

Jump Asian Express -- Sample Nutrition Data



See below for a sampling of Jump's 100+ Entrée and Side choices.
Includes Protein, Sauce & Vegetables; rice not included.

| Serving Size (Ounces) | (g) = Grams | | | | | (mg) = Milligrams | | | | | | |
|------------------------------------|-------------|-------------------|---------------|-------------------|---------------|-------------------|-------------|-------------------|-----------|-----------|-------------|--|
| | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Fiber (g) | Sugar (g) | Protein (g) | |
| VEGAN (Over 35 Choices!) | | | | | | | | | | | | |
| Broccoli & Tofu | 5.5 | 135 | 14 | 2 | 0 | 0 | 666 | 21 | 1 | 17 | 7 | |
| Canton Vegetables & Tofu | 5.5 | 128 | 18 | 2 | 1 | 0 | 752 | 18 | 1 | 13 | 7 | |
| Cashew Tofu | 5.5 | 168 | 39 | 4 | 1 | 0 | 667 | 22 | 1 | 17 | 7 | |
| Kung Po Tofu | 5.5 | 158 | 43 | 5 | 1 | 0 | 748 | 18 | 1 | 13 | 9 | |
| Mixed Vegetables & Tofu | 5.5 | 138 | 14 | 2 | 0 | 0 | 662 | 21 | 1 | 17 | 7 | |
| Szechuan Broccoli | 5.5 | 122 | 22 | 2 | 1 | 0 | 835 | 22 | 3 | 15 | 4 | |
| VEGETARIAN | | | | | | | | | | | | |
| Ma La String Beans | 5.5 | 70 | 2 | 0 | 0 | 0 | 819 | 15 | 4 | 7 | 2 | |
| Vegetable Fried Rice & Tofu | 5.5 | 191 | 66 | 7 | 1 | 0 | 585 | 24 | 1 | 4 | 6 | |
| Vegetable Noodles & Tofu | 5.5 | 235 | 80 | 9 | 2 | 0 | 683 | 29 | 1 | 4 | 9 | |
| LOW SODIUM | | | | | | | | | | | | |
| Mandarin Beef & Snow peas | 5.5 | 187 | 53 | 6 | 2 | 0 | 127 | 24 | 1 | 16 | 8 | |
| Mandarin Beef Noodles | 5.5 | 283 | 128 | 14 | 2 | 0 | 27 | 191 | 30 | 1 | 5 | |
| Mandarin Chicken Noodles | 5.5 | 273 | 119 | 13 | 2 | 0 | 28 | 187 | 30 | 1 | 5 | |
| Mandarin Sauteed Mush. & Snow peas | 5.5 | 110 | 12 | 2 | 0 | 0 | 1 | 182 | 22 | 2 | 16 | |
| Mandarin Shrimp & Broccoli | 5.5 | 196 | 126 | 14 | 1 | 0 | 128 | 172 | 4 | 2 | 16 | |
| Mandarin Shrimp Noodles | 5.5 | 264 | 111 | 12 | 2 | 0 | 57 | 106 | 29 | 1 | 5 | |
| Mandarin Vegetable Noodles | 5.5 | 292 | 139 | 15 | 2 | 0 | 26 | 103 | 32 | 1 | 8 | |
| CHICKEN | | | | | | | | | | | | |
| Cashew Chicken | 5.5 | 159 | 74 | 8 | 1 | 0 | 19 | 759 | 12 | 1 | 4 | |
| Chicken & Broccoli | 5.5 | 115 | 39 | 4 | 1 | 0 | 19 | 758 | 10 | 2 | 4 | |
| Chicken & Vegetables | 5.5 | 118 | 40 | 4 | 1 | 0 | 19 | 752 | 11 | 1 | 4 | |
| General Tso Chicken | 5.5 | 334 | 149 | 17 | 4 | 0 | 35 | 1122 | 32 | 3 | 21 | |
| Hawaiian Chicken | 5.5 | 280 | 118 | 13 | 2 | 0 | 26 | 274 | 29 | 1 | 19 | |
| Hunan Chicken | 5.5 | 170 | 49 | 5 | 1 | 0 | 19 | 1173 | 21 | 1 | 13 | |
| Kung Po Chicken | 5.5 | 163 | 74 | 8 | 1 | 0 | 18 | 751 | 12 | 1 | 4 | |
| Orange Chicken | 5.5 | 364 | 154 | 17 | 4 | 0 | 38 | 1067 | 39 | 3 | 28 | |
| Sesame Chicken | 5.5 | 396 | 185 | 21 | 4 | 0 | 35 | 1010 | 39 | 4 | 26 | |
| BEEF | | | | | | | | | | | | |
| Beef & Broccoli | 5.5 | 136 | 58 | 6 | 2 | 0 | 17 | 766 | 11 | 2 | 4 | |
| Beef & Snow peas | 5.5 | 142 | 58 | 6 | 2 | 0 | 17 | 757 | 12 | 1 | 5 | |
| Beef, Mushrooms & Onion | 5.5 | 139 | 58 | 6 | 2 | 0 | 17 | 752 | 12 | 1 | 4 | |
| Kung Po Beef | 5.5 | 185 | 93 | 10 | 2 | 0 | 17 | 760 | 13 | 1 | 4 | |
| Pepper Steak | 5.5 | 139 | 58 | 6 | 2 | 0 | 17 | 752 | 12 | 1 | 5 | |
| SHRIMP | | | | | | | | | | | | |
| Kung Po Shrimp | 5.5 | 143 | 57 | 6 | 1 | 0 | 80 | 737 | 10 | 1 | 4 | |
| Shrimp & Broccoli | 5.5 | 94 | 22 | 2 | 0 | 0 | 81 | 744 | 8 | 1 | 4 | |
| Shrimp & Snow peas | 5.5 | 100 | 21 | 2 | 0 | 0 | 81 | 734 | 9 | 1 | 5 | |
| Shrimp & Vegetables | 5.5 | 97 | 22 | 2 | 0 | 0 | 81 | 738 | 9 | 1 | 4 | |
| RICE & NOODLES | | | | | | | | | | | | |
| Steamed Rice | 8 | 295 | 6 | 1 | 0 | 0 | 2 | 64 | 1 | 0 | 6 | |
| Fried Rice | 8 | 266 | 27 | 3 | 1 | 0 | 59 | 1281 | 52 | 2 | 6 | |
| Lo Mien Noodles | 8 | 306 | 41 | 5 | 1 | 0 | 38 | 1454 | 54 | 2 | 6 | |
| EGG ROLLS | | | | | | | | | | | | |
| Pork & Shrimp (1 Roll) | 2 | 118 | 78 | 9 | 2 | 0 | 14 | 201 | 6 | 1 | 2 | |
| Southwestern Chicken (1 Roll) | 2 | 158 | 62 | 7 | 3 | 0 | 14 | 265 | 17 | 1 | 3 | |
| Vegetable (1 Roll) | 2 | 82 | 55 | 6 | 1 | 0 | 0 | 306 | 6 | 1 | 3 | |

Above values are based on standard Jump Recipes. Grams are rounded to the nearest Whole Gram. Minor variations can be expected due to sampling and product assembly differences and seasonal influences. Serving Size varies by Location.