

Carrabba's Italian Grill Nutrition Analysis

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	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Total Carbohydrate (g)	Sodium (mg)	Dietary Fiber (g)	Sugars (g)	Protein (g)
SMALL PLATES											
BRUSCHETTE SICILIANI	312	209	23	4	0	6	22	798	1	2	5
GRILLED ASPARAGUS WITH PROSCIUTTO	139	74	8	4	0	35	4	629	1	2	12
ITALIAN LETTUCE WRAPS	207	96	11	6	0	44	9	525	2	2	18
MEATBALLS & RICOTTA	391	212	24	10	0	89	17	1234	6	10	28
MOZZARELLA RUSTICA	303	158	18	6	0	23	24	841	2	6	13
THREE-CHEESE AND SAUSAGE STUFFED MUSHROOMS	302	201	22	9	0	45	10	1435	2	5	18
APPETIZERS											
ARANCINI	442	203	23	6	0	31	48	2462	3	6	12
CALAMARI (REGULAR)	619	388	43	9	4	211	39	1262	4	7	20
CALAMARI (SMALL)	462	296	33	7	3	164	27	852	2	3	15
MUSSELS IN WHITE WINE LEMON BUTTER	663	530	59	34	2	169	17	645	2	4	20
SHRIMP SCAMPI	694	497	55	26	1	212	29	2043	0	2	23
TOMATO CAPRESE WITH FRESH BURRATA	489	374	42	18	1	81	20	1456	3	14	14
WOOD-FIRED ITALIAN WINGS	1070	737	82	28	1	426	3	1722	0	2	78
WOOD-FIRED PIZZA											
MARGHERITA	689	272	30	11	0	46	81	1809	4	6	26
PROSCIUTTO ARUGULA	689	252	28	9	0	50	78	1536	3	5	30
CREATE YOUR OWN: CHEESE PIZZA	565	152	17	6	0	24	80	1201	3	6	21
PIZZA TOPPING: ITALIAN SAUSAGE	166	95	11	3	0	53	1	384	1	0	17
PIZZA TOPPING: KALAMATA OLIVES	42	39	4	1	0	0	0	317	0	0	0
PIZZA TOPPING: MEATBALLS	231	128	14	6	0	71	6	471	2	2	20
PIZZA TOPPING: MUSHROOMS	39	25	3	0	0	0	2	154	2	0	2
PIZZA TOPPING: ONIONS	4	0	0	0	0	0	1	0	0	0	0
PIZZA TOPPING: PEPPERONI	63	52	6	2	0	16	0	222	0	0	3
PIZZA TOPPING: ROASTED RED BELL PEPPERS	4	0	0	0	0	0	1	1	0	1	0
PIZZA TOPPING: SUN-DRIED TOMATOES	86	51	6	6	0	0	6	11	0	0	2
SOUPS, ENTREE SALADS & SIDE SALADS											
MAMA MANDOLA'S SICILIAN CHICKEN SOUP (BOWL)	194	41	5	1	0	22	22	1957	5	4	16
MAMA MANDOLA'S SICILIAN CHICKEN SOUP (CUP)	97	20	2	1	0	11	11	978	3	2	8
MINISTRONE (BOWL)	235	85	9	5	0	0	33	1363	9	0	9
MINISTRONE (CUP)	118	42	5	2	0	0	16	682	5	0	5
SAUSAGE & LENTIL (BOWL)	416	168	19	5	0	43	38	2422	16	7	25
SAUSAGE & LENTIL (CUP)	208	85	9	2	0	21	19	1211	8	3	13
CAESAR SIDE SALAD	350	270	30	7	0	30	8	585	3	2	11
HOUSE SIDE SALAD	277	215	24	4	0	15	11	465	5	4	6
ITALIAN SIDE SALAD	344	291	32	5	0	11	10	553	4	5	4
ITALIAN CHOPPED SALAD	768	520	58	16	0	141	16	1637	7	7	46
JOHNNY ROCCO SALAD	574	390	43	8	0	168	14	1921	6	4	34
TUSCAN STRAWBERRY SALAD WITH CHICKEN	540	311	35	7	0	86	23	822	9	12	35
TUSCAN STRAWBERRY SALAD WITH SHRIMP	465	295	33	6	0	163	23	1178	9	12	23
CAESAR SALAD WITH CHICKEN	774	532	59	12	0	112	16	1399	7	4	43
CAESAR SALAD WITH SHRIMP	699	517	57	11	0	189	15	1755	7	4	30

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PASTA: DINNER PORTIONS											
CAVATAPPI FRANCO	1023	428	48	13	0	80	104	2067	8	1	49
CAVATAPPI FRANCO WITH WHOLE GRAIN SPAGHETTI	1214	665	74	18	0	80	87	2192	17	2	49
FETTUCCINE CARRABBA	1144	550	61	38	1	212	81	1681	8	5	56
FETTUCCINE CARRABBA WITH WHOLE GRAIN SPAGHETTI	1123	550	61	37	1	201	79	1869	16	5	55
FETTUCCINE WEESIE	1206	688	76	49	2	311	77	2709	6	5	46
FETTUCCINE WEESIE WITH WHOLE GRAIN SPAGHETTI	1185	688	76	48	2	300	76	2897	13	5	45
LASAGNE	772	418	46	24	0	140	46	2514	6	21	46
LINGUINE & WHITE CLAM SAUCE	1011	500	56	26	1	133	87	1854	4	3	35
LINGUINE & WHITE CLAM SAUCE WITH WHOLE GRAIN SPAGHETTI	985	488	54	26	1	133	80	2065	14	4	36
LINGUINE POSITANO	807	252	28	4	0	68	94	2116	3	10	44
LINGUINE POSITANO WITH WHOLE GRAIN SPAGHETTI	785	243	27	5	0	68	86	2327	13	11	45
LOBSTER RAVIOLI	758	356	40	22	0	179	71	1043	1	4	22
MEZZALUNA	641	270	30	15	0	113	61	1271	2	7	29
SHRIMP & SCALLOP LINGUINE ALLA VODKA	845	266	30	13	0	125	87	1392	4	7	36
SHRIMP & SCALLOP LINGUINE ALLA VODKA WITH WHOLE GRAIN SPAGHETTI	811	242	27	14	0	114	80	1608	14	8	38
SPAGHETTI WITH BOLOGNESE MEAT SAUCE	675	201	22	6	1	40	89	1380	7	11	25
SPAGHETTI WITH BOLOGNESE MEAT SAUCE WITH WHOLE GRAIN SPAGHETTI	645	177	20	7	1	40	83	1596	17	12	27
SPAGHETTI WITH MEATBALLS	870	271	30	10	0	106	101	2161	12	16	47
SPAGHETTI WITH MEATBALLS WITH WHOLE GRAIN SPAGHETTI	840	248	28	11	0	106	95	2377	22	17	48
SPAGHETTI WITH POMODORO SAUCE	503	72	8	1	0	0	90	1293	8	12	15
SPAGHETTI WITH POMODORO SAUCE WITH WHOLE GRAIN SPAGHETTI	473	49	5	1	0	0	84	1509	17	13	17
SPAGHETTI WITH SAUSAGE	872	314	35	12	0	95	92	2171	8	13	43
SPAGHETTI WITH SAUSAGE WITH WHOLE GRAIN SPAGHETTI	842	291	32	12	0	95	86	2386	17	14	45
CHICKEN, PORK & VEAL											
CHICKEN MARSALA	453	212	24	12	1	176	3	971	1	0	53
CHIANTI CHICKEN	550	242	27	6	0	141	14	1137	3	7	57
CHICKEN BRYAN	688	396	44	28	1	223	10	1058	0	1	59
CHICKEN PARMESAN	696	311	35	15	0	196	25	2067	7	11	71
TUSCAN GRILLED CHICKEN	287	61	7	2	0	135	1	788	0	0	52
PARMESAN-CRUSTED CHICKEN ARUGULA	660	304	34	8	0	166	25	1376	7	6	60
PROSCIUTTO-WRAPPED PORK TENDERLOIN	444	248	28	15	1	134	8	738	1	7	43
VEAL MARSALA	953	302	34	18	1	489	19	1308	1	0	136
SEAFOOD											
CIOPPINO	568	257	29	9	0	177	27	1143	1	7	48
MAHI WULFE	541	335	37	20	1	144	13	1164	0	1	38
PROSCIUTTO-WRAPPED SHRIMP	526	200	22	8	0	150	53	2349	5	8	30
SALMON CETRIOLINI	853	622	69	24	1	213	3	649	0	1	52
SHRIMP & SEA SCALLOP SPIEDINO	513	305	34	16	1	240	12	994	1	2	38
WOOD-GRILLED TILAPIA	310	117	13	3	0	78	9	984	1	7	45
COMBINATIONS											
CARRABBA'S ITALIAN CLASSICS: Chicken Parmesan & Lasagne	734	365	41	20	0	168	35	2291	6	16	58
THE JOHNNY: Tuscan Grilled Sirloin Marsala & Chicken Bryan	770	466	52	28	1	205	7	1045	1	1	64
TUSCAN GRILLED SIRLOIN (6 OZ) & PROSCIUTTO WRAPPED SHRIMP	499	304	34	16	1	166	2	1213	0	0	45

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STEAKS & CHOPS											
TUSCAN GRILLED FILET (7 OZ)	594	392	44	18	0	154	1	620	0	0	47
TUSCAN GRILLED PORK CHOP (1 CHOP)	388	181	20	7	0	150	1	733	0	0	47
TUSCAN GRILLED PORK CHOP (2 CHOPS)	776	361	40	14	0	299	3	1466	1	1	95
TUSCAN GRILLED SIRLOIN (6 OZ)	319	173	19	8	0	68	1	401	0	0	34
TUSCAN GRILLED SIRLOIN (9 OZ)	492	266	30	12	0	105	1	619	0	0	52
TUSCAN GRILLED VEAL CHOP (14 OZ)	454	215	24	10	12	191	0	454	0	0	57
TOPPING: GORGONZOLA SAUCE	205	183	20	7	0	41	1	308	0	1	2
TOPPING: SPICY SICILIAN BUTTER	64	61	7	4	0	18	1	123	0	1	0
TOPPING: BRYAN TOPPING	327	287	32	21	1	78	6	242	0	1	4
TOPPING: MARSALA SAUCE	166	150	17	10	1	41	2	183	1	0	1
WITH A SPIEDINO	277	173	19	9	1	126	6	515	1	1	19
SIDES											
CAVATAPPI AMATRICIANA	333	100	11	5	0	11	48	881	2	4	12
FETTUCCINE ALFREDO	722	473	53	34	1	133	39	857	2	3	19
GARLIC MASHED POTATOES	334	192	21	12	0	19	31	712	4	1	5
GRILLED ASPARAGUS	66	41	5	1	0	0	4	240	2	2	2
PLAIN FRESHLY STEAM BROCCOLI	39	4	0	0	0	0	8	37	3	2	3
PLAIN FRESHLY STEAM GREEN BEANS	28	1	0	0	0	0	6	5	3	1	2
PLAIN FRESHLY STEAMED SPINACH	26	4	0	0	0	0	4	354	3	0	3
PLAIN ASPARAGUS	26	1	0	0	0	0	4	2	2	2	2
SEASONAL VEGETABLE: ITALIAN GREEN BEANS	69	32	4	1	0	0	9	273	4	2	2
SEASONAL VEGETABLE: SAUTEED BROCCOLI	59	23	3	0	0	0	8	303	3	2	3
SEASONAL VEGETABLE: SAUTEED SPINACH	166	124	14	2	0	0	10	357	3	1	4
DESSERTS											
BRULEE RICOTTA CHEESECAKE	360	133	15	8	0	18	40	137	1	39	14
GELATO: CHOCOLATE HAZELNUT	684	358	40	13	0	170	81	114	2	65	13
GELATO: VANILLA	553	245	27	17	0	98	57	146	0	53	10
MINI CANNOLI	380	221	25	12	0	50	35	65	1	23	7
RASPBERRY SORBET	170	7	1	0	0	2	38	14	0	15	1
SOGNO DI CIOCCOLATA "CHOCOLATE DREAM"	1135	619	69	35	0	220	124	789	6	88	9
TIRAMISU	1012	701	78	43	0	232	62	103	4	40	13
LUNCH SOUPS & SALADS											
CAESAR SALAD WITH SALMON	932	694	77	15	0	117	15	1223	7	4	42
SHRIMP, ORZO & ARUGULA SALAD	507	199	22	3	0	145	57	1364	3	5	24

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LUNCH ITALIAN SANDWICHES											
CAPRESE	483	177	20	8	0	32	56	652	3	2	18
CAPRESE (HALF)	241	89	10	4	0	16	28	326	2	1	9
CAPRESE WITH CHICKEN	582	199	22	8	0	79	56	953	3	2	36
CAPRESE WITH CHICKEN (HALF)	291	99	11	4	0	39	28	476	2	1	18
CHICKEN BRYAN	630	260	29	10	0	82	57	783	3	3	30
CHICKEN BRYAN (HALF)	315	131	15	5	0	41	29	391	1	1	15
CHICKEN PARMESAN	620	161	18	7	0	98	66	1317	6	7	44
CHICKEN PARMESAN (HALF)	310	80	9	4	0	49	33	658	3	3	22
MEATBALL	709	262	29	14	0	112	65	1356	6	8	42
MEATBALL (HALF)	355	131	15	7	0	56	33	678	3	4	21
STEAK	782	357	40	20	1	118	56	945	3	1	43
STEAK (HALF)	391	179	20	10	1	59	28	473	2	1	21
LUNCH PASTA: LUNCH PORTIONS											
FETTUCCINE CARRABBA	963	464	52	31	1	187	64	1531	7	5	52
FETTUCCINE CARRABBA WITH WHOLE GRAIN SPAGHETTI	975	453	50	30	1	176	71	1674	14	5	52
FETTUCCINE WEESIE	952	563	63	40	2	232	58	1939	5	4	34
FETTUCCINE WEESIE WITH WHOLE GRAIN SPAGHETTI	985	563	63	39	2	224	67	2155	12	4	35
LASAGNE	689	373	41	22	0	124	42	2281	6	19	41
LINGUINE POSITANO WITH CHICKEN	695	200	22	4	0	68	81	1730	3	8	41
LINGUINE POSITANO WITH CHICKEN AND WHOLE GRAIN SPAGHETTI	732	229	25	5	0	68	79	2267	12	11	44
MEZZALUNA	605	269	30	15	0	109	53	1264	2	6	29
SPAGHETTI WITH MEAT SAUCE	613	186	21	6	1	37	80	1268	7	10	23
SPAGHETTI WITH MEAT SAUCE WITH WHOLE GRAIN SPAGHETTI	587	166	18	7	1	37	74	1460	15	11	24
SPAGHETTI WITH POMODORO SAUCE	451	65	7	1	0	0	81	1177	7	11	14
SPAGHETTI WITH POMODORO SAUCE + MEATBALLS	702	201	22	7	0	71	89	1809	10	14	35
SPAGHETTI WITH POMODORO SAUCE + MEATBALLS WITH WHOLE GRAIN SPAGHETTI	675	180	20	7	0	71	83	2001	19	15	36
SPAGHETTI WITH POMODORO SAUCE + SAUSAGE	635	186	21	6	0	47	82	1615	7	11	28
SPAGHETTI WITH POMODORO SAUCE + SAUSAGE WITH WHOLE GRAIN SPAGHETTI	608	166	18	7	0	47	76	1807	16	12	29
SPAGHETTI WITH POMODORO SAUCE WITH WHOLE GRAIN SPAGHETTI	424	45	5	1	0	0	75	1368	16	12	15
LUNCH STEAK											
TUSCAN-GRILLED SIRLOIN MARSALA 6 OZ	485	323	36	18	1	109	3	585	1	0	35
LUNCH SIDES											
SICILIAN ORZO	234	68	8	1	0	0	35	568	3	5	6
TOMATO CUCUMBER SALAD	117	74	8	1	0	3	9	117	1	6	2

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KIDS											
GRILLED SIRLOIN 6 OZ	319	173	19	8	0	68	1	401	0	0	34
CHEESE PIZZA	356	104	12	4	0	17	48	751	2	3	13
CHEESE RAVIOLI	345	116	13	7	0	66	33	821	3	5	19
CHICKEN FINGERS	521	258	29	13	2	67	39	1178	3	11	26
GRILLED CHICKEN BREAST WITH STEAMED BROCCOLI (Kids LiveWell)	253	26	3	1	0	74	26	126	1	19	33
GRILLED CHICKEN BREAST WITH STEAMED GREEN BEANS (Kids LiveWell)	261	25	3	1	0	74	28	113	3	20	33
GRILLED CHICKEN BREAST WITH STEAMED SPINACH (Kids LiveWell)	259	28	3	1	0	74	26	196	2	19	35
PEPPERONI PIZZA	409	147	16	6	0	31	48	936	2	3	16
SPAGHETTI AND MEATBALLS	367	100	11	3	0	35	48	882	5	7	18
SPAGHETTI AND MEATBALLS WITH WHOLE GRAIN SPAGHETTI	352	88	10	4	0	35	45	990	10	7	19
WHOLE GRAIN SPAGHETTI POMODORO WITH SPINACH (Kids Live Well)	244	23	3	1	0	0	43	732	10	6	10
GELATO CHOCOLATE HAZELNUT	439	234	26	8	0	112	51	67	2	42	8
GELATO VANILLA	352	158	18	11	0	64	35	88	0	34	6
RASPBERRY SORBET	96	0	0	0	0	0	22	0	0	8	0