Lucky Dragon Fried Rice

*2,000 calories a day is used for general nutrition advice, but calorie needs vary

Menu Items/List	Total Calories kcal	Calories from Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fibers (g)	Sugars (g)	Protein (g)
(Lucky Dragon Fried Rice) Classic Stir Fried Rice	1,064.74	618.40	58.86	12.07	0.00	472.49	4,541.34	95.40	7.34	11.59	35.93
(Lucky Dragon Fried Rice) Classic Stir Fried Rice	1,064.74	618.40	58.86	12.07	0.00	472.49	4,541.34	95.40	7.34	11.59	35.93
(Lucky Dragon Fried Rice) Classic Stir Fried Rice the Fam - Chicken (serves 4)	5,143.29	3,060.98	301.96	61.61	0.00	2,096.53	30,014.98	382.85	29.43	46.42	221.71
(Lucky Dragon Fried Rice) Classic Stir Fried Rice the Fam - Pork (serves 4)	5,216.21	3,182.50	317.12	70.13	0.00	2,057.01	30,956.62	382.85	29.43	46.42	207.75
(Lucky Dragon Fried Rice) Classic Stir Fried Rice the Fam - Shrimp (serves 4)	4,971.73	2,970.42	293.24	58.85	0.00	2,318.61	31,818.98	385.93	29.43	46.42	190.27
(Lucky Dragon Fried Rice) Classic Stir Fried Rice the Fam - Steak (serves 4)	5,257.53	3,160.62	314.20	68.09	0.00	2,009.05	30,077.22	382.85	29.43	46.42	216.07
(Lucky Dragon Fried Rice) Spicy Fried Rice	1,074.59	618.88	58.96	12.07	0.00	472.49	4,675.89	97.45	7.47	12.84	36.06
(Lucky Dragon Fried Rice) Stir Fry Chicken Breast	103.27	30.37	3.04	0.91	0.00	51.64	2,855.52	0.00	0.00	0.00	19.44
(Lucky Dragon Fried Rice) Stir Fry Flank Steak	131.83	55.28	6.10	2.53	0.00	29.77	2,871.08	0.00	0.00	0.00	18.03
(Lucky Dragon Fried Rice) Stir Fry Pork Loin	121.50	60.75	6.83	3.04	0.00	41.76	3,090.93	0.00	0.00	0.00	15.95
(Lucky Dragon Fried Rice) Stir Fry Shrimp	60.38	7.73	0.86	0.22	0.00	107.16	3,306.52	0.77	0.00	0.00	11.58
Jasmine Rice, RAW (Family Items, 32 oz)	1,160.00	18.00	2.00	0.00	0.00	0.00	0.00	256.00	4.00	0.00	24.00
Jasmine Rice, RAW (Entrees, 8 oz)	290.00	4.50	0.50	0.00	0.00	0.00	0.00	64.00	1.00	0.00	6.00

Written nutrition information is available upon request.