

# Fresh from the Garden: EN's Restaurant Entrée Salad Guide

## Nutrition Comparison of Entrée Salads

As with all EN comparison's, this is only a sampling of what's available. Products are listed alphabetically. Unless otherwise noted, dressing is not included in nutritional information. Salad serving size is based on one individual restaurant portion.

✓ = EN's Picks. Salads contain no more than 19 grams of fat, 6 grams of saturated fat, and 900 milligrams of sodium per individual serving. Salad dressings contain no more than 100 calories and 5 grams of fat

Salad	Calories	Fat (grams)	Sat Fat (grams)	Protein (grams)	Sodium (milligrams)
<b>BEEF</b>					
Boston Market Caesar Salad w/ Roasted Sirloin	580	44	12	38	1100
Longhorn Steakhouse 7-Pepper Sirloin Salad	670	36	12	n/a	1500
On The Border Grande Taco Salad w/Seasoned Ground Beef	1390	95	33	53	2250
PF Chang's Wedge w/Steak	984	74	13	44	2034
Wendy's Southwest Taco Salad	400	22	11	27	1140
<b>CHICKEN</b>					
Arby's Chopped Farmhouse Grilled Chicken Salad	229	11	6	20	578
Bob Evan's Cranberry Pecan Chicken Salad	836	52	15	46	2112
Boston Market Chopped Salad w/ Rotisserie Chicken	660	43	9	48	2260
✓ Burger King TenderGrill Chicken Garden Salad	210	7	3	29	780
BurgerKing TenderCrisp Chicken Garden Salad	410	23	6	27	1060
✓ Denny's Grilled Chicken Salad Deluxe	290	10	5	36	770
✓ Denny's Fit-Fare Grilled Chicken Breast Salad w/citrus wedges	290	10	5	36	770
Friendly's Crispy Chicken Salad	710	42	12	37	820
Friendly's Oriental Chicken Salad	500	21	3	37	1200
Friendly's Kickin' Buffalo Chicken Salad	770	50	10	31	1350
✓ KFC Roasted Chicken BLT Salad	200	7	2	30	720
✓ KFC Roasted Chicken Caesar Salad	190	6	3	29	530
Longhorn Steakhouse Mixed Green Salad with Chicken	470	21	8	n/a	750
McDonald's Premium Bacon Ranch Salad with Crispy Chicken	370	20	6	29	970
✓ McDonald's Premium Caesar Salad with Grilled Chicken	220	6	3	30	890
McDonald's Premium Southwest Salad with Grilled Chicken	320	9	3	30	960
Olive Garden Grilled Chicken Caesar Salad	850	64	13	54.5	1880
On The Border Sizzling Fajita Salad with Chicken	740	47	21	53	2210
✓ Panera Full Asian Sesame Chicken Salad	410	19	3.5	32	900
Panera Full Fuji Apple with Chicken Salad	520	30	6	32	900
Panera Full Grilled Chicken Caesar	500	28	8	35	1000
PF Chang's Wedge w/Chicken	865	64	13	52	1900
Romano's Macaroni Grill Chicken Florentine Salad	900	60	8	35	2280
Wendy's Chicken BLT Salad	470	27	10	35	1210
✓ Wendy's Mandarin Chicken Salad	180	2	.5	24	630
<b>SEAFOOD</b>					
Chili's Spicy Garlic & Lime Grilled Shrimp Salad (with dressing)	630	40	11	29	1850
Longhorn Steakhouse Caesar Salad with Salmon	720	50	10	n/a	1040
PF Chang's Bikini Shrimp Salad	541	31	4	38	827
Romano's Macaroni Grill Seared Sea Scallops Salad	1170	94	27	56	2680
<b>OTHER</b>					
✓ Arby's Turkey Club Salad	231	11	6	22	800
Bob Evan's Country Spinach Salad	605	41	10	52	1464
✓ Bob Evan's Savor Size Heritage Chef Salad	259	15	7	23	793
Romano's Macaroni Grill Warm Spinach Salad	510	43	12	19	1870
<b>SALAD DRESSINGS</b>					
Bob Evan's French Dressing (dinner size: 3 ounces)	439	41	7	0	494
KFC Marzetti Light Italian Dressing (1 ounce)	10	.5	0	0	510
Panera Full Greek Dressing (1.5 ounce)	220	24	3.5	0	380
✓ Panera Full Light Buttermilk Dressing (1.5 ounce)	80	4	0.5	1	350
Wendy's Honey Dijon Dressing (2 ounces)	250	24	3.5	1	330
✓ Wendy's Light Honey Dijon (2 ounces)	100	5	1	1	280

g=gram; mg=milligrams; Sat. Fat=saturated fat; n/a=not available. All nutritional information obtained from restaurant website.

You're eating healthier, feeling good and now a friend wants to meet you for lunch. No problem, you'll just order a salad, right? Well, it may not be quite that easy. While a salad can be a great choice, ordering just any salad off the menu isn't necessarily the best choice for your health or waistline.

A simple garden salad can form a healthy blank canvas on which to create a nutritious meal. However, many restaurants go so overboard with their toppings and additions you end up with a dish that's the nutritional equivalent of a deluxe fast food burger on top of a few lettuce leaves. A well-built entrée salad provides a variety of nutrients—fiber for digestive and heart health, protein to fill you up, and an assortment of vitamins and minerals. The key is making sure your greens are topped with the right ingredients.

### Make the Most of Your Order.

The following tips can be used when dining out or creating salads at home.

- **Put on some protein.** Protein is not only an essential nutrient, it helps fill you up and keep hunger at bay for longer. A couple of ounces of sliced grilled meats, chopped hard-boiled egg, beans or drained, water-packed tuna are all great choices.
- **Go easy on the dressing.** Those flavorful dressings can often shoot the calorie and fat content sky high. In fact, some restaurant dressings can add as much as 300 calories, which is basically like topping your healthy salad with a small order of French fries. Typically vinaigrettes are better choices than calorie-laden creamy dressings. Instead of pouring your dressing over your salad, have it on the side and dip into it—you'll end up eating less.
- **Think outside the bowl.** Try some less common salad toppings. A couple of tablespoons of dried fruit, nuts or drained canned fruit can add texture, flavor and nutrition.

—Heidi McIndoo, M.S., R.D.