French Toast Bake	1 slice	45g	110	3	1	0	45	115	15	0	4	4	Contains Milk, Eggs, Soy, Wheat.
Cinnamon Rolls	1 each	69g	210	7	1.5	0	0	300	33	1	13	3	Contains Gluten, Soy, Wheat.
Cinnamon Sugar Churros	4 each	58g	240	15	5	0	0	180	23	0	4	2	Contains Egg, Gluten, Wheat.
Clam Chowder	1 cup	235g	160	5	2.5	0	15	730	18	1	9	8	Contains Gluten, Milk, Soy, Wheat.
Clam Strips	10 each	39g	140	9	1.5	0	5	290	12	0	1	3	Contains Egg, Gluten, Milk, Wheat.
Coca Cola Cherry® 12 oz	12 fl oz	340g	150	0	0	0	0	40	42	0	42	0	
Coca Cola Cherry® 16 oz	16 fl oz	454g	210	0	0	0	0	55	56	0	56	0	
Coca Cola Cherry® 32 oz	32 fl oz	907g	410	0	0	0	0	110	112	0	112	0	
Coca Cola Zero Sugar® 12 oz	12 fl oz	340g	0	0	0	0	0	40	0	0	0	0	
Coca Cola Zero Sugar® 16 oz	16 fl oz	454g	0	0	0	0	0	55	0	0	0	0	
Coca Cola Zero Sugar® 32 oz	32 fl oz	907g	0	0	0	0	0	105	0	0	0	0	
Coca Cola® 12 oz	12 fl oz	340g	150	0	0	0	0	40	40	0	40	0	
Coca Cola® 16 oz	16 fl oz	454g	200	0	0	0	0	50	53	0	53	0	
Coca Cola® 32 oz	32 fl oz	907g	390	0	0	0	0	100	107	0	107	0	
Cocktail Sauce	2 Tbsp	33g	25	0	0	0	0	450	7	1	5	1	
Cocoa Krispies® Cereal	1 container	32g	120	1	0.5	0	0	135	28	0	12	1	Contains Gluten.
Cocoa Sugar Cookies	1 each	14g	60	2.5	0.5	0	5	70	8		5	1	Contains Egg, Gluten, Soy, Wheat.
Coconut Cake	1 slice	89g	300	16	9	0	5	340	40	0	27	2	Contains Egg, Gluten, Milk, Soy, Tree Nuts, Wheat.
Coconut Meringue Pie	1 slice	103g	280	12	6	0	0	190	39	0	22	3	Contains Egg, Gluten, Milk, Tree Nuts, Wheat.
Coffee	8 fl oz	227g	0	0	0	0	0	0	0	0	0	0	
Coleslaw - Prepared	1/2 cup	100g	150	9	1.5	0	5	210	17	2	15	1	Contains Egg.
Coleslaw, Housemade	1/2 cup	61g	80	6	1	0	5	150	7		5	1	Contains Egg.
Collard Greens, Seasoned	1/2 cup	98g	35	1	0	0	0	330	4	2	0	1	Contains Gluten, Wheat.
Collards, Kettle Cooked	1/2 cup	98g	80	3	1	0	5	370	9	3	5	4	
Cookies 'n' Cream	1/4 cup	21g	70	5	4	0	0	20	7	0	6	0	Contains Gluten, Milk, Soy, Wheat.
Corn Muffins	1 each	77g	220	5	1	0	20	500	39	1	17	4	Contains Egg, Gluten, Milk, Soy, Wheat.
Corn Pops Cereal	1 container	21g	80	0	0	0	0	75	19	2	7	1	Contains Gluten, Wheat.
Corn-on-the-Cob	1 each	84g	70	0.5	0	0	0	90	13	0	3	2	Contains Soy.



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Corn-on-the-Cob, Fresh	1 each	64g	50	2	0	0	0	60	9	1	3	2	Contains Soy.
Corn, Steamed	1/2 cup	85g	130	6	2	0	0	190	19	0	5	3	Contains Milk, Soy.
Corned Beef Hash	1/2 cup	127g	230	15	7	1	35	810	14	2	1	11	
Cottage Cheese	1/2 cup	113g	90	2.5	1.5	0	15	460	5		5	12	Contains Milk.
Cottage Fries	1/2 cup	113g	290	15	2.5	0	0	260	36	3	4	4	Contains Milk.
Cotton Candy	1 each	42g	110	0	0	0	0	10	25		18	0	Contains Soy.
Cotton Candy Cake	1 piece	69g	250	12	4.5	0	5	240	37	0	30	1	Contains Egg, Gluten, Milk, Soy, Wheat.
Cotton Candy cupcakes	1 cupcake	56g	220	11	3	2	5	170	31	0	26	1	Contains Egg, Gluten, Milk, Soy, Wheat.
Country Rope Sausage	1 piece	57g	180	15	4.5	0	50	380	0	0	0	12	
Country Style Steak	1 each	71g	180	12	5	0.5	35	460	8	1	3	10	Contains Egg, Gluten, Milk, Soy, Wheat.
Crabmeat, Surimi	1 Tbsp	17g	25	1	0	0	0	170	2	0	1	1	Contains Egg, Fish, Gluten, Wheat.
Cranberry Juice	8 fl oz	227g	110	0	0	0	0	5	28		28	0	
Cranberry Sauce	2 Tbsp	35g	60	0	0	0	0	5	13	1	11	0	
Cranberry Sauce	1/4 cup	70g	110	0	0	0	0	75	30	1	27	0	
Creamed Spinach	1/2 cup	110g	110	8	4.5	0	20	660	7	1	2	3	Contains Milk, Soy, Wheat.
Croutons	2 Tbsp	5g	20	0.5	0	0	0	85	4		0	1	Contains Gluten, Milk, Wheat.
Cucumber Salad - Prepared	1/2 cup	100g	45	0	0	0	0	490	11	1	9	1	
Cucumbers	1/4 cup	33g	5	0	0	0	0	0	1	0	1	0	
Cupcake, Chocolate Golden Anniversary	1 each	56g	200	11	3.5	0	20	210	26	0	20	1	Contains Egg, Gluten, Milk, Soy, Wheat.
Cupcake, Red Velvet Golden Anniversary	1 each	57g	220	11	4	0	5	190	31	0	26	1	Contains Egg, Gluten, Milk, Soy, Wheat.
Cupcake, Vanilla Golden Anniversary	1 each	59g	210	10	3.5	0	5	240	30	0	23	1	Contains Egg, Gluten, Milk, Soy, Wheat.
Deviled Eggs	1 each	31g	70	5	1	0	95	70	1	0	0	3	Contains Egg.
Diced Eggs	1/4 cup	34g	50	3.5	1	0	125	40	0	0	0	4	
Diced Ham	3 oz	85g	110	4	1.5	0	45	1030	4		2	14	
Diced Onions	1/4 cup	40g	15	0	0	0	0	0	4		2	0	
Diced Sautéed Green Peppers	1/4 cup	57g	50	5	1	0	0	40	2	1	1	0	
Diced Sautéed Onions	1/4 cup	57g	70	6	1	0	0	50	5	1	2	1	
Diced Tomatoes	1/4 cup	45g	10	0	0	0	0	0	2	1	1	0	
Diet Coke® 12 oz	12 fl oz	340g	0	0	0	0	0	50	0	0	0	0	
Diet Coke® 16 oz	16 fl oz	454g	0	0	0	0	0	65	0	0	0	0	
Diet Coke® 32 oz	32 fl oz	907g	0	0	0	0	0	130	0	0	0	0	
Diet Dr. Pepper® 12 oz	12 fl oz	340g	0	0	0	0	0	75	0	0	0	0	
Diet Dr. Pepper® 16 oz	16 fl oz	454g	0	0	0	0	0	100	0	0	0	0	
Diet Dr. Pepper® 32 oz	32 fl oz	907g	0	0	0	0	0	200	0	0	0	0	
Dill Pickle Spears	1 each	28g	0	0	0	0	0	320	0	0	0	0	
Dill Pickles	4 each	13g	0	0	0	0	0	180	0	0	0	0	
Double Smoked Cajun Sausage (w/Onions and Peppers)	3 oz	85g	250	21	9	0	50	650	3	1	1	12	
Down Home Fried Bacon	2 piece	24g	130	10	2.5	0	15	350	4	1	0	4	Contains Egg, Gluten, Soy, Wheat.
Dr. Pepper® 12 oz	12 fl oz	340g	140	0	0	0	0	45	39	0	39	0	
Dr. Pepper® 16 oz	16 fl oz	454g	180	0	0	0	0	60	52	0	52	0	
Dr. Pepper® 32 oz	32 fl oz	907g	360	0	0	0	0	120	104	0	104	0	
Dried Cranberries	2 Tbsp	20g	60	0	0	0	0	0	17	1	15	0	

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Dried Onions	2 Tbsp	7g	45	3.5	1.5	0	0	60	3		0	0	Contains Gluten, Soy, Wheat.
Egg and Sausage Breakfast Skillet	1 spoon	57g	130	8	3.5	0	95	210	7	0	2	8	Contains Egg, Gluten, Milk, Soy, Wheat.
Egg and Sausage Casserole	1/2 cup	125g	240	16	7	0	185	370	11	0	3	14	Contains Egg, Gluten, Milk, Soy, Wheat.
Egg Salad	1/2 cup	93g	200	17	3.5	0	260	280	3	0	2	8	Contains Egg, Milk.
Eggs Benedict	1 each	139g	320	23	10	0	135	760	15	1	1	9	Contains Egg, Gluten, Milk, Soy, Wheat.
Fanta Orange® 12 oz	12 fl oz	340g	150	0	0	0	0	40	40	0	40	0	
Fanta Orange® 16 oz	16 fl oz	454g	200	0	0	0	0	55	54	0	53	0	
Fanta Orange® 32 oz	32 fl oz	907g	390	0	0	0	0	105	108	0	106	0	
Fanta Strawberry® 12 oz	12 fl oz	340g	160	0	0	0	0	85	43	0	43	0	
Fanta Strawberry® 16 oz	16 fl oz	454g	210	0	0	0	0	110	57	0	57	0	
Fanta Strawberry® 32 oz	32 fl oz	907g	420	0	0	0	0	220	115	0	113	0	
Fatback	3 each	28g	180	17	5	0	20	970	1	0	0	6	
Fish Taco, Crispy	1 each	150g	360	19	4	0	20	1200	35	1	13	11	Contains Egg, Fish, Gluten, Soy, Wheat.
Fish, Beer Battered	4 oz	115g	190	10	2.5	0	70	300	10	0	0	14	Contains Fish, Gluten, Wheat.
Flour Tortillas	1 each	32g	100	3	1.5	0	0	160	15		0	2	Contains Gluten, Soy, Wheat.
French Dressing	2 Tbsp	31g	130	12	1.5	0	0	270	6	0	6	0	Contains Milk.
French Silk Pie	1 slice	113g	380	27	14	0.5	50	220	37	2	21	3	Contains Gluten, Milk, Soy, Wheat.
French Toast	1 piece	94g	220	8	2.5	0	130	220	30	0	13	8	Contains Egg, Gluten, Milk, Soy, Wheat.
French Toast	1 piece	92g	210	8	2	0	130	270	27	1	9	8	Contains Egg, Gluten, Milk, Wheat.
Fresh Grapefruit	1 each	154g	60	0	0	0	0	0	16		10	1	
Fresh Grilled Street Corn	1 each	98g	260	21	8	0	10	830	14	0	3	5	Contains Milk, Soy.
Fresh Onion Strips	1/4 cup	29g	10	0	0	0	0	0	3	0	1	0	
Fresh Tomato Pizza	1 slice	98g	240	11	5	0	20	690	26	1	3	10	Contains Gluten, Milk, Soy, Wheat.
Fried Breaded Fish	1 piece	57g	90	5	1	0	20	360	4	1	0	8	Contains Egg, Fish, Gluten, Soy, Wheat.
Fried Catfish	3 oz	85g	180	10	2	0	20	860	12	1	0	10	Contains Fish, Gluten, Wheat.
Fried Chicken	3 oz	85g	240	15	3.5	0	85	460	6		0	19	Contains Egg, Gluten, Soy, Wheat.
Fried Chicken Legs	1 each	78g	200	12	3	0	80	220	3	0	0	18	Contains Egg, Gluten, Soy, Wheat.
Fried Chicken Livers	3 each	103g	230	12	3	0	325	370	9	1	0	21	Contains Egg, Gluten, Soy, Wheat.
Fried Green Tomatoes	2 slices	80 gr	220	14	2	0	0	460	22	1	2	3	Contains Wheat.
Fried Jalapenos	1 each	30g	20	1.5	0	0	0	0	2	1	1	0	
Fried Mushrooms	7 each	98g	160	9	1.5	0	0	680	17	0	2	4	Contains Egg, Gluten, Soy, Wheat.
Fried Pickles	10 each	70g	160	9	1.5	0	0	700	16	1	0	2	Contains Gluten, Wheat.
Fries, Seasoned Wedge	10 each	106g	200	12	2.5	0	0	480	19	2	0	2	Contains Gluten, Wheat.
Fries, Steakhouse	10 each	102g	170	12	2	0	0	270	14	2	1	1	
Frosted Flakes Cereal	1 container	28g	100	0	0	0	0	140	25	0	10	1	Contains Gluten.
Frozen Strawberry Drink	12 ounces	340g	210	0	0	0	0	5	56	0	51	0	
Frozen Vanilla Yogurt-No Sugar Added	1/2 cup	80g	70	0	0	0	0	70	14		5	4	Contains Milk.
Fruit Cocktail	1/2 cup	126g	70	0	0	0	0	15	18	1	16	0	
Fruit Loops Cereal	1 container	21g	80	0.5	0	0	0	100	18	2	9	1	Contains Gluten, Wheat.
Fruit Salad	1/2 cup	85g	35	0	0	0	0	10	9	1	7	1	
Fudgy Brownies	1 each	46g	160	7	1.5	0	55	55	22	1	10	3	Contains Egg, Gluten, Milk, Soy, Wheat.
Fuze Raspberry Tea® 12 oz	12 fl oz	340g	80	0	0	0	0	50	23	0	22	0	

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Fuze Raspberry Tea® 16 oz	16 fl oz	454g	110	0	0	0	0	65	31	0	30	0	
Fuze Raspberry Tea® 32 oz	32 fl oz	907g	220	0	0	0	0	135	61	0	59	0	
Garlic Cheese Biscuits	1 each	74g	260	17	8	0	20	570	21	0	3	6	Contains Gluten, Milk, Soy, Wheat.
Garlic Cheese Knots	1 each	68g	190	7	2.5	0	20	250	26	0	7	5	Contains Egg, Gluten, Milk, Soy, Wheat.
Garlic Cheese Sticks	1 each	45g	120	5	2	0	10	290	14	0	1	5	Contains Gluten, Milk, Soy, Wheat.
Garlic Parmesan Potatoes	1/2 cup	75g	120	8	2	0	0	310	12	1	1	2	Contains Milk, Soy.
GC Steak Sauce	1 Tbsp	17g	15	0	0	0	0	300	3	0	3	0	
Ginger Dressing	2 Tbsp	31g	120	12	2	0	0	220	4		3	0	Contains Gluten, Soy, Wheat.
Glaceau Vitamin Water® 12 oz	12 fl oz	340g	70	0	0	0	0	40	19	0	19	0	
Glaceau Vitamin Water® 16 oz	16 fl oz	454g	90	0	0	0	0	50	26	0	25	0	
Glaceau Vitamin Water® 32 oz	32 fl oz	907g	190	0	0	0	0	105	51	0	49	0	
Glazed Ham	3 oz	85g	130	3.5	1.5	0	35	620	10		9	13	
Gold Peak Tea, Sweetened® 12 oz	12 fl oz	340g	130	0	0	0	0	10	33	0	32	0	
Gold Peak Tea, Sweetened® 16 oz	16 fl oz	454g	170	0	0	0	0	15	44	0	43	0	
Gold Peak Tea, Sweetened® 32 oz	32 fl oz	907g	340	0	0	0	0	25	88	0	85	0	
Gold Peak Tea, Unsweetened® 12 oz	12 fl oz	340g	0	0	0	0	0	40	0	0	0	0	
Gold Peak Tea, Unsweetened® 16 oz	16 fl oz	454g	0	0	0	0	0	55	0	0	0	0	
Gold Peak Tea, Unsweetened® 32 oz	32 fl oz	907g	10	0	0	0	0	25	3	0	0	0	
Golden Delicious Shrimp	6 each	84g	210	9	1.5	0	55	330	23	1	1	9	Contains Gluten, Milk, Shellfish, Wheat.
Golden Roasted Chicken (Dark Meat)	3 oz	85g	160	9	3	0	105	330	0	0	0	19	Contains Soy.
Golden Roasted Chicken (White Meat)	3 oz	85g	140	6	2	0	75	310	0	0	0	22	Contains Soy.
Grapefruit Juice	8 fl oz	227g	110	0	0	0	0	30	28		28	0	
Grapefruit Sections	1/4 cup	60g	30	0	0	0	0	0	7	1	7	1	
Green Bean Casserole	1/2 cup	125g	80	5	1.5	0	0	660	8	1	2	1	Contains Gluten, Milk, Soy, Wheat.
Green Beans	1/2 cup	121g	35	1.5	0	0	0	520	4	0	2	1	Contains Gluten, Soy, Wheat.
Green Beans, Fresh	1/2 cup	50g	70	6	2.5	0	0	250	3	1	2	1	Contains Milk, Soy.
Green Chili Stew	1 cup	240g	230	11	4	0	50	570	13	0	3	18	
Green Chilies	2 Tbsp	25g	10	0	0	0	0	70	2		0	0	
Green Grapes	10 each	49g	35	0	0	0	0	0	9	0	8	0	
Green Olives	2 Tbsp	30g	50	4	0	0	0	580	0		0	1	
Green Peppers	3 each	30g	5	0	0	0	0	0	1	1	1	0	
Grilled BBQ Chicken	1 each	100g	170	2	0.5	0	45	730	12	1	14	18	
Grilled BBQ Pork	3 oz	85g	240	15	5	0	65	600	5	1	4	21	Contains Milk.
Grilled BBQ Pork Loin	3 oz	85g	150	6	2.5	0	40	610	5	1	4	18	Contains Milk.
Grilled BBQ Pork Steaks	3 oz	85g	210	13	5	0	70	750	6	1	4	17	Contains Milk.
Grilled Cajun Corn on the Cobb	1 each	127g	190	10	2.5	0	0	380	22	4	8	4	Contains Milk, Soy.
Grilled Cajun Sausage with Apples	3 oz	85g	210	18	8	0	30	320	5	1	4	6	Contains Milk.
Grilled Cheese Sandwich	1 piece	65g	230	14	6	0	15	540	19	1	2	6	Contains Gluten, Milk, Soy, Wheat.
Grilled Chicken and Avocado Sandwich	1 piece	132g	290	16	5	0	30	560	21	3	2	14	Contains Gluten, Milk, Soy, Wheat.
Grilled Chicken Livers	3 each	119g	210	4.5	1.5	0	260	620	23	1	1	18	Contains Egg, Gluten, Soy, Wheat.
Grilled Chopped Steaks	1 each	111g	290	20	8	1.5	80	450	2	0	0	25	Contains Gluten, Soy, Wheat.
Grilled Corn-on-the-Cob	1 each	70g	100	4	1	0	0	310	14	0	3	2	



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Marketing Name	Serving Size Description	Serving Gram Weight	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Total Dietary Fiber	Total Sugars	Protein	Allergen Statement
Grilled Ham Steaks	2 piece	87g	110	4.5	1.5	0	40	870	5	0	5	11	
Grilled Hickory Bourbon Chicken	1 each	137g	260	6	2.5	0	80	930	30	1	27	21	Contains Gluten, Milk, Soy, Wheat.
Grilled Hickory Bourbon Pork	3 oz	85g	250	15	5	0	65	560	7	0	7	21	Contains Gluten, Milk, Soy, Wheat.
Grilled Hickory Bourbon Pork Loin	3 oz	85g	160	6	2.5	0	40	570	7	0	7	18	Contains Gluten, Milk, Soy, Wheat.
Grilled Hickory Bourbon Pork Steaks	3 oz	85g	220	13	5	0	70	710	9	0	7	17	Contains Gluten, Milk, Soy, Wheat.
Grilled Honey Teriyaki Chicken Breast	1 each	117g	200	3	1	0	90	1170	18	0	17	24	Contains Gluten, Soy, Wheat.
Grilled Mandarin Orange Chicken	1 each	100g	170	2.5	0.5	0	65	430	21	0	20	17	Contains Gluten, Soy, Wheat.
Grilled Seafood Cakes	1 cake	71g	190	15	3	0	50	410	9	0	1	5	Contains Egg, Fish, Gluten, Milk, Shellfish, Soy, Wheat.
Grilled Street Corn	1 each	83g	170	11	3.5	0	10	280	13	0	3	5	Contains Milk.
Grilled Sweet Buffalo Chicken	1 each	108g	190	3	0.5	0	65	840	23	1	19	18	Contains Milk.
Grilled Teriyaki Chicken	1 each	100g	170	2.5	0.5	0	65	1420	18	0	14	18	Contains Gluten, Soy, Wheat.
Grilled Teriyaki Pineapple Pork	3 oz	85g	240	15	5	0	65	710	5	0	5	21	Contains Gluten, Milk, Soy, Wheat.
Grilled Teriyaki Pineapple Pork Loin	3 oz	85g	150	6	2.5	0	40	720	5	0	5	18	Contains Gluten, Milk, Soy, Wheat.
Grilled Teriyaki Pineapple Pork Steaks	3 oz	85g	220	13	5	0	70	860	7	0	5	17	Contains Gluten, Milk, Soy, Wheat.
Grilled Teriyaki Pork	3 oz	85g	240	15	5	0	65	790	5	0	4	21	Contains Gluten, Milk, Soy, Wheat.
Grilled Teriyaki Pork Loin	3 oz	85g	150	6	2.5	0	40	800	5	0	4	18	Contains Gluten, Milk, Soy, Wheat.
Grilled Teriyaki Pork Steaks	3 oz	85g	210	13	5	0	70	940	6	0	4	17	Contains Gluten, Milk, Soy, Wheat.
Grilled Turkey and Cheese Sandwich	1 piece	142g	350	19	7	0	50	790	22	1	3	20	Contains Gluten, Milk, Soy, Wheat.
Grits	1/2 cup	128g	110	2.5	1	0	0	210	19	1	0	2	Contains Soy.
Guacamole	1/4 cup	58g	70	7	1	0	0	90	5	3	1	1	Contains Milk.
Gummy Bears	10 each	27g	90	0	0	0	0	5	19		13	2	
Ham and Cheese Bistro Melt	1 piece	115g	310	18	8	0	40	1070	19	1	2	14	Contains Gluten, Milk, Soy, Wheat.
Hand-breaded Chicken Tenders	1 each	81g	150	7	1.5	0	50	520	8		0	13	Contains Egg, Gluten, Milk, Soy, Wheat.
Hash Brown Bake - Bacon Cheddar	1/2 cup	110g	120	5	3	0	15	480	12	1	1	5	Contains Milk, Soy.
Hash Brown Bake - Chorizo	1/2 cup	110g	110	4.5	2.5	0	10	410	12	1	1	4	Contains Milk, Soy.
Hash Brown Casserole	1/2 cup	110g	100	3.5	1.5	0	5	410	14	1	1	3	Contains Milk, Soy.
Hi-C Flashin Fruit Punch® 12 oz	12 fl oz	340g	150	0	0	0	0	75	42	0	41	0	
Hi-C Flashin Fruit Punch® 16 oz	16 fl oz	454g	210	0	0	0	0	100	57	0	55	0	
Hi-C Flashin Fruit Punch® 32 oz	32 fl oz	907g	410	0	0	0	0	200	113	0	110	0	
Hi-C Poppin Pink Lemonade® 12 oz	12 fl oz	340g	130	0	0	0	0	100	37	0	35	0	
Hi-C Poppin Pink Lemonade® 16 oz	16 fl oz	454g	180	0	0	0	0	130	49	0	47	0	
Hi-C Poppin Pink Lemonade® 32 oz	32 fl oz	907g	360	0	0	0	0	260	98	0	94	0	
Hibiscus Lemonade 16 oz	16 fl oz	580g	180	0	0	0	0	30	48	0	46	0	
Hibiscus Lemonade 32 oz	32 fl oz	1161g	370	0	0	0	0	60	96	0	93	0	
Hickory Bourbon Chicken Legs	1 each	74g	170	7	1.5	0	90	290	9	0	9	18	Contains Gluten, Milk, Soy, Wheat.
Hickory Bourbon Chicken Wings	3 each	120g	260	15	4	0	100	300	15	0	13	16	Contains Gluten, Soy, Wheat.
Home Fries	1/2 cup	110g	110	3	0.5	0	0	125	18	0	0	2	Contains Milk.
Homestyle Stuffing	1/2 cup	125g	110	5	2	0	0	530	15	1	2	2	Contains Egg, Gluten, Milk, Soy, Wheat.
Honey	1 package	12g	35	0	0	0	0	0	10		10	0	
Honey Butter	1 Tbsp	14g	80	8	3	0	0	35	3		3	0	Contains Milk, Soy.
Honey Butter Cup	1 cup	10g	50	4.5	2	0	5	35	3		3	0	Contains Milk.
Honey Mustard Dressing	2 Tbsp	30g	130	11	1.5	0	15	180	7	0	6	0	Contains Egg.



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Marketing Name	Serving Size Description	Serving Gram Weight	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Total Dietary Fiber	Total Sugars	Protein	Allergen Statement
Honey Teriyaki Wings	3 wings	125g	260	15	4	0	100	670	14	0	12	17	Contains Gluten, Soy, Wheat.
Honey Teriyaki Carved Sirloin	3 piece	85g	130	4	1.5	0	60	620	2	0	2	22	Contains Gluten, Milk, Soy, Wheat.
Honey Teriyaki Chicken Breasts (Baked Bone-in)	1 each	234g	360	12	4	0	190	280	7	1	6	55	Contains Gluten, Soy, Wheat.
Honey Teriyaki Chicken Thighs	1 each	175g	360	24	8	0	185	1410	8	1	7	28	Contains Gluten, Soy, Wheat.
Honey Teriyaki Chicken Thighs	1 piece	97g	230	11	2.5	0	110	730	14	0	5	17	Contains Egg, Gluten, Milk, Soy, Wheat.
Honey Teriyaki Pineapple Chicken Legs	1 each	74g	160	7	1.5	0	90	470	7	0	6	18	Contains Gluten, Soy, Wheat.
Honey Teriyaki Pineapple Chicken Wings	3 each	125g	260	15	4	0	100	670	14	0	12	17	Contains Gluten, Soy, Wheat.
Honeydew Melon	1/2 cup	85g	30	0	0	0	0	15	8	1	7	0	
Horchata 12 oz	12 fl oz	340g	230	4.5	3	0	20	140	43	0	36	5	Contains Milk.
Horchata 16 oz	16 fl oz	454g	310	6	4	0	25	190	58	0	48	6	Contains Milk.
Horchata 32 oz	32 fl oz	907g	620	12	8	0	50	370	115	0	96	12	Contains Milk.
Horseradish Sauce	2 Tbsp	28g	100	10	2	0	15	130	2	0	1	0	Contains Egg, Milk.
Hot Buffalo Chicken Legs	1 each	74g	150	7	1.5	0	90	400	2	0	0	18	Contains Milk.
Hot Buffalo Chicken Wings	3 each	120g	230	16	4	0	100	450	4	0	0	17	Contains Milk.
Hot Caramel	1 oz	28g	90	1	0.5	0	5	50	20		13	1	Contains Milk.
Hot Chocolate	8 fl oz	247g	80	2.5	2	0	0	190	16	0	12	0	Contains Milk.
Hot Dog	1 each	131g	380	26	10	0	50	1140	23	1	2	13	Contains Gluten, Wheat.
Hot Dog (Lunch Option)	1 each	66g	190	13	5	0	25	570	12	1	1	7	Contains Gluten, Wheat.
Hot Dog Bun	1 bun	40g	110	1.5	0	0	0	210	20	1	2	3	Contains Gluten, Wheat.
Hot Dog Bun - Yeast Roll	1 each	63g	170	3	1	0	0	230	32		8	5	Contains Egg, Gluten, Milk, Soy, Wheat.
Hot Dogs with Onions & Peppers	1 each (hot dog)	362g	410	31	11	0	50	990	21	4	8	13	
Hot Fudge	1 oz	28g	90	3	3	0	0	70	16	1	13	1	Contains Milk.
Hot Tea	8 fl oz	227g	0	0	0	0	0	5	1	0	0	0	
Hushpuppies	3 each	68g	240	13	2.5	0	0	430	30	2	5	3	Contains Egg, Gluten, Milk, Soy, Wheat.
Ice Cream Cones	1 each	5g	20	0	0	0	0	10	4		0	0	Contains Gluten, Soy, Wheat.
Iceberg Lettuce	1 cup	72g	10	0	0	0	0	5	2		1	1	
Icee, Black Cherry	8 oz	227g	60	0	0	0	0	10	17	0	17	0	
Icee, Master Chill Cherry Limeade	8 oz	227g	70	0	0	0	0	5	18		18	0	
Icee, Orange	8 oz	227g	70	0	0	0	0	0	18	0	18	0	
Icee, Watermelon	8 oz	227g	70	0	0	0	0	10	18		18	0	
Italian Meatballs with Marinara	2 each with sauce	166g	230	15	5	0	60	640	12	1	3	12	Contains Egg, Gluten, Milk, Soy, Wheat.
Italian Red Potatoes	1/2 cup	75g	110	6	1	0	0	370	13	1	1	2	Contains Gluten, Milk, Wheat.
Italian Red Sauce	1/2 cup	58g	40	3	0.5	0	0	160	3		2	1	Contains Milk, Soy.
Italian Red Sauce with Ground Beef	1/2 cup	204g	190	13	3.5	0	0	520	11	2	5	8	Contains Milk, Soy.
Italian Sausage	3 oz	85g	200	15	6	0	50	470	0		0	14	
Italian Sausage with Onions and Peppers	3 oz	85g	190	16	5	0	35	350	2	0	1	9	
Italian Vegetable Medley	1/2 cup	85g	60	5	2.5	0	0	80	4	1	2	1	Contains Milk, Soy.
Jalapeno Corn Muffins	1 each	73g	240	13	2.5	0	60	370	26	1	11	5	Contains Egg, Gluten, Milk, Soy, Wheat.
Jamaica 12 oz	12 fl oz	340g	150	0	0	0	0	25	38	0	36	0	
Jamaica 16 oz	16 fl oz	454g	200	0	0	0	0	35	50	0	48	0	
Jamaica 32 oz	32 fl oz	907g	400	0	0	0	0	70	100	0	97	0	
Jelly, Reduced Sugar	1 each	12g	10	0	0	0	0	0	3	0	1	0	



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Marketing Name	Serving Size Description	Serving Gram Weight	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Total Dietary Fiber	Total Sugars	Protein	Allergen Statement
Jellybeans	10 each	30g	110	0	0	0	0	10	27		18	0	
Ketchup	1 Tbsp	17g	20	0	0	0	0	190	5	0	4	0	
Ketchup Packets	1 each	9g	10	0	0	0	0	95	3	0	2	0	
Kickin Bourbon BBQ Ends	2 ribs	163g	350	19	7	0	85	770	23	0	20	24	
Kidney Bean Salad	1/2 cup	117g	180	10	1.5	0	10	390	16	4	4	5	Contains Egg.
Kidney Beans	1/4 cup	60g	50	0	0	0	0	180	8	3	1	4	
King Ranch Chicken	6 ounces	170g	270	17	7	0	55	990	13	2	3	15	Contains Gluten, Milk, Soy, Wheat.
Kiwi	1/2 cup	89g	50	0	0	0	0	0	13	3	8	1	
Large Marshmallows	3 each	22g	70	0	0	0	0	25	18		13	0	
Lemon Herb Chicken	1 cup	147g	190	9	2.5	0	55	125	12	1	1	14	Contains Gluten, Milk, Soy, Wheat.
Lemon Meringue Pie	1 slice	128g	270	7	3	0	5	340	50	0	33	2	Contains Egg, Gluten, Wheat.
Lemon Wedges	2 each	14g	5	0	0	0	0	0	1	0	0	0	
Lettuce	1 cup	65g	10	0	0	0	0	5	2	1	1	1	
Lettuce	1 cup	72g	10	0	0	0	0	5	2	1	1	1	
Lettuce Wedge	1 cup	72g	10	0	0	0	0	5	2	1	1	1	
Lima Beans, Kettle Cooked	1/2 cup	120g	160	3	1	0	5	570	24	6	3	9	
Lima Beans, Southern Style	1/2 cup	131g	180	4	1	0	10	810	26	8	1	11	
Lime	1 each	13g	5	0	0	0	0	0	1	0	0	0	
Lite Olive Oil Vinaigrette	2 Tbsp	30g	70	6	1	0	0	230	3		2	0	
Louisiana-style Dirty Rice	1/2 cup	90g	150	8	3.5	0	10	470	15	0	1	3	Contains Soy.
Macaroni and Cheese	1/2 cup	125g	180	10	3	0	10	540	19	0	2	5	Contains Egg, Gluten, Milk, Soy, Wheat.
Macaroni and Cheese, Down Home	1/2 cup	125g	260	17	7	0	40	820	14	0	2	13	Contains Egg, Gluten, Milk, Soy, Wheat.
Macaroni Salad - Housemade	1/2 cup	114g	280	11	1	0	10	490	41	1	12	5	Contains Egg, Gluten, Wheat.
Macaroni Salad - Prepared	1/2 cup	93g	210	14	2.5	0	10	530	17	1	4	3	Contains Egg, Gluten, Wheat.
Machaca Beans	1/2 cup	120g	90	0	0	0	0	370	15	5	0	5	Contains Soy.
Machaca Beef	3 oz	85g	140	8	3	0	55	230	2		1	15	Contains Gluten, Milk, Soy, Wheat.
Made-to-Order Eggs	1 egg prepared	66g	130	11	3	0	170	125	1	0	1	6	Contains Egg.
Mandarin Orange Chicken Breasts (Baked Bone-in)	1 each	234g	360	12	4	0	190	50	7	1	7	55	Contains Gluten, Soy, Wheat.
Mandarin Orange Chicken Thighs (Baked Bone-in)	1 each	175g	360	24	8	0	185	1180	9	1	8	27	Contains Gluten, Soy, Wheat.
Mandarin Orange Chicken Wings	3 each	123g	260	15	4	0	100	180	13	0	13	16	Contains Gluten, Soy, Wheat.
Mandarin Orange Pork	1 cup	167g	360	18	4.5	0	65	860	26	0	21	24	Contains Gluten, Sesame, Soy, Wheat.
Mandarin Orange Shrimp	6 each	90g	200	7	1.5	0	45	330	28	1	11	7	Contains Gluten, Milk, Shellfish, Soy, Wheat.
Mandarin Oranges	1/4 cup	47g	30	0	0	0	0	5	7	0	6	0	
Mango	1/4 cup	41g	25	0	0	0	0	0	6	1	6	0	
Maple Bacon French Toast Bake	1 piece	82g	210	6	2.5	0	100	270	32	0	21	8	Contains Egg, Gluten, Milk, Soy, Wheat.
Maple Syrup	2 Tbsp	34g	120	0	0	0	0	0	30		30	0	
Margarine	1 Tbsp	14g	100	11	4.5	0	0	105	0		0	0	Contains Soy.
Marinated Garden Salad	1/2 cup	96g	90	6	1	0	0	230	7	1	4	1	
Marinated Mushroom Salad	1/2 cup	76g	80	6	1	0	0	240	5	0	3	1	Contains Milk.
Marinated Vegetable Salad	1/2 cup	50g	35	2	0	0	0	90	3	1	2	1	
Marshmallows	3 each	21g	70	0	0	0	0	20	17		11	0	
Mashed Potatoes	1/2 cup	113g	200	15	3	0	0	660	16		2	2	Contains Milk, Soy.



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Marketing Name	Serving Size Description	Serving Gram Weight	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Total Dietary Fiber	Total Sugars	Protein	Allergen Statement
Mashed Potatoes, Garlic	1/2 cup	113g	200	15	3	0	0	660	16	1	2	2	Contains Milk, Soy.
Mayonnaise	1 Tbsp	17g	120	13	2	0	10	90	1		0	0	Contains Egg.
Mayonnaise Packets	1 each	12g	80	8	1.5	0	5	75	1	0	1	0	Contains Egg.
Meatloaf (All Beef)	1 piece	104g	220	13	5	0.5	45	600	10	0	2	13	Contains Egg, Gluten, Milk, Soy, Wheat.
Meatloaf w/ Brown Gravy	1 piece	104g	200	11	4	0	40	600	10	0	2	13	Contains Egg, Gluten, Milk, Soy, Wheat.
Meatloaf w/ Meatloaf Topping	1 piece	104g	190	11	4	0	40	550	9	0	2	13	Contains Egg, Gluten, Soy, Wheat.
Meatloaf w/ Mushroom Gravy	1 piece	104g	200	11	4	0	40	600	10	0	2	13	Contains Egg, Gluten, Milk, Soy, Wheat.
Mello Yello 12 oz	12 fl oz	340g	160	0	0	0	0	50	44	0	44	0	
Mello Yello 16 oz	16 fl oz	454g	210	0	0	0	0	65	58	0	58	0	
Mello Yello 32 oz	32 fl oz	907g	420	0	0	0	0	135	116	0	116	0	
Menudo	3 oz	85g	90	3.5	1	0	35	220	11	2	0	7	
Mexican Rice	1/2 cup	100g	140	7	2	0	5	590	18	0	1	2	Contains Soy.
Mild Buffalo Chicken Legs	1 each	74g	150	7	1.5	0	90	450	2	1	0	18	Contains Milk.
Mild Buffalo Chicken Wings	3 each	120g	230	16	4	0	100	540	4	1	0	17	Contains Milk.
Milk	1 container	227g	140	5	3	0	20	150	14		13	10	Contains Milk.
Mini Bacon Steakburger	1 each	109g	300	17	7	0.5	15	490	16	0	4	19	Contains Egg, Gluten, Milk, Soy, Wheat.
Mini BBQ Brisket Sandwich	1 each	51g	150	7	2.5	0	5	280	19	0	6	4	Contains Egg, Gluten, Milk, Soy, Wheat.
Mini BBQ Pork Sandwich	1 each	98g	240	11	3.5	0	50	280	22	0	9	14	Contains Egg, Gluten, Milk, Soy, Wheat.
Mini Blueberry Muffins	1 each	43g	120	5	1.5	0	10	150	19	0	10	1	Contains Egg, Gluten, Milk, Soy, Wheat.
Mini Chicken Sandwich	1 each	83g	200	9	2.5	0	25	470	20	0	4	9	Contains Egg, Gluten, Milk, Soy, Wheat.
Mini Chocolate Chip Muffins	1 each	45g	150	7	2.5	0	10	150	23	0	14	1	Contains Egg, Gluten, Milk, Soy, Wheat.
Mini Chocolate cupcakes	1 each	30g	100	5	1.5	0	10	105	15	0	11	1	Contains Egg, Gluten, Milk, Soy, Wheat.
Mini Corn Dogs	5 each	95g	240	13	3	0	40	440	22	1	5	9	Contains Egg, Milk, Soy, Wheat.
Mini Hot Dog	1 each	59g	160	8	2.5	0.5	15	380	17	0	4	5	Contains Egg, Gluten, Milk, Soy, Wheat.
Mini Marshmallows	2 Tbsp	6g	20	0	0	0	0	5	5	0	3	0	
Mini Pumpkin cupcakes	1 each	32g	110	6	2	0	5	105	16	0	13	1	Contains Egg, Gluten, Milk, Soy, Wheat.
Mini Steakburger	1 each	102g	260	14	6	0.5	5	390	16	0	4	17	Contains Egg, Gluten, Milk, Soy, Wheat.
Mini Vanilla cupcakes	1 each	30g	110	5	1.5	0	0	105	16	0	13	1	Contains Egg, Gluten, Milk, Soy, Wheat.
Mini Yeast Rolls	1 each	30g	80	0.5	0	0	0	105	16		4	2	Contains Egg, Gluten, Milk, Soy, Wheat.
Minute Maid Lemonade© 12 oz	12 fl oz	340g	140	0	0	0	0	95	38	0	36	0	
Minute Maid Lemonade© 16 oz	16 fl oz	454g	180	0	0	0	0	130	50	0	48	0	
Minute Maid Lemonade© 32 oz	32 fl oz	907g	360	0	0	0	0	260	101	0	96	0	
Minute Maid Light Lemonade© 12 oz	12 fl oz	340g	5	0	0	0	0	45	2	0	0	0	
Minute Maid Light Lemonade© 16 oz	16 fl oz	454g	10	0	0	0	0	55	3	0	0	0	
Minute Maid Light Lemonade© 32 oz	32 fl oz	907g	15	0	0	0	0	115	5	0	0	0	
Mocha Cake - No Sugar Added	1 slice	100g	230	12	4.5	0	25	340	37	1	2	3	Contains Egg, Gluten, Milk, Soy, Wheat.
Mongolian Beef	1 cup	176g	290	11	2.5	0	60	1380	24	1	17	25	Contains Gluten, Sesame, Soy, Wheat.
Mozzarella Cheese	2 Tbsp	39g	110	8	5	0	30	280	1		0	7	Contains Milk.
Mushroom Gravy	2 oz	57g	20	0	0	0	0	310	4		1	0	Contains Gluten, Milk, Wheat.
Mushrooms	1/4 cup	18g	5	0	0	0	0	0	1	0	0	0	
Mustard	1 tsp	5g	5	0	0	0	0	60	0	0	0	0	
Mustard Packets	1 each	6g	5	0	0	0	0	65	0	0	0	0	

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Marketing Name	Serving Size Description	Serving Gram Weight	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Total Dietary Fiber	Total Sugars	Protein	Allergen Statement
Nashville Hot Chicken Thighs	1 piece	101g	270	17	3.5	0	110	1060	12	1	1	17	Contains Egg, Gluten, Milk, Soy, Wheat.
Nashville Wings	3 each	117g	340	29	6	0	100	1060	4	1	1	17	
No Bake Cheesecake	1 slice	85g	190	6	3	0.5	10	310	30	0	25	5	Contains Gluten, Milk, Wheat.
Northern Beans, Seasoned	1/2 cup	120g	110	2.5	0.5	0	0	570	15	4	2	6	Contains Gluten, Soy, Wheat.
Northern Beans, Southern Style	1/2 cup	131g	170	4	1.5	0	10	780	24	8	1	11	
Oatmeal	1 cup	232g	120	2.5	0	0	0	10	21	3	1	4	Contains Gluten.
Oatmeal Raisin Cookies	1 each	17g	70	3.5	2	0	5	60	10	1	10	1	Contains Egg, Gluten, Milk, Soy, Wheat.
Okra and Tomato Stew	1/2 cup	118g	60	2.5	1	0	0	530	7	2	2	1	Contains Egg, Gluten, Milk, Soy, Wheat.
Okra, Fried	10 each	48g	110	7	1	0	0	310	10	2	1	1	Contains Gluten, Wheat.
Olive Oil	1 Tbsp	15g	120	14	2	0	0	0	0		0	0	
Omelet	1 each	125g	260	23	7	0	350	220	3		1	12	Contains Egg, Milk.
Onion Rings	2 each	47g	150	11	2	0	0	180	10	1	2	2	Contains Gluten, Milk, Soy, Wheat.
Onion Rings, Fresh Battered	2 each	40g	140	7	1.5	0	0	900	17	1	1	1	Contains Gluten, Wheat.
Onions	3 each	12g	5	0	0	0	0	0	1	0	1	0	
Onions and Peppers, Sautéed	1/4 cup	57g	30	1.5	0	0	0	15	4		2	1	
Orange Chicken	1 cup	167g	360	14	2.5	0	60	560	35	0	25	24	Contains Gluten, Sesame, Soy, Wheat.
Orange Guava Juice	8 fl oz	227g	110	0	0	0	0	0	30	0	28	0	
Orange Juice	8 fl oz	227g	110	0	0	0	0	0	27		24	2	
Orange Sherbet	1/2 cup	89g	110	1	0.5	0	5	25	27		22	1	Contains Milk.
Orange Slices	1/2 cup	90g	40	0	0	0	0	0	11	2	8	1	
Oriental Pepper Beef	1 cup	186g	290	11	2.5	0	60	1400	24	1	18	24	Contains Gluten, Sesame, Soy, Wheat.
Oyster Crackers	1 package	14g	60	1.5	0	0	0	135	10		0	2	Contains Gluten, Wheat.
Pagoda Rice	1/2 cup	115g	150	6	2	0	0	600	21	1	3	3	Contains Sesame, Soy.
Parmesan Crusted Chicken	1 piece	185g	260	11	5	0	120	1020	14	0	1	24	Contains Gluten, Milk, Soy, Wheat.
Pancakes	1 each	31g	80	4	1	0	10	40	9	0	3	2	Contains Egg, Gluten, Milk, Soy, Wheat.
Papaya	1/4 cup	36g	15	0	0	0	0	0	4	1	3	0	
Parmesan Cheese	2 Tbsp	10g	45	4	2	0	10	110	0		0	3	Contains Milk.
Parmesan Crusted Whitefish	1 fillet	172g	290	16	5	0	100	680	5	1	0	29	Contains Fish, Gluten, Milk, Soy, Wheat.
Pasta Alfredo with Chicken and Spinach	1/2 cup	120g	220	15	8	0	45	570	13	1	1	9	Contains Gluten, Milk, Soy, Wheat.
Pasta Salad	1 cup	127g	150	6	1	0	0	220	20	2	4	4	Contains Gluten, Wheat.
Pasta, Cajun Shrimp	5 oz	153g	230	15	8	0	80	1050	15	1	2	9	Contains Gluten, Milk, Shellfish, Soy, Wheat.
Patty Melt	1 piece	171g	460	23	9	1	55	1440	41	2	5	20	Contains Gluten, Milk, Soy, Wheat.
Pea Salad	1/2 cup	119g	220	14	3	0	50	410	16	0	7	7	Contains Egg, Milk.
Peach Cobbler	1 piece	95g	170	5	2	0	5	220	30	0	19	1	Contains Gluten, Wheat.
Peach French Toast Bake	1 piece	76g	140	4.5	1.5	0	90	135	21	0	10	5	Contains Egg, Gluten, Milk, Soy, Wheat.
Peach Pie - No Sugar Added	1 slice	150g	330	21	9	0	0	370	36	2	5	5	Contains Egg, Gluten, Milk, Soy, Wheat.
Peach Topping	2 Tbsp	34g	35	0	0	0	0	30	10		8	0	
Peach-topped Waffle	1 each	86g	190	13	2.5	0	25	500	29	0	14	3	Contains Egg, Gluten, Milk, Soy, Wheat.
Peaches	1/2 cup	126g	70	0	0	0	0	10	17		16	0	
Peanut Butter Cookie Crumbles	2 Tbsp	19g	90	5	1.5	0	15	40	10	1	5	1	Contains Egg, Gluten, Peanut, Wheat.
Peanut Butter Cookies	1 each	14g	70	3.5	1.5	0	10	30	8	1	4	1	Contains Egg, Gluten, Peanut, Wheat.
Peanut Butter Fudge Tart	1 piece	44g	180	8	3	0	15	70	27	2	20	2	Contains Egg, Gluten, Milk, Peanut, Soy, Wheat.

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Marketing Name	Serving Size Description	Serving Gram Weight	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Total Dietary Fiber	Total Sugars	Protein	Allergen Statement
Peanut Butter Pie	1 slice	97g	460	32	10	2	20	380	38	2	23	10	Contains Gluten, Milk, Peanut, Wheat.
Pears	1/2 cup	126g	80	0	0	0	0	0	19	2	15	0	
Peas, Steamed	1/2 cup	80g	110	4.5	2	0	0	210	11		3	4	Contains Milk, Soy.
Pecan Pie	1 slice	102g	410	20	7	0	60	420	56	0	21	4	Contains Egg, Gluten, Milk, Soy, Tree Nuts, Wheat.
Pecan pieces	2 Tbsp	14g	90	10	1	0	0	0	2		1	1	Contains Tree Nuts.
Pecan Pralines	2 Tbsp	18g	70	4.5	0	0	0	25	7	0	7	0	Contains Milk, Tree Nuts.
Pecan Syrup	2 Tbsp	28g	80	0	0	0	0	15	20	0	13	0	Contains Milk.
Penne Pasta	1 cup	139g	200	2	0	0	0	0	40	2	1	7	Contains Gluten, Wheat.
Pepperjack Cheese	5 each	47g	170	13	8	0	40	300	0		0	12	Contains Milk.
Pepperoncini	3 each	34g	10	0	0	0	0	600	2	1	0	0	
Pepperoni	5 each	10g	50	4.5	2	0	10	190	0		0	2	
Pepperoni Pizza	1 slice	94g	250	11	6	0	25	680	26	1	2	11	Contains Gluten, Milk, Soy, Wheat.
Philly Cheesesteak Meatballs	2 each with sauce	149g	220	15	6	0	60	670	9	0	1	12	Contains Egg, Gluten, Milk, Wheat.
Philly Steak Sandwich	1 piece	148g	360	20	7	0	60	840	21	1	3	21	Contains Gluten, Milk, Soy, Wheat.
Picadillo	6 oz	170g	200	12	3.5	0	35	440	10	2	5	12	Contains Milk, Soy.
Pickled Beets	1/4 cup	60g	60	0	0	0	0	85	14	0	13	0	
Pico de Gallo	1/4 cup	64g	15	0	0	0	0	0	3		2	1	
Piña Colada Cake	1 slice	71g	180	7	2	0.5	5	200	31	1	21	2	Contains Egg, Gluten, Milk, Tree Nuts, Wheat.
Pineapple	1/2 cup	83g	40	0	0	0	0	0	11	1	8	0	
Pineapple Tidbits	1/4 cup	70g	40	0	0	0	0	0	10	1	9	0	
Pinto Beans, Seasoned	1/2 cup	120g	110	2.5	0.5	0	0	570	15	5	0	6	Contains Gluten, Soy, Wheat.
Pinto Beans, Southern Style	1/2 cup	131g	200	4	1.5	0	10	810	29	10	1	12	
Plantains, Fried	2 piece	47g	150	6	1.5	0	0	0	23	2	2	1	
Popcorn Shrimp	15 each	45g	130	6	1	0	30	490	14	1	0	5	Contains Gluten, Shellfish, Soy, Wheat.
Pork Sofrito	1 piece	85g	140	10	2	0	25	270	3	0	1	8	Contains Soy.
Pork Enchiladas	1 each	127g	210	13	4	0	35	610	11	1	1	12	Contains Gluten, Milk, Soy, Wheat.
Pork Fillets	1 each	130g	250	17	6	0	75	790	1	0	0	22	Contains Milk.
Pork Liver Mush	1 piece	63g	120	8	1.5	0	55	310	9	2	0	5	Contains Gluten, Wheat.
Pork Loin	3 oz	85g	140	7	2.5	0	45	440	1	1	0	17	
Pork Loin with Poultry Gravy	3 oz	113g	150	8	2.5	0	45	590	3	1	0	17	Contains Gluten, Milk, Wheat.
Pork Loin, Bone-In Carved	4 oz	113g	220	15	4	0	60	1480	5	0	1	19	MILK, SOYBEANS
Pork Machaca	3 oz	85g	170	10	3	0	50	340	2	1	1	18	Contains Gluten, Milk, Soy, Wheat.
Pork Pot Roast	3 oz with sauce	136g	200	12	4.5	0	55	510	5	0	2	17	Contains Gluten, Milk, Wheat.
Pork Pot Roast, Awesome	3 oz	85g	160	10	3.5	0	55	290	3	0	1	14	Contains Gluten, Milk, Soy, Wheat.
Pork Quesadillas	1 piece	56g	140	9	3	0	15	210	9	0	1	6	Contains Gluten, Milk, Soy, Wheat.
Pork Steaks	1 each	130g	250	13	4.5	0	55	1030	17	0	14	17	Contains Gluten, Milk, Soy, Wheat.
Posole w/ Chicken	8 oz	227g	100	2.5	0	0	20	860	12	4	1	6	
Posole w/ Pork	8 oz	227g	120	5	1.5	0	15	1070	12	3	1	6	Contains Soy.
Pot Roast	1/2 cup	130g	150	7	3	0	55	320	8	1	2	15	Contains Gluten, Milk, Soy, Wheat.
Potato Chips, Homemade	20 each	44g	120	10	1.5	0	0	190	6	1	0	1	
Potato Chips, Homemade BBQ	20 each	45g	120	10	1.5	0	0	180	6	1	1	1	
Potato Chips, Homemade Seasoned	20 each	44g	120	10	1.5	0	0	180	6	1	0	1	Contains Milk.

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Marketing Name	Serving Size Description	Serving Gram Weight	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Total Dietary Fiber	Total Sugars	Protein	Allergen Statement
Potato Salad	1/2 cup	114g	230	18	3	0	110	250	14	1	1	4	Contains Egg, Milk.
Potato Salad - Prepared	1/2 cup	140g	200	12	2	0	10	560	21	2	7	3	Contains Egg.
Potato Soup with Bacon	1 cup	240g	200	9	4	0	20	870	22	1	8	7	Contains Gluten, Milk, Soy, Wheat.
Potatoes, French Fried	6 each	79g	130	9	1.5	0	0	210	11	2	1	1	
Potatoes, Fried Cubed	1/2 cup	110g	160	9	1.5	0	0	160	19	2	2	2	Contains Milk.
Poultry Gravy	2 oz	57g	20	0.5	0	0	0	310	4	0	1	0	Contains Gluten, Milk, Wheat.
Powerade Mountain Berry Blast© 12 oz	12 fl oz	340g	80	0	0	0	0	110	22	0	22	0	
Powerade Mountain Berry Blast© 16 oz	16 fl oz	454g	110	0	0	0	0	150	29	0	29	0	
Powerade Mountain Berry Blast© 32 oz	32 fl oz	907g	220	0	0	0	0	300	58	0	58	0	
Prime Rib	3 oz	85g	280	22	9	0	65	350	1	0	0	18	Contains Gluten, Soy, Wheat.
Pulled BBQ Chicken	3 oz	85g	130	1.5	0	0	40	450	15	1	10	14	
Pulled Chicken in Poultry Gravy	3 oz	85g	80	2	0.5	0	40	280	3	0	0	14	Contains Gluten, Milk, Wheat.
Pumpkin Pie	1 slice	122g	300	11	5	0	45	380	46	0	20	5	Contains Egg, Gluten, Milk, Soy, Wheat.
Queso Cheese Sauce	1/4 cup	58g	70	6	2	0	10	390	3	0	1	2	Contains Milk.
Radishes	1/4 cup	29g	5	0	0	0	0	10	1	0	1	0	
Rainbow Cookies	1 each	16g	70	3.5	1.5	0	5	50	11		6	1	Contains Egg, Gluten, Milk, Soy, Wheat.
Raisin Bran Cereal	1 container	35g	110	0.5	0	0	0	125	27	4	10	3	Contains Gluten, Wheat.
Raisins	1/4 cup	21g	60	0	0	0	0	0	16	1	12	1	
Ranch Dressing	2 Tbsp	30g	110	12	2	0	10	240	2		1	1	Contains Egg, Milk.
Ranch Fat Free Dressing	2 Tbsp	30g	35	0	0	0	0	300	9	0	5	0	Contains Milk.
Ranch Potatoes	1/2 cup	120g	150	7	1.5	0	0	620	21	1	1	3	Contains Milk.
Ranch Style Beans	1/2 cup	130g	130	2.5	0.5	0	5	550	21	7	2	6	Contains Soy.
Red Beans and Sausage	1/2 cup	198g	270	11	4	0	20	1010	28	10	4	14	Contains Gluten, Soy, Wheat.
Red Bliss Potatoes	1/2 cup	75g	80	2	1	0	0	85	13	1	1	2	Contains Milk, Soy.
Red Bliss Potatoes, Roasted	1/2 cup	75g	140	9	2	0	0	550	12	0	1	2	
Red Gelatin - Sugar Free	1/2 cup	85g	5	0	0	0	0	5	0		0	1	
Red Grapes	10 each	24g	15	0	0	0	0	0	4	0	4	0	
Red Velvet Cake	1 slice	72g	260	14	4.5	0	10	310	33	1	24	2	Contains Egg, Gluten, Milk, Soy, Wheat.
Red Velvet Mini cupcakes	1 each	30g	120	6	2.5	0	5	110	14	0	11	1	Contains Egg, Gluten, Milk, Soy, Wheat.
Red Wine Vinegar	1 Tbsp	15g	5	0	0	0	0	0	0	0	0	0	
Refried Beans	1/2 cup	115g	160	12	4.5	0	10	610	10	3	0	3	
Ribeye	3 oz	85g	170	9	4	1	50	440	0	0	0	23	
Rice Krispies© Cereal	1 container	33g	130	0	0	0	0	190	29	0	4	2	Contains Gluten.
Rice Krispies© Cereal Topping	2 Tbsp	7g	30	0	0	0	0	40	6	0	1	0	Contains Gluten.
Rice Krispies© Treats	1 each	10g	40	1	0	0	0	45	8		3	0	Contains Gluten, Milk, Soy.
Rice Noodles	2 Tbsp	7g	35	1	0	0	0	90	5	0	0	1	Contains Gluten, Wheat.
Rice Pilaf	1/2 cup	85g	130	4.5	1.5	0	0	520	18		0	2	Contains Milk, Soy.
Roast Beef (beef flat)	3 oz	85g	180	10	3.5	1	65	280	1	0	0	22	Contains Gluten, Soy, Wheat.
Roast Beef (inside round)	3 oz	85g	110	3	1	0	50	115	0	0	0	19	Contains Gluten, Soy, Wheat.
Roast Beef Stackers	1 each	258g	480	27	7	1	65	1280	33	2	4	27	Contains Gluten, Milk, Soy, Wheat.
Roasted Cuban Pork	3 oz	85g	150	8	2	0	55	400	0	0	0	17	
Roasted Grilled Bone-in Chicken	3 oz	84g	160	9	2.5	0	85	300	1	0	0	20	

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Marketing Name	Serving Size Description	Serving Gram Weight	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Total Dietary Fiber	Total Sugars	Protein	Allergen Statement
Roasted Peppers	1/2 cup	84g	90	8	1.5	0	0	210	5	1	1	1	Contains Fish, Milk, Soy.
Romaine Lettuce	1 cup	47g	10	0	0	0	0	0	2	1	1	1	
Rotisserie Chicken	1 piece	170g	310	15	4.5	0	175	1070	1	1	1	43	
Salad, Cucumber Tomato and Onion	1/2 cup	85g	45	2.5	0	0	0	150	4	1	3	1	
Salisbury Steak	1 each	85g	130	8	3	0	25	540	7	0	1	8	Contains Egg, Gluten, Milk, Soy, Wheat.
Salmon Lemonata	3 oz	85g	140	10	4.5	0	20	410	2	1	1	8	Contains Fish, Milk, Soy.
Salsa	2 Tbsp	30g	10	0	0	0	0	200	2		1	0	
Salsa, Mexican Red	2 oz	57g	10	0	0	0	0	140	3	1	2	0	
Saltines	1 package	6g	25	0.5	0	0	0	55	4		0	1	Contains Gluten, Wheat.
San Francisco Chicken	1 each	210g	370	18	8	0	70	1240	31	4	2	21	Contains Egg, Gluten, Milk, Soy, Wheat.
Sauerkraut	2 Tbsp	30g	15	0	0	0	0	600	4	3	1	1	
Sausage and Egg Burrito	1 each	156g	320	19	8	0	110	760	22	1	1	16	Contains Egg, Gluten, Milk, Soy, Wheat.
Sausage and Egg Skillet	1/2 cup	125g	240	19	7	0	145	430	8	0	1	10	Contains Egg, Milk.
Sausage Crumbles	1 oz	28g	120	11	4	0	15	270	1		0	4	
Sausage Gravy	2 oz	57g	80	7	2	0	15	230	4	0	0	2	Contains Gluten, Milk, Wheat.
Sausage Links	1 each	33g	120	11	4	0	15	250	1		0	5	Contains Soy.
Sausage Patties	1 each	32g	80	7	2.5	0	20	170	0		0	5	
Sausage Pizza	1 slice	101g	270	13	6	0	25	670	26	1	2	11	Contains Gluten, Milk, Wheat.
Sausage Skillet	1/2 cup	125g	270	21	9	0	35	450	11	0	1	7	Contains Milk.
Sautéed Mushrooms	1/2 cup	78g	60	5	1	0	0	260	3	0	1	2	Contains Milk.
Sautéed Onions	1/4 cup	57g	70	6	1	0	0	50	5	1	2	1	
Sautéed sliced Mushrooms	1/2 cup	78g	60	5	1	0	0	260	3	0	1	2	Contains Milk.
Scalloped Potatoes	1/2 cup	125g	160	8	4.5	0	25	470	17	1	1	5	Contains Gluten, Milk, Soy, Wheat.
Scrambled Eggs	1/2 cup	110g	180	14	5	0	330	150	2		1	11	Contains Egg, Milk.
Seafood Salad	1/2 cup	85g	110	6	1	0	10	390	8	0	3	6	Contains Egg, Fish, Gluten, Milk, Shellfish, Soy, Wheat.
Seagram's Ginger Ale© 12 oz	12 fl oz	340g	130	0	0	0	0	45	35	0	35	0	
Seagram's Ginger Ale© 16 oz	16 fl oz	454g	170	0	0	0	0	60	47	0	46	0	
Seagram's Ginger Ale© 32 oz	32 fl oz	907g	340	0	0	0	0	115	94	0	92	0	
Sesame Sticks	2 Tbsp	22g	120	8	1.5	0	0	320	10	1	0	2	Contains Gluten, Wheat.
Shadow Cake	1 slice	143g	520	26	8	0	25	480	75	1	59	3	Contains Egg, Gluten, Milk, Soy, Wheat.
Shark Bait Lemonade 16 oz	16 fl oz	598g	240	0	0	0	0	40	60	0	53	1	
Shark Bait Kids Lemonade	Kids cup	466g	140	0	0	0	0	25	37	0	34	0	
Shark Bait Lemonade 32 oz	32 fl oz	1179g	420	0	0	0	0	65	107	0	99	1	
Shepherd's Pie	1 cup	226g	350	22	6	0	60	1010	21	2	4	19	Contains Gluten, Milk, Soy, Wheat.
Shrimp Jambalaya	1 cup	250g	210	11	4	0	185	1130	8	2	4	21	Contains Egg, Gluten, Shellfish, Soy, Wheat.
Shrimp Paella with Chicken and Sausage	1/2 cup	93g	140	7	2.5	0	45	630	10	0	1	8	Contains Milk, Shellfish, Soy.
Shrimp Topped Baked Fish with Lemon Herb Butter Sauce	3 oz	85g	120	9	4	0	65	440	1	0	0	8	Contains Fish, Milk, Shellfish, Soy.
Sirloin Steak	3 oz	85g	130	8	3	0	55	350	1	0	0	14	Contains Milk.
Sirloin Steak Strips	3 oz	85g	130	8	3	0	55	350	1	0	0	14	Contains Milk.
Sirloin Tips	3 oz	85g	170	8	3	0	70	250	0	0	0	23	Contains Gluten, Milk, Soy, Wheat.
Skillet Corn	3 oz	85g	120	3.5	1	0	5	230	19	0	5	3	Contains Gluten, Milk, Soy, Wheat.
Skillet Cornbread	1 piece	52g	150	5	2.5	0	20	320	23		8	3	Contains Egg, Gluten, Milk, Wheat.



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Marketing Name	Serving Size Description	Serving Gram Weight	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Total Dietary Fiber	Total Sugars	Protein	Allergen Statement
Skillet Hash Browns	1/2 cup	78g	220	19	3.5	0	0	350	13	2	1	1	Contains Milk.
Skillet Potatoes and Onions	1/2 cup	125g	120	3.5	0.5	0	0	95	19	1	1	2	Contains Milk.
Skillet Vegetables	1/2 cup	90g	90	8	1.5	0	0	250	5	1	3	1	Contains Milk.
Sliced Almonds	2 Tbsp	12g	70	6	0	0	0	0	2	1	1	2	Contains Tree Nuts.
Sliced Ham	3 oz	85g	120	4	1.5	0	40	660	4	0	4	15	Contains Soy.
Sliced Jalapenos	1/4 cup	30g	10	0	0	0	0	410	2		1	0	
Slow-Smoked Sirloin	3 oz	85g	130	6	2.5	0.5	50	690	1	0	0	19	
Smoked BBQ Pork	3 oz	85g	210	12	5	0	75	160	0	0	0	25	Contains Milk, Soy.
Smoked BBQ Sausage	3 oz	85g	240	18	6	0	40	830	12	1	8	8	
Smoked BBQ Turkey Breast	3 oz	85g	120	4	1	0	55	700	3	0	1	19	
Smoked BBQ Wings	3 each	99g	180	11	3	0	105	220	3	0	2	17	Contains Gluten, Milk, Soy, Wheat.
Smoked Brisket	3 oz	85g	230	17	7	1	75	130	0	0	0	21	
Smoked Cajun Sausage	3 oz	85g	320	30	14	0	60	560	0		0	11	
Smoked Chicken (Dark Meat)	3 oz	85g	170	11	3.5	0	95	670	0	0	0	18	Contains Soy.
Smoked Chicken (White Meat)	3 oz	85g	150	6	2	0	85	340	0	0	0	23	Contains Soy.
Smoked Kickin BBQ Ends	2 ribs	115g	410	30	11	0	75	800	18	0	16	18	
Smoked Pitt Ham	3 oz	85g	110	6	2	0	50	1070	1		1	14	
Smoked Pork Spare Ribs	1 each (2 bones with rib meat)	77g	310	27	10	0	70	430	0	0	0	16	
Smoked Sausage	1 piece	56g	180	16	6	0	35	530	3		1	6	
Smoked Sausage with Onions and Peppers	3 oz	85g	220	19	7	0	40	640	4	0	2	8	
Smoked Sausage with Sauerkraut	1 piece	112g	210	16	6	0	35	1660	10	5	2	7	
Smoked Spicy Cayenne BBQ Pork Ribs	2 ribs	113g	390	30	11	0	75	780	12	1	9	19	
Smoked Texas BBQ Beef	3 oz	85g	250	17	7	1.5	80	105	0	0	0	25	
Smokehouse Baby Back Ribs	1 each (2 rib bones with meat)	135g	300	17	6	0	115	240	4	1	3	33	Contains Gluten, Milk, Soy, Wheat.
Smokehouse BBQ Sauce	2 Tbsp	30g	45	0	0	0	0	300	12		10	0	Contains Gluten, Soy, Wheat.
Smokehouse Boneless Beef Ribs	3 oz	113g	220	8	3.5	0	60	890	15	1	12	23	Contains Gluten, Milk, Soy, Wheat.
Smokehouse Macaroni and Cheese	1/2 cup	130g	290	20	8	0.5	45	630	13	0	2	15	Contains Egg, Gluten, Milk, Soy, Wheat.
Smokey Cheese Potato Bake	1/2 cup	125g	160	8	4	0	25	490	14	1	2	8	Contains Gluten, Milk, Soy, Wheat.
Smothered Chopped Steaks	1 each	167g	290	18	7	1	0	440	4	0	1	27	Contains Gluten, Milk, Wheat.
Smothered Grilled Chicken	1 each	141g	200	10	3.5	0	100	870	2	0	0	27	Contains Milk.
Sour Cream	2 Tbsp	30g	60	6	3.5	0	20		1		1	1	Contains Milk.
Sour Worms	5 each	23g	80	0	0	0	0	5	18		13	1	
Southern Style Pork Chops	3 oz	85g	230	16	4.5	0	60	400	8		0	13	Contains Egg, Gluten, Milk, Soy, Wheat.
Soy Nuts	2 Tbsp	11g	50	2.5	0	0	0	35	4	1	0	5	Contains Soy.
Spaghetti Noodles	1/2 cup	98g	150	4.5	0	0	0	0	24		1	4	Contains Gluten, Wheat.
Spicy BBQ Sauce	2 Tbsp	37g	70	0	0	0	0	290	16		14	0	
Spicy BBQ Wings	3 each	121g	250	15	4	0	100	360	11	1	8	17	
Spicy Cayenne BBQ Pork Ribs	2 ribs	161g	330	19	7	0	85	740	15	1	11	25	
Spicy Garlic Wings	3 each	120g	220	15	4	0	100	860	3	0	1	17	
Spinach	1 cup	57g	15	0	0	0	0	45	2	1	0	1	
Spinach	1/2 cup	95g	50	3	0.5	0	0	320	5	3	1	4	Contains Gluten, Soy, Wheat.
Spinach, Sautéed Fresh	1/2 cup	90g	110	10	1.5	0	0	60	3	2	0	2	



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Split Smoked Sausage	1 each	78g	240	21	7	0	50	730	1	0	1	11	
Spring Lettuce Mix	1 cup	19g	5	0	0	0	0	5	1	0	0	0	
Sprinkles	2 Tbsp	30g	140	5	4.5	0	0	20	24		21	0	Contains Soy.
Sprite® 12 oz	12 fl oz	340g	140	0	0	0	0	70	37	0	36	0	
Sprite® 16 oz	16 fl oz	454g	180	0	0	0	0	90	49	0	49	0	
Sprite® 32 oz	32 fl oz	907g	360	0	0	0	0	180	98	0	97	0	
Squash	5 each	49g	10	0	0	0	0	0	2	1	1	1	
Squash Medley	1/2 cup	90g	45	3	0.5	0	0	220	4	1	2	1	Contains Milk.
Squash, Yellow, Sautéed	1/2 cup	90g	60	5	1	0	0	170	4	1	2	1	Contains Milk, Soy.
Steak Fajitas	3 oz	85g	60	2.5	0.5	0	5	60	6	1	3	3	Contains Gluten, Soy, Wheat.
Steamed Carrots	1/2 cup	85g	80	6	2.5	0	0	290	8		4	1	Contains Milk, Soy.
Stewed Tomatoes	1/2 cup	130g	30	0	0	0	0	270	6		4	2	Contains Milk.
Strawberries	5 each	60g	20	0	0	0	0	0	5	1	3	0	
Strawberry Cake	1 slice	93g	270	11	4.5	0	5	290	43	1	29	2	Contains Egg, Gluten, Milk, Soy, Wheat.
Strawberry Cheesecake	1 slice	58g	210	35	9	0.5	65	190	14	0	11	3	Contains Egg, Gluten, Milk, Soy, Wheat.
Strawberry Cheesecake French Toast	1 piece	93g	210	19	4.5	0	100	170	26	0	17	5	Contains Egg, Gluten, Milk, Soy, Wheat.
Strawberry Shortcake	1 each	54g	130	4.5	1	0	5	170	22	0	16	1	Contains Egg, Gluten, Milk, Soy, Wheat.
Strawberry Spinach Salad	1 cup	63g	40	2.5	0	0	0	45	5	2	2	2	
Strawberry Supreme Cake	1 slice	81g	270	13	4	0	5	250	41	0	34	1	Contains Egg, Gluten, Milk, Soy, Wheat.
Strawberry Topping	2 Tbsp	34g	40	0	0	0	0	0	10		10	0	
Stromboli	1 piece	99g	240	10	5	0	25	700	25	1	2	12	Contains Gluten, Milk, Wheat.
Stuffed Peppers	1 each	238g	280	18	7	1	75	580	13	2	5	15	Contains Egg, Milk, Soy.
Stuffing	1/2 cup	84g	170	8	2.5	0	0	630	22	1	2	4	Contains Egg, Gluten, Soy, Wheat.
Sugar Cookie	1 each	14g	60	3	1.5	0	5	45	9		4	1	Contains Egg, Gluten, Milk, Soy, Wheat.
Sugar-free Syrup	2 Tbsp	30g	15	0	0	0	0	55	6		0	0	
Summer Salad	1/2 cup	87g	70	5	1	0	0	200	5	1	3	1	
Sunflower Seeds	2 Tbsp	16g	90	8	1	0	0	105	4		0	3	
Swedish Meatballs	2 each with sauce	120g	210	13	6	0	65	620	9	0	1	11	Contains Egg, Gluten, Milk, Soy, Wheat.
Sweet BBQ Sauce	2 Tbsp	37g	70	0	0	0	0	300	17		15	0	
Sweet Buffalo Chicken Thighs	1 each	186g	400	26	8	0	215	570	6	1	6	36	Contains Milk.
Sweet Corn Pudding	1/2 cup	125g	340	14	6	0	5	400	50	1	26	4	Contains Milk, Soy.
Sweet Home Carolina Cake	1 slice	71g	190	8	2	0	5	240	32	0	22	2	Contains Egg, Gluten, Milk, Soy, Wheat.
Sweet Pickle Chips	5 each	28g	30	0	0	0	0	140	7		5	0	
Sweet Potato Casserole	1/2 cup	115g	210	3.5	1	0	5	30	41	2	27	2	Contains Egg, Gluten, Milk, Soy, Wheat.
Sweet Potato Pie	1 slice	113g	340	16	7	0	20	330	46	1	26	4	Contains Egg, Gluten, Milk, Soy, Wheat.
Taco Meat	1/4 cup	57g	110	8	3	0.5	30	240	2	1	1	7	Contains Gluten, Soy, Wheat.
Taco Shells	1 each	11g	50	2	0.5	0	0	0	7	1	0	1	
Taco Tortilla Bowl	1 Shell	51g	200	12	3.5	0	0	250	22	1	0	4	Contains Gluten, Wheat.
Tamales	1 each	43g	120	8	3	0	10	300	9	2	0	3	Contains Gluten, Soy, Wheat.
Tartar Sauce	2 Tbsp	30g	150	16	2.5	0	10	240	1	0	1	0	Contains Egg.
Teriyaki Beef	1 cup	169g	240	8	2	0	45	1090	22	1	16	19	Contains Gluten, Sesame, Soy, Wheat.
Teriyaki Chicken Breasts (Baked Bone-in)	1 each	234g	350	12	4	0	190	380	7	1	5	55	Contains Gluten, Soy, Wheat.

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Teriyaki Chicken Thighs (Baked Bone-in)	1 each	175g	360	24	8	0	185	1510	8	1	6	28	Contains Gluten, Soy, Wheat.
Teriyaki Sirloin	3 oz	85g	200	13	5	1	55	660	3	0	3	17	Contains Gluten, Soy, Wheat.
Texas Pete Hot Sauce	1 tsp	4g	0	0	0	0	0	65	1	0	0	0	
Texas Toast	1 each	54g	190	10	3.5	0	0	240	22	0	6	3	Contains Egg, Gluten, Milk, Soy, Wheat.
Thousand Island Dressing	2 Tbsp	30g	140	13	2	0	10	220	6		5	0	Contains Egg.
Thousand Island Fat Free Dressing	2 Tbsp	30g	40	0	0	0	0	250	10	1	4	0	Contains Egg.
Three Bean Salad	1/2 cup	86g	90	0.5	0	0	0	15	19	3	12	2	
Timberline Chili	1 cup	248g	230	9	3	1	40	890	26	8	5	15	Contains Gluten, Soy, Wheat.
Toasted Coconut	2 Tbsp	10g	60	4.5	4	0	0	0	4	1	0	1	Contains Tree Nuts.
Tomatillo Salsa Verde	2 ounces	57g	20	0	0	0	0	550	4	1	2	1	Contains Egg, Gluten, Soy, Wheat.
Tomato and Onion Salad	1/2 cup	82g	40	2	0	0	0	85	5	1	3	1	
Tomato Juice	8 fl oz	227g	50	0	0	0	0	680	10	2	7	2	
Tomato slices	1 slice	24g	5	0	0	0	0	0	1	0	1	0	
Tomato Wedges	5 piece	82g	15	0	0	0	0	0	3	1	2	1	
Tortilla Chips	10 each	28g	120	8	1	0	0	260	12	1	0	1	
Truffles with Cake Crumbs	1 each	75g	310	11	4.5	0	0	85	52	1	48	1	Contains Egg, Gluten, Milk, Soy, Wheat.
Truffles with Peanuts	1 each	75g	320	12	4.5	0	0	70	52	1	47	1	Contains Milk, Peanut, Soy.
Truffles with Sprinkles	1 each	75g	320	11	4.5	0	0	75	54	1	49	1	Contains Milk, Soy.
Tuna Salad - Housemade	1/2 cup	103g	190	12	1.5	0	45	560	4	0	3	16	Contains Egg, Fish, Milk, Soy.
Tuna Salad - Prepared	1/2 cup	100g	240	19	3.5	0	30	520	6	0	3	11	Contains Egg, Fish, Gluten, Shellfish, Wheat.
Turkey Bacon	2 slices	30g	60	5	1	0	20	260	0	0	0	4	
Turkey Bistro Sandwich with Bacon	1 piece	123g	350	19	8	0	60	860	19	1	2	23	Contains Gluten, Milk, Soy, Wheat.
Turkey Pot Pie	1 piece	94g	160	8	3	0	30	420	14	1	2	8	Contains Gluten, Milk, Soy, Wheat.
Turkey slices with Poultry Gravy	3 oz	85g	90	4.5	1.5	0	35	510	3	0	0	11	Contains Gluten, Milk, Soy, Wheat.
Turkey Stacker	1 each	258g	400	21	5	0	45	1460	33	2	4	20	Contains Egg, Gluten, Milk, Soy, Wheat.
Turkey with Stuffing	1 each	120g	110	5	2	0	15	630	10	0	1	6	Contains Egg, Gluten, Milk, Soy, Wheat.
Turnip Greens	1/2 cup	98g	60	3	0.5	0	0	280	4	2	1	2	Contains Gluten, Soy, Wheat.
Turnip Greens, Kettle Cooked	1/2 cup	98g	70	3	1	0	5	380	8	3	5	3	
Turtle Cheesecake	1 slice	64g	240	35	9	0.5	65	200	18	0	14	3	Contains Egg, Gluten, Milk, Peanut, Soy, Wheat.
Vanilla Cake - Sugar Free	1 slice	52g	130	8	5	0	10	105	17	0	0	1	Contains Egg, Gluten, Milk, Soy, Wheat.
Vanilla cupcakes	1 each	59g	210	10	3	0	5	220	31	0	24	1	Contains Egg, Gluten, Milk, Soy, Wheat.
Vanilla Pound Cake with Chocolate Frosting and Chocolate Chip Morsels	1 slice	100g	400	19	8	0.5	20	250	59	1	46	3	Contains Egg, Gluten, Milk, Soy, Wheat.
Vanilla Pound Cake with Chocolate Frosting and Sprinkles	1 slice	80g	300	14	5	0.5	20	250	46	1	35	3	Contains Egg, Gluten, Milk, Soy, Wheat.
Vanilla Soft Serve	1/2 cup	87g	110	2	1.5	0	5	100	22		16	1	Contains Milk.
Vanilla Wafer Crumbles	2 Tbsp	18g	80	4	2	0	0	60	11	0	4	1	Contains Egg, Gluten, Milk, Soy, Wheat.
Vegetable and Rice Casserole	1/2 cup	120g	140	6	2.5	0	5	350	17	1	1	3	Contains Gluten, Milk, Soy, Wheat.
Vegetable Oil	1 Tbsp	14g	120	14	2.5	0	0	0	0		0	0	
Vegetable Trio	1/2 cup	90g	30	0	0	0	0	210	6	2	3	2	
Vegetable Trio with Lemon Butter Herb Sauce	1/2 cup	90g	90	7	3	0	0	250	5	2	2	1	Contains Milk, Soy.
Waffles	1 each	57g	120	2.5	0	0	5	460	22	0	7	2	Contains Egg, Gluten, Milk, Soy, Wheat.
Water Chestnuts	1/4 cup	62g	20	0	0	0	0	10	5	1	0	1	
Watermelon	1/4 cup	38g	10	0	0	0	0	0	3	0	2	0	

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Watermelon Lemonade 16 oz	16 fl oz	580g	180	0	0	0	0	30	48	0	46	0	
Watermelon Lemonade 32 oz	32 fl oz	1161g	360	0	0	0	0	55	95	0	92	0	
Whipped Margarine	1 Tbsp	10g	70	8	2.5	0	0	75	0	0	0	0	Contains Milk, Soy.
Whipped Topping	2 Tbsp	8g	25	2	2	0	0	0	2		2	0	Contains Milk.
White Balsamic Vinaigrette	2 Tbsp	31g	130	12	2	0	0	150	5	0	4	0	
White Gravy	2 oz	57g	40	2.5	1	0	0	180	5	0	0	0	Contains Gluten, Milk, Wheat.
White Rice	1/2 cup	85g	120	4.5	1.5	0	0	210	17		0	2	Contains Soy.
Whole Eggs	1 each	50g	80	5	1.5	0	185	60	1	0	1	6	Contains Egg.
Yeast Rolls	1 each	63g	170	3	1	0	0	230	32		8	5	Contains Egg, Gluten, Milk, Soy, Wheat.
Yellow Rice	1/2 cup	85g	130	4	1.5	0	0	660	19	0	1	2	Contains Soy.
Zucchini	5 each	49g	10	0	0	0	0	0	2	0	1	1	
Zucchini, Sautéed	1/2 cup	90g	60	5	1	0	0	160	3	1	2	1	Contains Milk, Soy.