	Serving Size (oz)	Calories	Total Fat (g)	Calories from Fat	Saturated Fat (g)	Trans Fat (g)	Cholestorol (mg)	Sodium (mg)	Total Carbohydrate (g)	Protein (g)
Applesauce	5	110	0	0	0	0	0	0	28	0
Armadillo Eggs	4.6	270	13	120	7	1	30	1130	30	9
Armdillo Egg Sauce	2	180	19	160	5	0	0	170	3	1
Baby Back Ribs	5	448	36.8	336	14.4	0	104	496	7.6	25.6
BBQ Sauce-Hot	2	63	0	0	0	0	0	20	16	0
BBQ Sauce-Mild	2	81	0	0	0	0	0	30	21	0
Beef Brisket-Chopped or Sliced	5	340	18	160	6	0	130	105	0	42
Bun	2.3	160	2.5	20	0.5	0	0	300	29	5
Chicken Fingers	4	290	15	130	4	0	95	310	10	28
Chicken-1/2	16	1010	61	540	17	0	345	330	0	109
Cobbler	4.4	250	10	90	2	3	0	230	39	3
Coleslaw	5	130	8	70	5	0	0	0	13	0
Corn	5	150	1.5	15	0	0	0	5	35	3
Cornbread	5	160	3	25	0.5	1	5	300	33	2
Cottage Cheese	5	138	6	125	4	0	25	575	2.5	17.5
Country Ham	5	225	12.5	113	4	0	75	1175	2.5	22.5
Fire Roasted Caramel Apples	5	100	1.5	15	1	0	5	35	24	0
French Fries	5	210	7	60	1.5	0	0	470	35	3
Garlic Mashed Potatoes	5	110	2.5	20	0.5	0.5	0	610	20	2
Green Bean Casserole	5	190	14	120	5	0	45	370	4	11
Green Beans	5	30	2	15	1	0	10	240	0	3
Macaroni & Cheese	5	196	10	88.6	3.8	0	15.8	728	19.6	6.3
Pork Loin	5	200	7	60	2.5	0	90	95	0	31
Potato Salad	5	250	16	140	2.5	0	25	560	24	3
Pulled Pork	5.5	420	29	250	11	0	130	770	2	35
Ranch Beans	5	140	1.5	10	0	0	0	940	26	6
Scalloped Potatoes	5	45	3.5	35	1.5	0	10	125	1	2
Texas Tater	16	900	0	0	0	0	0	95	209	19
Texas Toast	1.4	100	1	10	1	0	0	210	19	3
Turkey	5	300	12	110	3.5	0	110	95	0	45
Waffle Fries	5	210	7	60	1.5	0	0	470	35	3