

# Nutritional Data--Jump Standard Value Size Entrée



Serving Size (oz)	Calories	Calories from Fat	Protein (g)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	% of Daily Value Based on 2,000 Calorie Diet			
												Vitamin A	Vitamin C	Calcium	Iron

EGG ROLLS																
Pork & Shrimp	2	118	78	4	6	1	2	9	2	0	14	201	39%	12%	2%	3%
Southwestern Chicken	2	158	62	7	17	1	3	7	3	0	14	265	2%	1%	9%	2%
Vegetable	2	82	55	1	6	1	3	6	1	0	0	306	55%	15%	3%	0%
ENTRÉES Selected Portion Size -- Includes Steamed Rice																
Almond Chicken	12.5	587	120	15	97	2	14	14	2	0	28	897	1%	4%	5%	22%
Beef & Broccoli	12.5	454	87	16	73	2	3	9	2	0	29	752	35%	48%	5%	23%
Beef & Snowpeas	12.5	459	86	16	74	2	3	9	2	0	29	744	26%	31%	5%	25%
Beef Mushrooms & Onion	12.5	456	86	16	74	1	3	9	2	0	29	740	0%	3%	4%	22%
Black Pepper Chicken	12.5	485	89	13	81	2	2	10	2	0	23	715	11%	36%	4%	20%
Cashew Chicken	12.5	497	99	17	77	2	3	13	2	0	25	789	0%	2%	4%	20%
Chicken & Broccoli	12.5	457	69	16	74	2	3	9	1	0	25	766	35%	48%	5%	19%
Chicken & Snowpeas	12.5	462	68	16	74	2	3	9	1	0	25	758	26%	31%	5%	22%
Chicken & Vegetable	12.5	459	69	16	74	2	2	9	1	0	25	761	23%	22%	4%	20%
General Tso Chicken	12.5	557	103	15	93	2	10	12	2	0	29	830	12%	4%	4%	22%
Hunan Beef	12.5	475	80	18	82	2	9	8	2	0	29	797	39%	39%	5%	22%
Hunan Chicken	12.5	478	62	18	83	2	9	8	1	0	25	811	39%	39%	5%	19%
Hunan Shrimp	12.5	426	51	16	79	2	9	5	1	0	70	702	39%	39%	5%	23%
Orange Chicken	12.5	571	103	15	98	2	14	12	2	0	29	905	0%	7%	4%	21%
Pepper Steak	12.5	451	86	15	73	2	3	9	2	0	29	740	13%	42%	3%	22%
Sesame Chicken	12.5	588	113	15	99	2	14	13	2	0	29	921	0%	1%	4%	22%
Stir Fry Chicken	12.5	485	61	16	82	2	11	9	1	0	25	680	13%	14%	4%	20%
Sweet & Sour Chicken	12.5	514	89	13	91	2	14	10	2	0	22	363	3%	22%	4%	20%
Sweet & Sour Pork	12.5	519	94	14	89	2	14	11	2	0	17	324	3%	21%	4%	20%
Szechuan Chicken	12.5	477	60	17	83	2	9	8	1	0	25	798	19%	29%	4%	18%
Teriyaki Chicken	12.5	497	61	16	86	1	15	9	1	0	25	754	0%	3%	4%	19%
Thai Crispy Chicken	12.5	525	84	14	93	2	13	10	2	0	23	512	12%	46%	5%	21%
Thai Vegetables	12.5	433	47	8	88	3	18	5	1	0	0	304	26%	62%	5%	19%
FRIED RICE																
Beef Fried Rice	12.5	609	263	19	67	2	2	29	5	0	117	658	57%	9%	5%	24%
Chicken Fried Rice	12.5	613	243	19	68	2	2	29	4	0	113	674	57%	9%	5%	21%
Shrimp Fried Rice	12.5	555	231	18	64	2	2	26	4	0	164	553	57%	9%	5%	26%
Vegetable Fried Rice	12.5	515	222	10	64	3	3	25	3	0	83	458	68%	41%	6%	21%
LO MEIN NOODLES																
Beef Noodles	12.5	539	198	24	61	2	3	22	4	0	77	1192	22%	22%	3%	20%
Chicken Noodles	12.5	543	178	24	62	2	3	22	4	0	72	1209	22%	22%	3%	16%
Shrimp Noodles	12.5	483	165	22	58	2	3	18	3	0	125	1082	22%	22%	4%	21%
Vegetable Noodles	12.5	465	167	14	61	3	4	18	3	0	45	1024	29%	51%	4%	16%
SIDES																
Side Fried Rice	8	373	163	7	46	1	1	18	3	0	62	333	41%	6%	3%	13%
Side Lo Mein Noodles	8	321	117	10	42	1	2	13	2	0	31	717	16%	16%	2%	10%
Steamed Rice	8	295	6	6	64	1	0	1	0	0	2	0%	0%	2%	15%	
Brown Rice	8	252	18	6	52	4	1	2	0	0	11	0%	0%	2%	5%	

Denotes Fit n' Fresh--entrées under 500 Calories

Entrée selection may vary by location. Additional Entrées can be found on the Jump Brand Support Center.

Nutritional data is based on standard portion products guidelines, variations in actual values can be expected due to seasonal influences, mineral content of soil, diet of animal, fertilizer or growth hormone used, genetics of plant or animal, processing method, minor differences in product assembly per restaurants and other factors. Actual nutrient values will vary. All nutrient data should be viewed and be used only as a guide.