

Jump Recipe Nutrition Data

Selected Entrée Portion Size -- Including Rice



| 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) | Vitamin A-IU (IU) | Vitamin C (mg) | Calcium (mg) | Iron (mg) |
|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-------------------|-----------|-----------|-------------|-------------------|----------------|--------------|-----------|
|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-------------------|-----------|-----------|-------------|-------------------|----------------|--------------|-----------|

Egg Rolls:

| | | | | | | | | | | | | | | | | |
|---------------------------|---|-------|------|-----|-----|------|------|-------|------|-----|-----|-----|--------|-----|------|-----|
| Jump Southwestern Chicken | 2 | 158.1 | 61.5 | 6.8 | 2.6 | 0.12 | 13.8 | 265.4 | 17.1 | 1.0 | 3.0 | 7.1 | 113.4 | 0.5 | 92.4 | 0.4 |
| Jump Vegetable | 2 | 81.6 | 54.8 | 6.1 | 0.9 | 0.18 | 0.0 | 306.4 | 6.5 | 1.2 | 2.9 | 0.8 | 2746.9 | 9.0 | 34.9 | 0.0 |

Entrées

| | | | | | | | | | | | | | | | | |
|------------------------|----|-------|-------|------|-----|------|------|--------|-------|-----|------|------|--------|------|------|-----|
| General Tso Chicken | 18 | 897.4 | 272.6 | 30.3 | 6.9 | 0.45 | 63.0 | 2005.5 | 122.2 | 6.8 | 37.9 | 31.6 | 2298.0 | 4.5 | 64.5 | 3.8 |
| Hawaiian Chicken | 18 | 771.6 | 184.7 | 20.5 | 3.2 | 0.47 | 37.2 | 390.9 | 121.6 | 2.6 | 35.9 | 22.7 | 841.3 | 48.7 | 54.3 | 5.1 |
| Hunan Beef | 18 | 644.8 | 125.7 | 14.0 | 4.0 | 0.35 | 30.4 | 2100.6 | 104.3 | 3.5 | 23.6 | 24.0 | 3406.0 | 48.6 | 71.4 | 5.3 |
| Hunan Chicken | 18 | 606.0 | 92.3 | 10.3 | 2.3 | 0.17 | 33.0 | 2085.8 | 102.4 | 3.5 | 23.6 | 24.6 | 3417.1 | 49.3 | 74.4 | 4.5 |
| Kung Po Beef | 18 | 631.2 | 171.5 | 19.1 | 4.1 | 0.35 | 30.2 | 1358.4 | 88.0 | 3.4 | 7.5 | 25.4 | 2193.4 | 4.1 | 91.3 | 5.5 |
| Kung Po Chicken | 18 | 592.6 | 138.3 | 15.4 | 2.4 | 0.17 | 32.8 | 1343.6 | 86.2 | 3.4 | 7.6 | 26.0 | 2204.3 | 4.7 | 94.3 | 4.7 |
| Orange Chicken | 18 | 942.8 | 272.8 | 30.3 | 6.4 | 0.47 | 65.1 | 1853.3 | 134.7 | 6.2 | 48.2 | 30.3 | 5.9 | 1.1 | 59.0 | 3.6 |
| Pepper Steak | 18 | 551.1 | 108.0 | 12.0 | 3.1 | 0.35 | 30.4 | 1337.8 | 87.1 | 2.4 | 8.5 | 21.1 | 971.4 | 19.2 | 74.1 | 5.2 |
| Sesame Chicken | 18 | 981.7 | 310.1 | 34.5 | 6.9 | 0.46 | 64.0 | 1825.2 | 134.9 | 7.7 | 47.3 | 31.4 | 12.2 | 1.1 | 70.7 | 4.3 |
| Beef and Snowpeas | 18 | 555.8 | 108.1 | 12.0 | 3.1 | 0.35 | 30.4 | 1347.0 | 86.6 | 3.3 | 8.8 | 22.3 | 2614.4 | 38.8 | 96.3 | 6.5 |
| Chicken and Snowpeas | 18 | 517.0 | 74.6 | 8.3 | 1.4 | 0.17 | 33.0 | 1332.1 | 84.7 | 3.3 | 8.8 | 22.8 | 2625.4 | 39.4 | 99.3 | 5.7 |
| Stir Fry Beef | 18 | 660.4 | 120.5 | 13.4 | 3.9 | 0.35 | 30.4 | 1906.0 | 109.3 | 2.6 | 29.3 | 22.9 | 1300.9 | 18.7 | 71.1 | 5.7 |
| Stir Fry Chicken | 18 | 621.5 | 87.0 | 9.7 | 2.2 | 0.17 | 33.0 | 1891.1 | 107.4 | 2.6 | 29.3 | 23.5 | 1311.9 | 19.4 | 74.1 | 4.9 |
| Szechuan Beef | 18 | 645.3 | 122.8 | 13.7 | 4.0 | 0.35 | 30.2 | 2065.4 | 104.4 | 2.8 | 25.2 | 23.3 | 2416.9 | 37.1 | 56.1 | 4.9 |
| Szechuan Chicken | 18 | 606.7 | 89.5 | 10.0 | 2.3 | 0.17 | 32.8 | 2050.6 | 102.6 | 2.8 | 25.2 | 23.9 | 2427.9 | 37.8 | 59.1 | 4.1 |
| Beef and Vegetables | 18 | 551.4 | 109.5 | 12.2 | 3.2 | 0.35 | 30.4 | 1352.9 | 86.3 | 2.7 | 7.2 | 22.0 | 2084.9 | 27.8 | 87.3 | 5.8 |
| Chicken and Vegetables | 18 | 512.6 | 76.0 | 8.5 | 1.4 | 0.17 | 33.1 | 1338.0 | 84.4 | 2.7 | 7.1 | 22.6 | 2095.9 | 28.4 | 90.3 | 5.0 |

Fried Rice:

| | | | | | | | | | | | | | | | | |
|----------------------|----|-------|-------|------|-----|------|-------|--------|-------|-----|------|------|--------|------|-------|-----|
| Vegetable Fried Rice | 18 | 728.5 | 280.6 | 31.2 | 4.6 | 0.00 | 109.2 | 2389.6 | 99.2 | 4.7 | 12.8 | 15.2 | 6040.1 | 36.0 | 117.2 | 5.9 |
| Side Fried Rice | 18 | 597.8 | 59.7 | 6.6 | 2.2 | 0.00 | 132.3 | 2883.3 | 116.5 | 4.1 | 14.2 | 16.7 | 6307.1 | 13.0 | 115.0 | 6.4 |

Noodles:

| | | | | | | | | | | | | | | | | |
|-------------------|----|-------|-------|------|-----|------|------|--------|-------|-----|------|------|--------|------|------|-----|
| Vegetable Noodles | 18 | 914.0 | 396.9 | 44.1 | 6.6 | 0.00 | 73.7 | 3429.1 | 109.6 | 3.2 | 15.4 | 23.6 | 1838.4 | 22.8 | 80.7 | 5.1 |
| Side Noodles | 18 | 688.3 | 92.3 | 10.3 | 3.3 | 0.00 | 86.1 | 3272.0 | 122.2 | 3.4 | 14.4 | 26.8 | 1719.8 | 21.4 | 75.5 | 5.4 |

Although this nutritional data is based on standard portion products guidelines, variations in actual values can be expected due to seasonal influences, mineral content of soil, diet of animal, fertilizer or growth hormone used, genetics of plant or animal, processing method, minor differences in product assembly per restaurants and other factors. Actual nutrient values will vary. All nutrient data should be viewed and be used only as a guide. Nutritional data for Jump Proprietary products are based on actual laboratory testing, however various factors will influence your results, differences in moisture content of sample, length and method of sample storage, number of sample tested, and various methods of cooking or preparing the food.