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## Bob evans salad nutrition information

### Bob evans cobb salad calories. Nutritionist gibraltar.

**\*\*Nutrition Facts for Bob Evans' Garden Side Salad\*\* \* Calories: 150 \* Breakdown: + Fat: 41% of calories (from fat) + Carbohydrates: 41% of calories (from carbs) To burn these calories, you'd need to: \* Run for 13 minutes \* Walk for 21 minutes Weight Watchers points for the Garden Side Salad are: \* Freestyle Points: 5 \* WW SmartPoints: 5 \* WW PointsPlus: 4 \*\*Other Bob Evans Menu Items\*\* The text also provides nutrition information and Weight Watchers points for a wide range of Bob Evans menu items, including breakfast dishes, sandwiches, sides, and desserts. There are 150 calories in a Garden Side Salad from Bob Evans, with most of those coming from fat and carbohydrates. To burn these calories, one would need to run for 13 minutes or walk for 21 minutes. Based on the nutrition facts provided, a Garden Side Salad is not considered healthy due to its high calorie and fat content. **\*\*Caffeinated Beverages\*\*** The table shows the nutritional information for various coffee drinks, teas, and juice. The options include Caramel Cappuccino, French Vanilla Cappuccino, Original Cappuccino, and more. The calorie count ranges from 100 to over 300 per serving. **\*\*Breads and Pastries\*\*** The table lists the nutritional information for different types of bread, pastries, and breakfast items. Options include banana nut bread, biscuit, brioche bun, ciabatta bread, dinner rolls, English muffin, garlic ciabatta bread, and more. **\*\*Breakfast Items\*\*** The table includes a variety of breakfast options such as sirloin steak, sausage biscuit bowl, pot roast hash, turkey sausage breakfast, blueberry crepe, plain crepe, scrambled eggs, French toast, and fruit and yogurt plate. The calorie count varies depending on the item. Note that I removed some repetitive information to make the text more concise. Let me know if you'd like me to add anything back in! **\*\*Breakfast Items\*\*** \* Hotcakes: individual hotcakes with no toppings (\$2.00) \* Cranberry Multigrain Hotcakes: same as above, but with cranberry flavor and multigrain ingredients (\$2.26) \* Oatmeal: plain oatmeal in a bowl or cup (\$1.69-\$9.13) \* Border Scramble Omelet: various omelet options with Bob Evans Egg Lites or egg whites \* Farmer's Market Omelet: same as above, but with additional ingredients \* Garden Harvest Omelet: same as above, but with different ingredients \* Ham & Cheddar Omelet and Sausage & Cheddar Omelet: omelets with ham or sausage and cheddar cheese \* Western Omelet: omelet with bacon, bell peppers, onions, and cheddar cheese **\*\*Sides\*\*** \* Bacon: individual slice (\$3.61) \* Sausage Link: single sausage link (\$13.50-\$40.04) \* Hash Browns: plain or loaded hash browns \* Home Fries: plain or loaded home fries \* Biscuit Sandwich: biscuit sandwich with various fillings **\*\*Other Items\*\*** \* Belgian Waffle: individual waffle (\$3.51) \* Fruit N Nut Multigrain Hotcakes: hotcakes with fruit and nut toppings (\$9.88-\$28.52) \* Double Blueberry Hotcakes: hotcakes with blueberry filling and topping (\$9.68-\$17.99) **\*\*Condiments\*\*** A variety of condiments are listed, including butters, jams, honey, creamers, dressings, and spreads. Note: The prices listed are per item or serving size, and may not reflect the total cost of a meal or combination of items. **\*\*Desserts\*\*** A selection of pies and ice cream are listed, including: + Various types of pie (e.g. coconut cream, French silk, apple dumpling) + Cake a la mode + Vanilla ice cream + Strawberry shortcake Each dessert is accompanied by nutritional information, including calories, protein, total carbs, sodium, and sugars. **\*\*Meat and Seafood\*\*** A list of various meat and seafood options are provided, including: + Country fried steak with gravy + Meadloaf + Roast beef (open-faced) + Chicken dishes (e.g. slow-roasted chicken, grilled chicken breast, wildfire grilled chicken breast) + Fish and seafood options (e.g. flounder, salmon, shrimp) Each item is accompanied by nutritional information. **\*\*Pasta and Other Dishes\*\*** A list of various pasta and other dishes are provided, including: + Spaghetti with meat sauce + Chicken penne pasta + Garlic bread crusted whitefish + Beer battered cod Each item is accompanied by nutritional information. **\*\*Fit From The Farm\*\*** A selection of healthy breakfast and lunch options are listed, including: + Steamed broccoli florets + Grilled chicken breast with baked potato and broccoli + Fresh fruit plate with low-fat strawberry yogurt + Veggie omelet Each item is accompanied by nutritional information. Note: The original text appears to be a menu from an Outback Steakhouse restaurant, with nutritional information provided for each item. **\*\*Food Menu\*\*** The menu includes various items such as: \* **\*\*Vegetable Soup\*\***: A hot, low-fat option with 936 calories. \* **\*\*Bean Soup\*\***: Another low-fat option with 108 calories per cup. \* **\*\*Salads\*\***: Fresh garden salads (no dressing) and other options like Cobb Salad, Cranberry Pecan Chicken Salad, Farmhouse Garden Salad, Heritage Chef Salad, Wildfire Fried Chicken Salad, and Wildfire Grilled Chicken Salad. **\*\*Beverages\*\*** The menu also features a variety of drinks, including: \* **\*\*Hot Chocolate\*\***: A rich, chocolatey drink with 253 calories per serving. \* **\*\*Apple Juice\*\***: A sweet and tangy option with 107 calories per serving. \* **\*\*Orange Juice\*\***: Another citrusy choice with 102 calories per serving. \* **\*\*Lemonade\*\***: A refreshing summer drink with 100 calories per serving. **\*\*Desserts\*\*** For those with a sweet tooth, there are: \* **\*\*Fudge Blast Sundae\*\***: A decadent treat with 187 calories. \* **\*\*Reese I'm Smiling Sundae\*\***: Another indulgent option with 256 calories. **\*\*Miscellaneous\*\*** The menu also includes a variety of sides and extras, such as: \* **\*\*French Fries\*\***: Crispy and flavorful with 319 calories per serving. \* **\*\*Mashed Potatoes\*\***: A comforting side dish with 189 calories per serving. \* **\*\*Grilled Cheese Triangles\*\***: A gooey, cheesy snack with 313 calories per serving. **\*\*Nutritional Information\*\*** Each item on the menu includes nutritional information, including: \* Calories \* Protein (g) \* Total Carbs (g) \* Sodium (mg) \* Sugars (g) \* Weight Watchers points This allows customers to make informed choices about their meal options. **\*\*Menu Items\*\*** \* Burgers: Farm Favorite, Smokehouse, Three-Cheese, and more \* Sandwiches: Fried Chicken Club, Grilled Chicken Club, Farm-Grill Chicken, and others \* Chicken options: Farm Favorite Fried Chicken Sandwich, Grilled Chicken Sandwich, and more \* Cheese sandwiches: Grilled Cheese, Turkey Bacon Melt, and others \* Seafood: Fish Market Haddock Sandwich \* Salads: Chicken Salad Sandwich and Side Salad \* Meat options: Wildfire Pulled Pork Sandwich, Seniors' menu (includes Country Fried Steak, Meatloaf, etc.) \* Sides: Applesauce, Green Beans, Broccoli Florets, and more **\*\*Sauces and Toppings\*\*** \* Various cheeses and gravy options \* Sauces like Hollandaise, Marinara, Rancho Picante, and more \* Fresh toppings like blueberries, cranberries, honey roasted pecans, and bacon bits **\*\*Nutritional Information\*\*** Each menu item has a detailed breakdown of calories, protein, total carbs, sodium, sugars, and Weight Watchers points. Fries, Kids**