



NUTRITION INFORMATION

(U.S. Restaurants, excludes Hawaii)

At Olive Garden, choice is always on the menu, and today there are more ways than ever to eat healthier while sharing moments together with friends and family. In addition to our Classic entrées, we're committed to providing a wide range of delicious options so you can enjoy the meal that's right for you. We're committed to giving you easy access to the nutrition information you need, whether in our restaurants or online, and we're always innovating our menu, so check back often.

Olive Garden attempts to provide nutrition information regarding its menu items that is as complete as possible. Some menu items may not be available at all restaurants; limited time offers, regional items, or test products may not be included. While menu item nutrition analysis is based on standard recipes, variations between the nutrition info reported here and what is actually served may occur due to the handcrafted nature of our menu items, substitutions, natural variability that occurs within ingredients, region of the country and season of the year.

This listing is updated periodically in an attempt to reflect the current data and suggest you check each time you dine with us. All items are listed as-served, unless otherwise noted. If you have any questions about this information, please contact one of our Guest Relations Representatives by phone at 1-800-331-2729 (Monday - Friday, 10:00 AM to 4:00 PM Eastern Time), or by visiting

www.olivegarden.com/contact-us

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Item	Calories	Total Fat (g)	Total Carb (g)	Total Protein (g)	Total Fiber (g)	Total Sugar (g)	Sodium (mg)	Total Cholesterol (mg)	Total Iron (mg)	Total Calcium (mg)	Total Potassium (mg)	Total Magnesium (mg)
APPETIZERS												
Calamari	470	380	42	25	0	300	1600	48	3	1	24	
add marinara	35	20	2	0	0	0	0	4	less than 1g	2	less than 1g	
add spicy ranch	250	240	27	4.5	0	15	700	2	0	less than 1g	1	
Spicy Frito Misto	1280	710	79	5	0	340	5200	104	6	6	41	
add marinara	35	20	2	0	0	0	0	4	less than 1g	2	less than 1g	
add spicy ranch	250	240	27	4.5	0	15	700	2	0	less than 1g	1	
Fresh Mozzarella	600	450	44	0	0	45	1440	57	4	3	33	
add marinara	35	20	2	0	0	0	0	4	less than 1g	2	less than 1g	
Leagnio Fetta	1130	680	36	31	15	95	1800	75	5	6	39	
Spinach-Artichoke Dip with Redwood crust	540	730	81	2	1	70	2440	76	7	8	33	
Stuffed 2oz Frito	500	340	24	11	0	40	1040	40	3	less than 1g	27	
add Alfredo	220	190	22	6	0.5	70	300	3	0	less than 1g	6	
add marinara	35	20	2	0	0	0	0	4	less than 1g	2	less than 1g	
Tomato Herbs	450	270	32	1	0.5	45	1400	7	6	3	25	
add marinara	35	20	2	0	0	0	0	4	less than 1g	2	less than 1g	
Dipping Sauces for Breadsticks												
Alfredo	440	340	42	27	1	140	600	5	0	1	8	
Alfredo-Large	670	380	87	54	2	285	1000	8	0	2	15	
Five Cheese Marinara	200	750	17	8	0.5	40	480	8	0	5	5	
Five Cheese Marinara-Large	400	300	30	17	1	80	960	17	0	10	9	
Marinara	70	40	4.5	0	0	0	140	8	0	5	3	
Marinara-Large	150	80	9	0.5	0	0	280	17	4	10	6	
SOUP, SALAD & BREADSTICKS												
Breadsticks with garlic buttering of each	140	20	25	0.5	0	0	480	25	less than 1g	1	4	
Chicken & Gnocchi Soup	230	100	12	4.5	0	15	1040	22	0	4	8	
Minestrone For 4	94	31	1	1	0	0	80	0	0	4	4	

Olive Garden Nutrition Info

Anne Alexander, Julia VanTine

Olive Garden Nutrition Info:

The 20/20 Diet Phil McGraw, 2015-01-06 In *The 20/20 Diet* Dr Phil McGraw identifies seven reasons other diets fail people over and over again: hunger, cravings, feeling of restriction, impracticality, and expense, boredom, temptations, and disappointing results or plateaus. Then he addresses each of these roadblocks by applying the latest research and theories that have emerged since his last best seller on the same topic, *The Ultimate Weight Solution*. Dr Phil and his team have created a plan that you can start following right now and continue working for the rest of your life. In this diet, readers will start by eating only 20 key ingredients called the 20/20 Foods, which theories indicate may help enhance your body's thermogenesis and help you feel full. But that's just the beginning. This book explains why you haven't been able to lose the weight before and empowers you with cognitive, behavioral, environmental, social, and nutritional tools so you can finally reach your goal and learn lifelong healthy habits to maintain those results.

Weight Loss Success Herb Eash, 2011 [The Pocket Calorie Counter, 2016 Edition](#) Suzanne Beilenson, 2016-07-12 2016 edition The new digital version of the Pocket Calorie Counter is fully searchable and text in all nutritional information charts is scalable and easy to read. A speedy, discreet way to stay informed about the content of your meals and snacks wherever you are. Count on it! More than 8,000 entries. Provides calorie counts for most foods and beverages as well as protein, carbs, fiber, sodium, fats, and other essentials. Includes menu items from popular restaurants too. With the digital edition, look up information in seconds. Tables are fully visible at most font sizes, no need to squint.

Women's Health, 2006-11 *Women's Health* magazine speaks to every aspect of a woman's life, including health, fitness, nutrition, emotional well-being, sex, and relationships, beauty, and style.

The Abs Diet Ultimate Nutrition Handbook David Zinczenko, 2009-12-22 Furnishes the latest information on smart nutritional and exercise choices to help readers lose weight, stay fit, and maintain a healthy lifestyle, furnishing restaurant tips, quick and easy recipes, and an overview of the one hundred best foods.

The Pocket Calorie Counter, 2013 Edition Suzanne Beilenson, 2012-12-10 2013 REVISED AND UPDATED EDITION The new ebook version of the Pocket Calorie Counter is fully searchable and text in all nutritional information charts is scaleable and easy to read. A speedy, discreet way to stay informed about the content of your meals and snacks wherever you are. Count on it! More than 8,000 entries. Provides calorie counts for most foods and beverages as well as protein, carbs, fiber, sodium, fats, and other essentials. Includes menu items from popular restaurants too. With the ebook edition, look up information in seconds. Tables are fully visible at most font sizes, no need to squint. Column headings in nutritional information charts signify as follows: SS Serving Size, C Calories, TF Total Fat g, SF Saturated Fat g, S Sodium mg, CB Carbohydrates g, F Fiber g, P Protein g.

The Eat This, Not That! No-Diet Diet David Zinczenko, Matt Goulding, 2014-11-04 David Zinczenko and Matt Goulding build on the success of their wildly popular *Eat This Not That* series to create a complete morning to night 365-day eating plan that will have you enjoying all your favorite foods and help you shed pounds with ease. Imagine a diet plan that lets you eat at Burger King, McDonald's, Dunkin' Donuts, and Olive Garden.

and still strip away 10 20 even 30 pounds or more A diet plan that lets you order takeout pizza whip up a box of macaroni and cheese even reach into the freezer section for ice cream and never worry about gaining weight or going hungry A diet plan that lets you enjoy your most indulgent comfort foods whenever you want and actually teaches you how to eat them more often The Eat This Not That No Diet Diet is the easiest most revolutionary weight loss plan ever created Whether you re in the drive through the family restaurant the supermarket aisle or your own kitchen you make dozens of decisions every day that affect your weight and your health Now those decisions will be a breeze Dana Bickelman of Waltham Massachusetts lost 70 pounds in one year while still enjoying her favorite restaurants Dunkin Donuts and Olive Garden Boys want to say hi to me now and that s awesome she exclaims I ve never had this kind of attention before and it s wonderful Michael Colombo of Staten Island New York lost 91 pounds in less than 9 months while eating his favorite McDonald s sandwiches and skipping products labeled as health food It s a lot easier than I thought he says My confidence has skyrocketed Erika Bowen of Minneapolis Minnesota dropped 84 pounds in 17 months just by shopping smarter in the supermarket There was a time when I refused to wear tank tops she says But now I m very comfortable in my own skin and I m wearing things I d never have worn before No matter where you are or what you crave you ll be stunned to discover how easy losing weight can be **Eat What You Love--Everyday!** Marlene Koch,2014-04-22 QVC regular and best selling author of Eat What You Love presents 200 light and tasty recipes that are low in fat calories and sugar and offers restaurant menu item makeovers dishes for special occasions and gluten free options Nutrition Decisions Carolyn Dunn (PhD.),2013 Nutrition Decisions Eat Smart Move More encourages personal health behavior change for a lifetime of good habits and good health among students The text employs the Theory of Planned Behavior to empower students to make positive changes in their lives to improve their health The most current research based information on each concept is presented as well as specific strategies that can be employed for behavior change Information is presented in modules that include one specific topic of instruction within the field of nutrition physical activity or other aspect of health and wellness The material is research based and well referenced but is presented in an applied and consumer oriented method that makes it easy for a non science major to understand Students are encouraged to check their own behavior based on the module content Instructors will be given instructions on how to track a specific behavior for example record beverage consumption over 3 days Suggestions will be given as to how students can make specific positive changes Students will record their goal and how they intend to improve their overall health on their personal record sheet which will be presented in the text as well as on the companion website All chapters will include suggestions about how students can make incremental changes in their health behaviors There will also be a myth versus fact section that will discuss the most common myths about foods and nutrition *The Stop & Go Fast Food Nutrition Guide* Steven G. Aldana,2007 The Stop Go Fast Food Nutrition Guide shows you how to navigate the fast food maze and choose foods that are actually good for you The guide uses the colors of the stop light red yellow and green to help

individuals choose foods that lead toward or away from good health The Stop Go Fast Food Nutrition Guide is the only guide that shows you how to navigate the fast food maze and identify fast foods that are actually good for you With the help of a nationally recognized panel of nutrition experts Dr Aldana has color coded almost 3 500 fast foods from 68 different restaurants Now you can sort through the fast food maze and select the healthy foods and avoid the unhealthy ones Keep the guide in your glove box for easy access

Managing Hospitality Organizations Robert C. Ford, Michael C. Sturman, 2023-11-21 Managing Hospitality Organizations Achieving Excellence in the Guest Experience Third Edition takes students on a journey through the evolving service industry Each chapter focuses on a core principle of hospitality management and is packed with practical advice examples and cases from some of the best companies in the service sector Authors Robert C Ford and Michael Sturman emphasize the critical importance of focusing on the guest and creating an unforgettable customer experience Whether your students will be managing a neighborhood caf a convention center or a high end resort hotel they will learn invaluable skills for managing the guest experience in today's ultracompetitive environment Included with this title LMS Cartridge Import this title's instructor resources into your school's learning management system LMS and save time Don't use an LMS You can still access all of the same online resources for this title via the password protected Instructor Resource Site

Digest Diet Dining Out Guide Liz Vaccariello, 2012-12-27 More information to be announced soon on this forthcoming title from Penguin USA

Sugar Smart Express Anne Alexander, Julia VanTine, 2015-05-05 Sugar is everywhere Once confined to candy desserts and the sugar bowl it has made its way into our peanut butter bread tomato sauce and salad dressing The average American eats nearly 130 pounds of added sugar a year and 75 percent of 86 000 foods analyzed in one study contained added sweeteners This information is now at the forefront of media public policy and water cooler conversation and Americans are wising up to what a sugar laden diet means for their health added pounds that won't budge heightened risk of Alzheimer's diabetes and heart disease moodiness fatigue and cravings that seem to rule their daily lives Readers came out in droves when Prevention launched its Sugar Smart movement making The Sugar Smart Diet a New York Times bestseller and creating a demand for more sugar savvy content from the brand Now Anne Alexander has revamped her popular plan to give readers what they've been asking for an easy to follow plan that offers great results in less time with even more tools for success New content includes A new 21 day plan to sweet freedom that scales back each phase without sacrificing results Shopping lists and a more comprehensive dining out guide to make eating on the plan a breeze Healthy delicious recipes the whole family even veggie averse kids will gobble up Updated success stories and Sugar Smart Hacks from The Sugar Smart Diet test panel

The Men's Health Big Book of Food & Nutrition Editors of Men's Health Magazine, Joel Weber, 2010-12-21 In the aisles of the grocery store the menus of chain restaurants even in one's own refrigerator confusion about how to eat right reigns Is low carb good or is carbo loading the better way to go Fat free or sugar free And when did those dreaded eggs become a health food Americans are hungrier than

ever for clear cut answers to their most perplexing food questions but a private nutritionist or a membership in a diet club are expensive luxuries What you really need is an authoritative encyclopedic source at your fingertips The Men s Health Big Book of Nutrition is the ultimate guide to shopping dining and cooking for bigger flavor and a leaner body It answers the ongoing demand for definitive information about the food we eat and taps into a readership hungry for final word answers Filled with easy to swallow eating strategies and backed by groundbreaking studies and interviews with the world s most authoritative nutrition researchers The Men s Health Big Book of Food Nutrition will help you discover just how easy it is to unlock the power of food and stay healthy for life

Eat What You Love Marlene Koch,2010-04-06 Over 250 000 sold Enjoy all the delicious foods you love guilt free Over 300 easy healthy recipes for everyone s favorite foods that taste great Imagine being able to effortlessly cut sugar slash fat and calories and curb excess carbs all while enjoying the delicious foods you love You can With more than one million of her amazing cookbooks sold New York Times bestselling author Marlene Koch is a magician when it comes to creating healthy recipes with crave worthy taste With over 300 quick easy family friendly recipes like cheesy Skillet Chicken Parmesan crispy Oven Baked Onion Rings and Unbelievable Chocolate Cake this book is perfect for everyone and every diet A proven guide for weight loss diabetes and simply utterly delicious everyday eating this updated edition includes Everyday comfort foods family favorites and amazing recipes inspired by popular restaurants such as Jamba Juice Berry Berry Lime Smoothie Chili s Beef Fajitas and Panda Express Quicker than Take Out Orange Chicken Dozens of sensational dessert recipes like Amazing Peanut Butter Cookies with 5 ingredients and Key Lime Cheesecake Cupcakes that everyone can enjoy Healthy cooking tips easy to find ingredients and nutrition information for every recipe with smart points comparisons and diabetic food exchanges Note Current up to date downloadable Weight Watcher points addendums for all Eat What You Love books can be found on the MarleneKoch website

Zero Sugar Diet David Zinczenko,Stephen Perrine,2016-12-27 NEW YORK TIMES BESTSELLER Lose up to a pound a day and curb your craving for sweets with delicious recipes and simple science based food swaps from David Zinczenko NBC s health and wellness contributor and bestselling author of Zero Belly Diet Zero Belly Smoothies and Eat This Not That With Zero Sugar Diet 1 New York Times bestselling author David Zinczenko continues his twenty year mission to help Americans live their happiest and healthiest lives uncovering revolutionary new research that explains why you can t lose weight and shows that it s not your fault The true culprit is sugar specifically added sugars which food manufacturers sneak into almost everything we eat from bread to cold cuts to yogurt peanut butter pizza and even health foods Until now there s been no way to tell how much added sugar you re eating or how to avoid it without sacrifice But with the simple steps in Zero Sugar Diet you ll be able to eat all your favorite foods and strip away unnecessary sugars losing weight at a rate of up to one pound per day while still enjoying the sweeter things in life By replacing empty calories with essential ones swapping in whole foods and fiber and swapping out added sugars you ll conquer your cravings and prevent the blood sugar surge that leads to some of the worst

health scourges in America today including abdominal fat diabetes heart disease cancer liver disease fatigue and tooth decay And all it takes is 14 days You ll be stunned by the reported results Lisa Gardner 49 lost 10 pounds Tara Anderson 42 lost 10 pounds David Menkhaus 62 lost 15 pounds Ricky Casados 56 lost 12 pounds You too can melt away belly fat boost your energy levels and metabolism and take control of your health and your life armed with a comprehensive grocery list of fresh produce proteins whole grains and even prepared meals accompanied by two weeks worth of fiber rich breakfast lunch dinner and snack recipes and real life results from successful Zero Sugar dieters The fat burning formula for long term weight loss and optimal health is at your fingertips Join in the crusade and say goodbye to added sugars and goodbye to your belly with Zero Sugar Diet Praise for Zero Sugar Diet Zero Sugar Diet targets an easily identifiable enemy comparing excess sugar in our diet to a deadly virus Well that got my attention The New York Times Book Review A user friendly guide that provides a wealth of helpful information and tools for those wishing to limit added sugars in their diet Library Journal This plan is informative and entertaining e g a chart converts common meals to their equivalent in donuts an open letter from your pancreas and will help readers rein in cravings and become savvy monitors of added sugar consumption Publishers Weekly [The Mayo Clinic Diet](#) Donald D. Hensrud,2020-10-01 1 New York Times Bestseller Experts from the Mayo Clinic present a well rounded plan for dieting right Publishers Weekly This completely revised and updated edition of the popular Mayo Clinic Diet is a practical no nonsense approach designed to help you lose weight and most importantly keep it off The book includes step by step advice on key behavior changes to promote weight loss plus four weeks of daily menus and all new recipes Based on years of experience with thousands of individuals trying to lose weight and research into the behaviors that do and don t work this guide establishes five habits to include in your daily routine five habits to break and five bonus habits to increase your chances of lasting success The Mayo Clinic Diet includes A two week quick start program designed to help you lose 6 to 10 pounds in a safe and healthy way A long term maintenance plan in which you continue to lose 1 to 2 pounds a week until you reach your goal and learn how to maintain a healthy weight for life Meal plans recipes food lists tips on overcoming challenges and much more An essential guide US News World Report [Eat More of What You Love](#) Marlene Koch,2012-04-03 New York Times and Wall Street Journal Bestseller More amazing easy guilt free recipes from Marlene Koch More comfort food more family favorites more restaurant dishes and more chocolate Marlene Koch author of the bestselling cookbook Eat What You Love More than 300 Incredible Recipes Low in Sugar Fat and Calories has been dubbed a magician in the kitchen when it comes to slashing sugar calories and fat but never great taste Here Marlene delivers MORE amazing recipes that are not only healthier but more delicious than ever More comfort foods like Sour Cream and Onion Smashed Potatoes and Macaroni and Cheese Muffins more restaurant classics like Chicken Fettuccine Alfredo 330 calories versus the usual 1 400 and P F Chang Style Mongolian Beef more slow cooker recipes like Lazy Day Lasagna more quick and easy recipes like 15 Minute Shrimp Fettuccine and Quick Fix Carmelized Onions and LOTS more desserts including her

Amazing Pecan Pie Cups with under a teaspoon of sugar in each Raspberry Oat Bars and 90 Calorie Chocolate Cupcakes
Note Current up to date downloadable Weight Watcher points addendums for all Eat What You Love books can be found on the MarleneKoch website *Nancy Clark's Sports Nutrition Guidebook* Nancy Clark,2020 Resource added for the Wellness and Health Promotion program 105461 *Guide to Healthy Restaurant Eating* Hope S. Warshaw,2002 If you have diabetes here is the information you need to make healthy food choices when you go out to eat Now you can dine at fast food chains and stay on your meal plan Inside this handy guide is complete at a glance nutrition information for more than 55 fast food chains including Burger King Wendy s McDonald s Baskin Robbins TCBY and other favorites

Embracing the Beat of Phrase: An Emotional Symphony within **Olive Garden Nutrition Info**

In a world eaten by displays and the ceaseless chatter of instant conversation, the melodic elegance and emotional symphony developed by the prepared word often diminish into the back ground, eclipsed by the relentless noise and disturbances that permeate our lives. Nevertheless, set within the pages of **Olive Garden Nutrition Info** a wonderful literary value filled with raw thoughts, lies an immersive symphony waiting to be embraced. Constructed by an outstanding composer of language, this interesting masterpiece conducts viewers on an emotional trip, well unraveling the hidden tunes and profound influence resonating within each carefully crafted phrase. Within the depths of the emotional evaluation, we will examine the book is main harmonies, analyze their enthralling writing design, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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