

It's Greek to Me

The highlighted foods in bold are dishes that we analyzed from Greek restaurants. To put them in perspective, the chart includes foods from our previous restaurant studies. Numbers for Burger King, McDonald's, and Pizza Hut come from the companies. Within each category, dishes are ranked from best to worst—from least to most artery-clogging fat (saturated plus trans), then total fat.

Main Dishes

	Calories	Total Fat (grams)	Artery-Clogging Fat (grams)	Cholesterol (mg)	Sodium (mg)
Broiled Low-fat Fish (cod, haddock, etc.) (6 oz.)	210	5	1	125	360
Turkey Sandwich with mustard (9 oz.)	370	6	2	75	1,410
Chicken Souvlaki (kebob) (7 oz.)	260	8	2	145	370
Szechuan Shrimp with rice (3½ cups)	930	19	2*	335	2,460
Grilled Chicken Breast (6 oz.)	270	8	3	145	650
Stir-Fried Vegetables with rice (4½ cups)	750	19	3*	0	2,150
Lamb or Pork Souvlaki (kebob) (8 oz.)	310	11	4	165	550
Roast Beef Sandwich with mustard (9 oz.)	460	12	4	115	990
Spaghetti with Marinara Sauce (3½ cups)	850	17	4*	30	1,450
Chicken Souvlaki with rice (13 oz.)	500	14	5	155	1,050
Chicken Fajitas (2 cups) with tortillas (4)	840	24	5*	140	1,530
Pot Roast (10 oz.)	370	16	7	115	570
Lamb or Pork Souvlaki with rice (13 oz.)	550	18	7	175	1,230
Spaghetti with Meat Sauce (3 cups)	920	25	7*	110	1,790
Sirloin Steak, trimmed (12 oz. raw)	390	15	8	165	470
Burger King Bacon Cheeseburger	400	22	10*	70	940
McDonald's Big Mac	570	32	10*	85	1,100
Tuna Salad Sandwich with mayo (11 oz.)	830	56	10	70	1,360
Chicken Caesar Salad (4 cups) with dressing	660	46	11	130	1,490
Spanakopita (spinach pie) (8 oz.)	410	24	12	95	730
Greek Salad (3½ cups) with dressing	390	30	12	25	1,060
McDonald's Quarter Pounder with Cheese	530	30	13*	95	1,310
Beef Burrito (14 oz.)	830	40	13*	125	1,970
Moo Shu Pork with rice (4 cups)	1,230	64	13*	465	2,590
Kung Pao Chicken with rice (4½ cups)	1,620	76	13*	275	2,610
Dolmades (stuffed grape leaves) (4 pieces—12 oz.)	540	32	15	120	1,470

	Calories	Total Fat (grams)	Artery-Clogging Fat (grams)	Cholesterol (mg)	Sodium (mg)
Pizza Hut Big New Yorker Cheese Pizza (2 slices)	790	33	17*	35	2,200
Chef Salad (5 cups) with dressing	930	71	18	285	2,510
Fried Seafood Combo (14 oz.)	970	50	19	295	1,920
Gyro (pita sandwich with meat) (12 oz.)	760	44	20	95	2,390
Reuben Sandwich (14 oz.)	920	50	20	230	3,270
Taco Salad (3½ cups)	1,100	71	20*	125	1,850
Lasagne (2 cups—20 oz.)	960	53	21*	215	2,060
T-bone Steak, trimmed (16 oz. raw)	690	44	23	145	510
Moussaka (ground beef & eggplant casserole) (12 oz.)	830	48	25	140	2,010
Porterhouse Steak, trimmed (20 oz. raw)	930	64	32	235	510
Fettuccine Alfredo (2½ cups)	1,500	97	48*	420	1,030
Prime Rib, untrimmed (16 oz.)	1,280	94	52	195	620

Side Dishes

	Calories	Total Fat (grams)	Artery-Clogging Fat (grams)	Cholesterol (mg)	Sodium (mg)
Vegetable of the Day (1 cup)	60	3	1	5	150
Baked Potato with 1Tbs. sour cream	280	3	2	5	200
Greek Rice (1½ cups)	240	7	3	10	680
Mashed Potatoes with gravy (¾ cup)	190	8	3	10	600
McDonald's French Fries (large)	540	26	5*	0	350
Loaded Baked Potato (bacon, butter, cheese, and sour cream)	620	31	19	70	570

Desserts

	Calories	Total Fat (grams)	Artery-Clogging Fat (grams)	Cholesterol (mg)	Sugars (grams)
Baklava (honey & nut pastry) (5 oz.)	550	21	5	15	32
Apple Pie (8 oz.)	540	28	13	5	na
Cinnabon Cinnabon (7.5 oz.)	670	34	14	65	49
Starbucks Cinnamon Scone (5 oz.)	530	26	16	125	15
Au Bon Pain Almond Croissant (5 oz.)	630	42	18	90	23
Au Bon Pain Cheese Danish (4.5 oz.)	520	31	23	80	23
Fudge Brownie Sundae (10 oz.)	1,130	57	30	115	74
The Cheesecake Factory Original Cheesecake (1 slice—7 oz.)	710	49	31	215	49

* Doesn't include trans fat. na Information not available.

† May include sugars from dairy and/or fruit ingredients.

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