



HUTI'S 5 FREE-FIRE GRILL NUTRITIONAL INFORMATION

	SERVING MEASURE	CALORIES (ENERGY)	PROTEIN (g)	TOTAL FAT (g)	CARBOHYDRATE (g)	FIBER (g)	SODIUM (mg)	SATURATED FAT (g)	CHOLESTEROL (g)
BASES									
WHITE RICE	1.5 cups	406	7	11	67	1	421	2	0
BROWN RICE	1.5 cups	451	8	12	78	5	431	2	0
ORGANIC GREENS	1.5 cups	8	1	0	1	1	6	0	0
MAINS									
ASADO STEAK	4 oz	199	24	9	3	0	113	4	77
ASADO CHICKEN	4 oz	121	23	1	3	0	392	0	55
FREE-FIRE PORK	4 oz	149	20	5	3	0	441	2	48
GRILLED SALMON	4 oz	216	29	10	0	0	63	1	80
FEIJOADA	4 oz	103	10	4	7	2	441	1	23
SIDES									
GRILLED VEGGIES	6 oz	26	1	2	3	1	16	0	0
ROASTED ROOTS	6 oz	70	1	1	13	2	70	0	0
ROASTED CORN	6 oz	50	2	1	11	1	1	0	0
SUPER GREENS	6 oz	63	2	5	4	2	219	1	0
BLACK BEANS	6 oz	120	8	0	23	8	972	0	0
QUINOA SALAD	6 oz	49	2	1	7	2	211	0	0
STREET CORN	6 oz	198	5	10	27	3	144	2	8
SWEET PLANTAINS	6 oz	200	1	6	34	3	5	2	0
SAUCES									
CREAMY AVO	0.5 oz	71	0	7	1	0	146	2	11
ASADO RED	0.5 oz	1	0	0	0	0	37	0	0
CHIMICHURRI	0.5 oz	104	0	11	1	0	64	2	0
PIRI PIRI	0.5 oz	35	0	4	1	0	79	1	0
MANGO BBQ	0.5 oz	29	0	1	5	0	34	0	0
TOPPINGS									
FAROFA	1 tbsp	30	0	2	4	0	19	1	2
SESAME SEEDS	1 tsp	26	1	2	1	1	1	0	0
SOUR CREAM	1 tbsp	34	1	3	1	0	7	2	10
QUESO FRESCO	1 tbsp	23	1	2	0	0	57	1	5
VINAIGRETTE	1 tbsp	6	0	0	1	0	22	0	0
LEMON/LIME	1 wedge	4	0	0	1	0	0	0	0
EXTRAS									
CRISPY PLANTAINS	4 oz	205	1	8	33	3	2	3	0
GUACAMOLE	4 oz	159	3	12	13	7	53	2	0
PAO DE QUIEJO	2.6 oz	288	7	16	30	0	419	12	52
DESSERTS									
BROWNIE	5 oz	544	6	20	93	5	362	9	6
BLONDIE	5 oz	684	9	29	98	5	351	15	102

Nutritional content may vary because of variations in portion size or recipes, changes in growing seasons, or differences in the sources of our ingredients. We may update this chart from time to time. The average person needs about 2000 calories (and less than 2300 mg sodium) per day. The exact number of calories you need depends on your age, gender, body size and activity level.

SOURCE: <https://ndb.nal.usda.gov/ndb/search/list>