Nutritional Information - Mediterranean Ala Carte

Philadelphia CATERING CO.

Menu Item	Serving Size	Calories	Cals from fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Choloesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Vegetarian	Vegan	Gluten Free	Contains Egg	Contains Dairy	Contains Soy	Contains Tree Nuts	Contains Peanuts	Contains Fish	Conatins Shellfish	Conatins Sesame	Additional info
BABA GANOUSH	3 OZ	110	76	8	1	0	0	208	8	4	3	3	X	X	X									
FALAFEL	1 OZ	45	2	2	0	0	0	87	5	1	1	2	X	X	X									
FETA CHEESE	1 OZ	75	54	6	4	0	25	260	1	0	1	4	X		X		X							
HUMMUS - PLAIN	3 OZ	128	67	7	1	0	0	326	13	5	0	5	X	X	X									
PITTED KALAMATA OLIVES	1 OZ	108	84	10	1	0	0	552	5	0	0	0	X	X	X									
LEMON TAHINI SAUCE	1 OZ	43	33	4	0	0	0	15	2	1	0	1	X	X	X									
MARINATED ROASTED PEPPERS	1 OZ	7	0	0	0	0	0	52	1	0	1	0	X	X	X									
PITA BREAD	3 OZ	230	76	6	1	0	0	360	38	0	0	7	X	X										
ROASTED RED PEPPER HUMMUS	3 OZ	144	105	13	2	0	0	196	6	2	1	4	X	X	X									
SPICY CHIPOTLE HUMMUS	3 OZ	138	112	13	2	0	0	172	6	2	1	3	X	X	X									
SUN DRIED TOMATO & BASIL HUMMUS	3 OZ	149	120	14	2	0	0	163	6	2	1	3	X	X	X									

DISCLAIMER

Nutritional information is based on standard recipes and uses the latest nutritional data available from the USDA as well as nutritional data provided by food manufacturers about their products. Variations may occur due to product availability and food preparation. If you have a food allergy, please note that many of our menu items may potentially come in contact with other allergens. This site is not a substitute for the services of a trained health professional.