

# Gluten Free & Avoid Gluten Nutrient Report

For additional support or questions, please contact the Patient Dining Call Center. Contact information can be found on the patient menu at your local Mayo Clinic location. Last revised: 4/29/26

Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Protein (g)	Sodium (mg)	Fiber (g)	Potassium (mg)
GF French Toast	315	12.9	2.2	38	11	494	1	249
Sliced Banana Topping	53	0.2	0.1	13	1	1	2	211
Blueberry Topping	20	0.1	0.0	5	0	0	1	27
Strawberry Topping	12	0.1	0.0	3	0	0	1	58
Egg Potato & Veg Skillet	225	11.9	3.8	21	9	99	2	457
Curried Tofu Scramble	215	11.8	1.3	9	19	103	6	343
Breakfast Potatoes	127	4.7	0.4	20	2	124	2	348
Hard Fried Egg	70	4.9	1.4	0	6	63	0	61
Hard Boiled Egg (cold)	68	4.7	1.4	0	6	55	0	55
Scrambled Eggs	156	11.5	4.6	2	10	140	0	138
Egg Whites	70	0.9	0.1	1	13	202	0	198
LowCholesterol Scrambled Egg	69	0.9	0.1	2	11	223	0	195
Bacon 2ea	87	6.5	2.2	0	6	313	0	93
Pork Sausage Patty	178	16.8	5.9	1	5	316	0	0
Turkey Bacon 2 slice	36	2.8	0.9	1	2	128	0	22
Turkey Sausage	35	2.5	0.8	0	4	140	0	48
Cottage Chz	81	1.2	0.7	3	14	459	0	97
Apple	68	0.2	0.0	18	0	1	3	140
Applesauce	49	0.1	0.0	13	0	2	1	87
Banana	105	0.4	0.1	27	1	1	3	422
Fruit Cup	34	0.2	0.0	9	1	8	1	167
Grapes	54	0.1	0.0	14	1	2	1	150
Mandarin Oranges	34	0.0	0.0	9	1	5	1	123
Orange	97	0.2	0.0	24	2	0	5	373
Peaches	40	0.0	0.0	10	1	4	1	115
Pears	52	0.1	0.0	14	0	4	2	100
Stewed Prunes	66	0.1	0.0	17	1	1	2	199
Cream of Rice	84	0.0	0.0	20	1	110	0	19
Grits	105	0.5	0.1	22	2	6	1	42
GF Bob's Red Mill Oatmeal	210	5.0	1.0	33	7	160	7	212
Cheerios	72	1.3	0.3	14	2	97	2	123
GF Rice Chex	73	0.2	0.1	17	1	160	0	35
Sugar & Brown Sugar Topping	50	0.0	0.0	13	0	2	0	9
Sugar	17	0.0	0.0	4	0	0	0	0
Cinnamon	3	0.0	0.0	1	0	0	1	6

Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Protein (g)	Sodium (mg)	Fiber (g)	Potassium (mg)
Raisins	27	0.0	0.0	7	0	2	0	67
Lt Peach Yogurt	77	0.3	0.2	15	5	74	0	261
LF Strawberry Yogurt	112	0.8	0.4	23	4	56	0	180
LF Van Yogurt	75	0.4	0.0	15	2	38	0	120
Blueberry Greek Yogurt	110	0.0	0.0	16	11	55	1	188
Plain FF Greek Yogurt	60	0.0	0.0	4	11	43	0	188
Van Greek Yogurt	110	0.0	0.0	15	12	60	0	188
GF Blueberry Muffin	270	9.0	2.5	39	3	258	1	51
GF WG Bread	130	4.5	0.0	21	2	230	1	83
GF White Bread	150	5.0	0.3	24	2	270	1	92
Three Bean Chili Soup 12floc	264	6.9	0.7	42	12	633	14	998
Three Bean Chili Soup 6floc	132	3.4	0.4	21	6	317	7	499
Tomato Basil Soup 12floc	133	9.1	1.3	13	2	424	6	569
Tomato Basil Soup 6floc	67	4.5	0.6	7	1	212	3	285
Veg Soup 12floc	84	1.1	0.1	18	2	753	4	366
Veg Soup 6floc	42	0.5	0.1	9	1	377	2	183
Beef Broth 6floc	12	0.8	0.8	2	0	617	0	2
Chx Broth 6floc	16	0.8	0.0	2	0	617	0	2
Veg Broth 6floc	16	0.0	0.0	4	0	291	0	42
Delight Pho Broth	11	0.1	0.0	2	1	325	1	67
Thai Lemongrass Broth	10	0.0	0.0	2	1	345	0	68
Tomato Basil Broth	11	0.1	0.0	2	1	305	1	86
Spicy Tortilla Broth	11	0.1	0.0	2	1	325	1	84
GF Caesar Sld	27	1.1	0.6	3	2	62	1	186
Garden Sld	16	0.2	0.0	3	1	12	1	194
Vegetables & Hummus	214	9.6	1.3	25	9	454	8	370
GF Caesar Sld	40	1.7	0.9	4	3	93	2	280
Garden Sld	32	0.4	0.1	7	2	25	3	389
Cottage Chz & Fruit Plate	187	1.6	0.8	30	16	472	3	506
Grilled Chx 3oz	135	4.6	1.1	0	23	143	0	267
Roasted Salmon 3oz	166	7.8	1.2	0	23	344	0	556
Tofu 1/4c	48	3.0	0.4	1	5	4	0	76
Cilantro Lime Vinaigrette	101	10.8	1.5	1	0	96	0	39
Honey Dijon Balsamic Vin	139	10.9	0.8	11	0	33	0	12
Italian	21	1.9	0.3	1	0	128	0	10
Oil & Balsamic Vinegar	175	18.9	2.6	2	0	3	0	11

Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Protein (g)	Sodium (mg)	Fiber (g)	Potassium (mg)
Turkey on WG GF Bread	341	10.4	0.2	43	20	793	2	615
Grilled Chx on GF Bun	375	11.6	1.6	44	29	583	5	395
White GF Bun	240	7.0	0.5	44	6	440	5	128
Grilled Chz on GF Bread	539	31.8	13.4	49	14	819	1	218
Lettuce Leaf	1	0.0	0.0	0	0	2	0	15
Sliced Tomato	2	0.0	0.0	1	0	1	0	32
Red Sliced Onions	5	0.0	0.0	1	0	1	0	18
Dill Pickles Slices	3	0.1	0.0	1	0	227	0	33
Sliced American Chz	52	4.4	2.6	1	3	237	0	19
Sliced Cheddar Chz	86	7.1	4.0	1	5	139	0	16
Sliced Mozzarella Chz	63	4.2	2.4	1	5	142	0	40
Sliced Pepper Jack Chz	79	6.4	4.1	0	5	128	0	17
LF Sliced Swiss Chz	65	4.3	2.8	1	6	85	0	15
Ketchup	10	0.0	0.0	3	0	95	0	24
Mustard	3	0.2	0.0	0	0	63	0	9
Sour Cream	56	5.5	2.9	1	1	9	0	35
Medium Salsa	9	0.1	0.0	2	0	230	1	89
Pico de Gallo	7	0.1	0.0	2	0	21	0	71
BBQ Sauce	48	0.1	0.0	11	0	283	0	87
Cholula Sauce	3	0.1	0.0	0	0	137	0	8
Roasted Salmon 3oz	166	7.8	1.2	0	23	344	0	556
Baked Cod 4oz	85	0.5	0.1	2	17	330	1	256
Grilled Chx 3oz	135	4.6	1.1	0	23	143	0	267
Southwestern Carnitas Bowl	472	18.0	5.6	50	27	641	7	805
Rst Turkey w/Chx Gravy 3oz	108	2.0	0.5	2	20	330	0	189
Beef Pot Roast w/Gravy 3oz	202	12.6	5.0	2	19	145	0	150
GF Penne Pasta Pomodoro	329	4.3	0.4	64	6	135	3	189
GF Penne Pasta	288	1.6	0.2	61	5	6	2	39
Salted Butter	73	7.8	4.5	0	0	58	0	4
Veg Stir Fry	206	3.8	0.4	39	5	232	3	365
Grilled Chx 3oz	135	4.6	1.1	0	23	143	0	267
Grilled Salmon 3oz	166	7.8	1.2	0	23	344	0	556
Tofu 1/4c	48	3.0	0.4	1	5	4	0	76
GF Veggie Crust Chz Pizza	630	24.0	10.0	83	20	1190	7	0
GF Broccoli & Cheddar Bake	460	21.0	11.0	50	17	690	3	390
GF Chz Enchilada	490	29.0	14.0	36	21	940	5	290
GF Mac & Chz Rice	460	18.0	11.0	59	16	730	1	280
GF Tofu Pad Thai	410	10.0	1.5	68	12	760	3	0
GF Veg Lasagna	330	13.0	5.0	44	8	790	3	510
Broccoli	29	0.3	0.1	6	2	29	2	273
Carrots	30	0.1	0.0	7	1	67	2	204

Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Protein (g)	Sodium (mg)	Fiber (g)	Potassium (mg)
Corn	93	2.8	0.3	18	2	1	2	211
Green Beans	32	0.3	0.1	7	2	6	3	132
Baked Potato	211	0.2	0.1	49	4	11	3	887
Baked Sweet Potato	136	0.2	0.1	31	3	54	5	717
Roasted Potatoes Wedges	78	0.7	0.1	17	2	110	2	462
Mashed Potatoes	120	3.9	2.4	20	2	84	1	363
Brown Rice	113	1.0	0.2	24	2	4	1	78
White Rice	108	0.2	0.1	24	2	78	0	35
Cilantro Lime Rice	150	2.2	0.2	29	3	125	1	59
Pinto Beans	96	1.9	0.2	16	5	332	5	328
Beef Gravy	6	0.1	0.1	1	0	95	0	0
Chicken Gravy	7	0.1	0.0	1	0	95	0	0
Veg Gravy	7	0.0	0.0	2	0	45	0	7
GF Brownie	350	18.0	9.0	42	4	140	3	276
GF Choc Chip Cookie	210	9.0	6.0	30	1	115	1	0
GF Snickerdoodle Cookie	220	8.0	5.0	36	1	150	1	0
Banana Pudding	190	7.4	4.0	30	0	176	0	19
Choc Pudding	179	6.9	3.5	31	1	214	1	76
Van Pudding	151	4.7	1.7	27	0	210	0	23
SF Choc Pudding	70	3.5	2.0	14	1	115	2	140
SF Van Pudding	60	3.0	1.5	11	0	105	1	0
Cherry Gelatin	77	0.0	0.0	18	2	95	0	3
Citrus Gelatin	77	0.0	0.0	18	2	95	0	3
Lemon Gelatin	77	0.0	0.0	18	2	95	0	3
Lime Gelatin	77	0.0	0.0	18	2	95	0	3
Orange Gelatin	77	0.0	0.0	18	2	95	0	3
SF Citrus Gelatin	10	0.0	0.0	1	2	8	0	2
Choc Ice Cream	130	6.0	4.0	17	2	35	1	200
Strawberry Ice Cream	130	7.0	4.0	15	2	35	0	110
Vanilla Ice Cream	134	7.2	4.1	15	2	36	0	113
Cherry Italian Ice	86	0.0	0.0	22	0	1	0	2
Lemon Italian Ice	77	0.0	0.0	20	0	1	0	2
Orange Sherbet	110	0.0	0.0	26	0	20	0	40
Grape Popsicle	70	0.0	0.0	17	0	10	0	0
Orange Popsicle	70	0.0	0.0	17	0	10	0	0
Cherry Popsicle	70	0.0	0.0	17	0	10	0	0
SF Cherry Popsicle	12	0.0	0.0	3	0	6	0	6
SF Grape Popsicle	12	0.0	0.0	3	0	6	0	6
SF Orange Popsicle	12	0.0	0.0	3	0	6	0	6
Decaf Coffee 6floc	0	0.0	0.0	0	0	4	0	96
Coffee 6floc	2	0.0	0.0	0	0	4	0	87

Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Protein (g)	Sodium (mg)	Fiber (g)	Potassium (mg)
Decaf Hot Tea 6flox	2	0.0	0.0	0	0	6	0	44
Hot Tea 6flox	2	0.0	0.0	0	0	6	0	44
Water 8flox	0	0.0	0.0	0	0	7	0	2
Bottled Water	0	0.0	0.0	0	0	5	0	0
Cool Blue Gatorade 8flox	63	0.0	0.0	16	0	95	0	37
Lemon Lime Gatorade 8flox	63	0.0	0.0	16	0	95	0	37
Fruit Punch Gatorade 8flox	63	0.0	0.0	16	0	95	0	37
Orange Gatorade 8flox	63	0.0	0.0	16	0	95	0	37
Glac Cherry Gatorade 8flox	53	0.0	0.0	14	0	107	0	33
Glac Frz Gatorade 8flox	53	0.0	0.0	15	0	107	0	33
Lime Cucumber Gatorade 8flox	56	0.0	0.0	14	0	108	0	32
Orange Gatorlyte 8flox	20	0.0	0.0	6	0	196	0	140
Watermelon Gatorlyte 8flox	24	0.0	0.0	6	0	196	0	140
Skim Milk 8flox	83	0.2	0.1	12	8	103	0	382
2% Milk 8flox	122	4.8	3.1	12	8	115	0	342
Whole Milk 8flox	149	7.9	4.6	12	8	105	0	322
Choc Skim Milk 8flox	120	0.2	0.1	22	8	179	0	396
Lact Free Milk 8flox	77	0.2	0.1	11	8	95	0	354
Van Almond Milk	30	2.5	0.0	1	1	130	0	35
Choc Soy Milk 8flox	170	4.5	1.0	25	8	90	3	450
Van Soy Milk 8flox	150	4.5	0.5	18	8	70	2	370
Apple Juice	58	0.1	0.0	14	0	9	0	156
Cran Juice	57	0.0	0.0	14	0	5	0	15
Grape Juice	68	0.1	0.0	17	0	6	0	118
Orange Juice	59	0.1	0.0	14	1	2	0	216
Prune Juice	40	0.0	0.0	10	0	2	1	156
V8 Juice	30	0.0	0.0	6	1	95	1	600
Cherry Bubly	0	0.0	0.0	0	0	0	0	0
Mango Bubly	0	0.0	0.0	0	0	0	0	0
Iced Tea 8flox	0	0.0	0.0	0	0	7	0	2
Lemon Crystal Lt 8flox	3	0.0	0.0	1	0	37	0	56
Rasp Crystal Lt 8flox	2	0.0	0.0	1	0	11	0	2
Coke	90	0.0	0.0	25	0	30	0	0
Pepsi	100	0.0	0.0	26	0	20	0	5
Diet Coke	0	0.0	0.0	0	0	25	0	0
Diet Pepsi	0	0.0	0.0	0	0	25	0	20
Caffeine Free Diet Cola	2	0.0	0.0	0	0	9	0	17
Ginger Ale	80	0.0	0.0	21	0	25	0	0
Shasta Ginger Ale	70	0.0	0.0	17	0	24	0	0
Canada Dry Ginger Ale	80	0.0	0.0	21	0	30	0	0
Schweppes Ginger Ale	80	0.0	0.0	21	0	40	0	0
Diet Ginger Ale	0	0.0	0.0	0	0	15	0	0
Shasta Diet Ginger Ale	0	0.0	0.0	0	0	30	0	0

Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Protein (g)	Sodium (mg)	Fiber (g)	Potassium (mg)
Canada Dry Zero Ginger Ale	0	0.0	0.0	0	0	75	0	0
Schweppes Zero Ginger Ale	0	0.0	0.0	0	0	70	0	0
Sprite	90	0.0	0.0	24	0	40	0	0
Starry	90	0.0	0.0	23	0	20	0	20
Diet Sprite	0	0.0	0.0	0	0	25	0	0
Starry Zero	0	0.0	0.0	0	0	25	0	45