

PANDA EXPRESS NUTRITION FACTS

PandaExpressNutritionCalculator.org · 71 items · Updated 21 August 2026

CHICKEN

ITEM	PORTION OZ	CAL	FAT G	SAT FAT G	CHOL MG	SODIUM MG	CARBS G	FIBER G	SUGAR G	PROTEIN G
Black Pepper Chicken	6.3	280	19	3.5	55	1130	15	1	7	13
Grilled Teriyaki Chicken	6	275	10	3	160	470	14	0	9	33
Honey Sesame Chicken Breast	5.3	340	15	2.5	45	540	35	1	16	16
Hot Orange Chicken	5.92	550	27	5	55	950	59	2	21	17
Kung Pao Chicken	6.73	320	21	4	60	1050	15	2	7	17
Mushroom Chicken	5.7	220	14	2.5	50	840	10	1	5	13
Potato Chicken	5.2	190	10	2	30	510	18	2	4	8
String Bean Chicken Breast	5.6	210	12	2	30	560	13	5	5	12
Sweet & Sour Chicken Breast	5.5	300	12	3	25	260	40	1	24	10
SweetFire Chicken Breast	5.8	360	15	3	45	370	40	2	19	15
Teriyaki Chicken	6	340	13	3.5	195	630	14	3	10	41
The Original Orange Chicken	5.92	510	24	5	86	850	53	2	20	16

BEEF

ITEM	PORTION OZ	CAL	FAT G	SAT FAT G	CHOL MG	SODIUM MG	CARBS G	FIBER G	SUGAR G	PROTEIN G
Beijing Beef	5.6	470	27	5	35	600	46	2	21	14
Black Pepper Sirloin Steak	5.1	180	6	1.5	45	590	12	2	7	19
Broccoli Beef	5.44	150	6	2	27	520	12	2	6	15

SEAFOOD

ITEM	PORTION OZ	CAL	FAT G	SAT FAT G	CHOL MG	SODIUM MG	CARBS G	FIBER G	SUGAR G	PROTEIN G
Honey Walnut Shrimp	4.39	430	28	4	70	700	32	1	9	13
Steamed Ginger Fish	6	200	12	2.5	40	1990	8	0	6	15
Wok-Fired Shrimp	6	190	5	1	140	1140	19	1	15	17

SIDES & VEGETABLES

ITEM	PORTION OZ	CAL	FAT G	SAT FAT G	CHOL MG	SODIUM MG	CARBS G	FIBER G	SUGAR G	PROTEIN G
Chow Fun	8.5	410	9	1	0	1110	73	1	6	9
Chow Mein	11	600	23	4	0	1000	94	7	11	15
Eggplant Tofu	6.1	340	24	3.5	0	520	23	3	17	7
Fried Rice	11	620	19	4	140	1000	101	1	4	13
Super Greens	10	130	4	0	0	370	14	7	6	9
Super Greens Entree	7	90	3	0	0	260	10	5	4	6
White Steamed Rice	11	520	0	0	0	0	118	0	0	10

APPETIZERS & SOUP

ITEM	PORTION OZ	CAL	FAT G	SAT FAT G	CHOL MG	SODIUM MG	CARBS G	FIBER G	SUGAR G	PROTEIN G
Chicken Egg Roll	2.75	200	10	2	20	340	20	2	2	6
Chicken Potsticker	3.3	160	6	1.5	20	250	20	1	2	6
Cream Cheese Rangoon	2.4	190	8	5	35	180	24	2	1	5
Hot & Sour Soup	17.4	170	6	1	90	1260	20	1	6	10
Veggie Spring Roll	3.5	240	14	2	0	560	24	2	0	4

CUB MEALS

ITEM	PORTION OZ	CAL	FAT G	SAT FAT G	CHOL MG	SODIUM MG	CARBS G	FIBER G	SUGAR G	PROTEIN G
Broccoli Beef Panda Cub Meal	9.5	300	7	1	10	500	49	6	13	11
Grilled Teriyaki Chicken Panda Cub Meal	9.3	400	16	3	120	700	36	5	16	28
Orange Chicken Panda Cub Meal	9.5	580	17	4	60	705	84	5	30	22

BEVERAGES

ITEM	PORTION OZ	CAL	FAT G	SAT FAT G	CHOL MG	SODIUM MG	CARBS G	FIBER G	SUGAR G	PROTEIN G
Barq's Root Beer	22	290	0	0	0	95	80	0	80	0
Black Tea	32	10	0	0	0	25	3	0	0	0
Coca Cola	30	370	0	0	0	95	100	0	100	0
Coca Cola Cherry	30	380	0	0	0	105	105	0	105	0
Coca Cola Zero Sugar	30	0	0	0	0	100	0	0	0	0
Diet Coke	30	0	0	0	0	125	1	0	0	0
Dr Pepper	30	360	0	0	0	110	98	0	98	0
Fanta Fruit Punch	30	380	0	0	0	150	104	0	102	0
Fanta Orange	30	410	0	0	0	140	105	0	105	0
Fanta Strawberry	30	410	0	0	0	105	111	0	110	0
Fuze Lemon Black Tea	30	210	0	0	0	125	56	0	55	0
Fuze Raspberry Tea	30	210	0	0	0	125	56	0	55	0
Glaceau Vitaminwater Squeezed Zero	30	5	0	0	0	100	2	0	0	0
Gold Peak Premium Unsweetened Tea	30	0	0	0	0	125	0	0	0	0
Hi-C Flashin Fruit Punch	30	390	0	0	0	180	106	0	103	0
Lemon Green Tea	32	10	0	0	0	0	0	0	0	2
Mango Guava Tea	24	195	0	0	0	0	46	0	42	0
Minute Maid Lemonade	30	390	0	0	0	250	99	0	94	0
Minute Maid Light Lemonade	30	15	0	0	0	105	5	0	0	0
Passionfruit Mango Black Tea	32	10	0	0	0	25	3	0	0	0
Peach Lychee Flavored Refresher	24	210	0	0	0	0	53	0	53	0
Pomegranate Pineapple Flavored Lemonade	24	240	0	0	0	0	62	0	57	0
Powerade Fruit Punch	30	200	0	0	0	290	53	0	180	0
Powerade Mountain Berry Blast	30	210	0	0	0	280	55	0	55	0
Seagrams Ginger Ale	30	320	0	0	0	110	87	0	87	0
Sprite	22	250	0	0	0	125	68	0	67	0
Sprite Zero	30	5	0	0	0	110	0	0	0	0
Sweet Tea	32	410	0	0	0	25	103	0	101	0
Watermelon Mango Flavored Refresher	24	210	0	0	0	0	53	0	52	0

SAUCES & EXTRAS

ITEM	PORTION OZ	CAL	FAT G	SAT FAT G	CHOL MG	SODIUM MG	CARBS G	FIBER G	SUGAR G	PROTEIN G
Apple Pie Roll	1.94	150	3	1	0	90	30	1	13	2
Chili Sauce	0.25	10	0	0	0	125	2	0	2	0
Fortune Cookie	0.18	20	0	0	0	0	5	0	2	0
Hot Mustard	0.25	10	1	0	0	115	0	0	0	0
Potsticker Sauce	0.4	10	0	0	0	290	3	0	2	0
Soy Sauce	0.21	5	0	0	0	375	0	0	0	0
Sweet & Sour Sauce	1.8	70	0	0	0	115	21	0	20	0
Teriyaki Sauce	1.8	70	0	0	0	380	16	0	14	0
Tree Top Apple Crisps	0.34	40	0	0	0	0	10	2	7	0

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