

beef and broccoli panda express nutrition

beef and broccoli panda express nutrition is an important consideration for many consumers who enjoy this popular dish from the well-known fast-food chain. Understanding the nutritional content of beef and broccoli at Panda Express can help individuals make informed dietary choices, whether they are managing calorie intake, monitoring macronutrients, or seeking balanced meals. This article explores the detailed nutrition facts of beef and broccoli from Panda Express, including calories, macronutrients, vitamins, and minerals. Additionally, it discusses how this dish fits into various dietary preferences and restrictions. Readers will also find tips on customizing orders for healthier options and comparisons with other menu items. All of these points provide a comprehensive overview of beef and broccoli Panda Express nutrition for health-conscious consumers.

- Nutrition Facts of Beef and Broccoli Panda Express
- Macronutrient Breakdown and Health Implications
- Micronutrients and Dietary Benefits
- Dietary Considerations and Allergen Information
- Healthier Options and Customization Tips
- Comparison with Other Panda Express Entrees

Nutrition Facts of Beef and Broccoli Panda Express

Beef and broccoli at Panda Express is a staple item known for its savory flavor and relatively balanced nutrition profile. This dish combines tender slices of beef with fresh broccoli florets, cooked in a flavorful soy-based sauce. Understanding the exact nutrition facts is essential for consumers tracking their intake.

Typically, a standard serving of beef and broccoli from Panda Express contains approximately 150 to 190 calories per serving size, which is about 5.7 ounces or 170 grams. The dish offers a moderate amount of protein, making it a good choice for those seeking muscle maintenance or growth. However, it also contains sodium and fat, which require consideration for those with dietary restrictions.

Caloric Content

The calorie count of beef and broccoli Panda Express nutrition ranges around 150-190 calories per serving, depending on portion size and preparation methods. This moderate caloric content makes it a reasonable option for lunch or dinner within a balanced diet.

Sodium Levels

One of the main nutritional considerations is the sodium content. Beef and broccoli at Panda Express contains roughly 400-500 mg of sodium per serving, which is significant relative to daily recommended limits. Sodium is a key factor for consumers managing blood pressure or cardiovascular health.

Fat Content

The total fat content in beef and broccoli is generally low to moderate, averaging around 7-9 grams per serving. This includes a mix of saturated and unsaturated fats, where saturated fat remains below 3 grams, aligning with dietary guidelines to limit saturated fat intake.

Macronutrient Breakdown and Health Implications

Analyzing the macronutrient composition of beef and broccoli Panda Express nutrition helps clarify its role in a balanced diet. The dish primarily provides protein and carbohydrates, with fat playing a secondary role.

Protein Content

Beef and broccoli is a rich protein source, offering approximately 15-20 grams per serving. This high protein content supports muscle repair, immune function, and overall metabolic health. Protein from beef provides essential amino acids needed for bodily functions.

Carbohydrates and Fiber

Carbohydrates in this dish come mainly from the broccoli and sauce. The total carbohydrate content is about 8-12 grams per serving, with dietary fiber contributing 2-3 grams. Fiber benefits digestive health and promotes satiety, making beef and broccoli a more filling option.

Fat and Heart Health

The fat content includes both saturated and unsaturated fats, with unsaturated fats being more prevalent. Unsaturated fats support cardiovascular health, whereas limiting saturated fat intake is advisable. The fat profile of beef and broccoli generally aligns with moderate fat consumption recommendations.

Micronutrients and Dietary Benefits

Beyond macronutrients, beef and broccoli Panda Express nutrition offers various vitamins and minerals essential for health. These micronutrients contribute to immune support, bone health, and metabolic processes.

Vitamins

Broccoli is an excellent source of vitamin C, vitamin K, and folate. Vitamin C supports immune defense and acts as an antioxidant, while vitamin K is vital for blood clotting and bone metabolism. Folate plays a key role in DNA synthesis and repair.

Minerals

Beef provides important minerals such as iron, zinc, and selenium. Iron is crucial for oxygen transport in the blood, zinc aids immune function and wound healing, and selenium acts as an antioxidant. The combination of beef and broccoli creates a nutrient-dense meal.

Antioxidants and Phytochemicals

Broccoli contains various antioxidants and phytochemicals, including sulforaphane, which have been studied for their potential in reducing inflammation and supporting detoxification processes. These compounds add to the health benefits of the dish.

Dietary Considerations and Allergen Information

Consumers with specific dietary needs must consider the ingredients and preparation methods of beef and broccoli from Panda Express. This section outlines common dietary concerns and allergen information.

Gluten and Soy Content

The sauce used in beef and broccoli commonly contains soy sauce, which includes wheat, making it unsuitable for individuals with gluten intolerance or celiac disease. Soy protein is also present, which may affect those with soy allergies.

Sodium Restrictions

Due to the relatively high sodium content, individuals on sodium-restricted diets, such as those with hypertension, should consume beef and broccoli in moderation or explore lower-sodium alternatives.

Vegetarian and Vegan Options

Beef and broccoli is not suitable for vegetarians or vegans due to its beef content. Panda Express offers alternative plant-based dishes that cater to these dietary preferences.

Healthier Options and Customization Tips

To optimize beef and broccoli Panda Express nutrition for health goals, certain strategies can be applied. These modifications help reduce calorie, fat, or sodium intake while maintaining flavor.

Choosing Portion Sizes

Limiting portion size is an effective way to control calorie and sodium consumption. Opting for a smaller serving or sharing the dish can help maintain dietary balance.

Pairing with Healthier Sides

Pairing beef and broccoli with steamed vegetables or brown rice instead of fried rice or chow mein reduces added fats and calories. This supports a more nutrient-dense meal.

Requesting Sauce on the Side

As much of the sodium and sugar content comes from the sauce, requesting it on the side allows consumers to control the amount used, lowering overall sodium and sugar intake.

- Opt for smaller servings
- Choose steamed vegetables or brown rice sides
- Request sauce on the side
- Avoid extra fried or sugary items

Comparison with Other Panda Express Entrees

Comparing beef and broccoli Panda Express nutrition with other menu items provides context for its relative healthfulness. This comparison assists consumers in making choices aligned with their nutritional goals.

Versus Orange Chicken

Orange chicken is higher in calories, sugar, and fat compared to beef and broccoli. While orange chicken offers a sweeter flavor profile, beef and broccoli is generally a leaner, lower-calorie option with less added sugar.

Versus Kung Pao Chicken

Kung Pao chicken contains similar protein levels but typically includes more fat and sodium due to its sauce and preparation style. Beef and broccoli tends to be a more moderate choice for heart-healthy diets.

Versus String Bean Chicken Breast

String bean chicken breast is comparable in calories and protein but often contains fewer carbohydrates and sodium, making it a slightly lighter option than beef and broccoli.

Frequently Asked Questions

What are the calories in Panda Express Beef and Broccoli?

A serving of Panda Express Beef and Broccoli contains approximately 150 calories.

Is Panda Express Beef and Broccoli a healthy option?

Panda Express Beef and Broccoli can be considered a relatively healthy option as it is lower in calories and contains vegetables, but it may be high in sodium.

How much protein is in Panda Express Beef and Broccoli?

One serving of Panda Express Beef and Broccoli contains about 10 grams of protein.

What is the sodium content in Panda Express Beef and Broccoli?

Panda Express Beef and Broccoli has approximately 520 milligrams of sodium per serving.

Does Panda Express Beef and Broccoli contain any allergens?

Yes, it contains soy and wheat, which are common allergens found in the sauce and beef marinade.

Can Panda Express Beef and Broccoli fit into a low-carb diet?

Yes, Panda Express Beef and Broccoli is relatively low in carbohydrates, with around 10 grams per serving, making it suitable for some low-carb diets.

Additional Resources

1. *The Nutritional Secrets of Panda Express: Beef and Broccoli Edition*

This book delves into the nutritional content of one of Panda Express's most popular dishes, beef and

broccoli. It breaks down calories, macronutrients, and micronutrients, offering insights into how this meal fits into a balanced diet. Readers will find tips on making healthier choices when dining out and how to replicate a nutritious version at home.

2. Healthy Chinese Takeout: Understanding Beef and Broccoli Nutrition

Explore the nutritional aspects of Chinese takeout favorites with a focus on beef and broccoli. This guide explains the ingredients, cooking methods, and their impact on health. It also provides alternatives and modifications to reduce sodium, fat, and calories while maintaining flavor.

3. Beef and Broccoli: A Nutritional Analysis for Weight Watchers

Designed for those monitoring their weight, this book offers a detailed nutritional analysis of beef and broccoli dishes from popular restaurants like Panda Express. It includes portion control advice, calorie counts, and strategies for enjoying this dish without compromising dietary goals.

4. The Science of Flavor and Nutrition in Asian-American Cuisine

This comprehensive book explores the intersection of flavor and nutrition in Asian-American dishes, with beef and broccoli as a primary example. It covers ingredient sourcing, cooking techniques, and how these affect nutritional value. Readers will gain a deeper appreciation for the balance between taste and health.

5. Eating Smart at Panda Express: Beef and Broccoli and More

Focused on making informed dining choices, this book reviews the nutritional profiles of Panda Express menu items, highlighting beef and broccoli. It offers practical advice for navigating fast-food nutrition labels and suggests healthier pairings and substitutions to enhance meal quality.

6. From Wok to Table: Nutritious Beef and Broccoli Recipes

This cookbook features a collection of wholesome beef and broccoli recipes inspired by Panda Express but tailored for health-conscious cooks. Each recipe includes nutritional information and tips for ingredient substitutions to maximize health benefits without sacrificing flavor.

7. The Role of Beef and Broccoli in a Balanced Diet

Aimed at nutritionists and food enthusiasts, this book explores how beef and broccoli can be incorporated into a balanced diet. It discusses protein quality, vegetable intake, and the importance of portion sizes, using Panda Express's version as a case study.

8. Understanding Fast Food Nutrition: A Case Study of Beef and Broccoli

This analytical book takes a closer look at fast food nutrition by examining beef and broccoli dishes. It assesses ingredient quality, preparation methods, and nutritional outcomes, providing readers with knowledge to make healthier fast-food choices.

9. Cooking for Health: Beef and Broccoli Nutritional Insights and Recipes

Combining nutritional science and culinary art, this book offers insights into the health aspects of beef and broccoli alongside delicious recipes. It encourages home cooking as a way to control ingredients and improve nutritional intake, with a focus on replicating Panda Express's flavors in a healthier way.

Beef And Broccoli Panda Express Nutrition

Find other PDF articles:

beef and broccoli panda express nutrition: *The Complete Nutrition Counter-Revised* Lynn Sonberg, 2008-01-02 Newly updated and easy-to-use A-to-Z listings of brand names and whole foods. All the information readers will ever need to know about what they eat in one handy guide. Counters are included for all the food essentials including calories, proteins, total fat, saturated fat, trans fat, cholesterol, sodium, calcium, iron, carbohydrates and fiber.

beef and broccoli panda express nutrition: *Eat Well & Keep Moving* Lilian W. Y. Cheung, 2007 This curriculum programme is for teachers of children in the nine to 10 years group. It shows how to instruct students about nutrition and fitness, and how to get support from school catering staff, fellow teachers and community members.

beef and broccoli panda express nutrition: *400 Calorie Fix* Liz Vaccariello, Mindy Hermann, Editors of Prevention, 2010-12-21 The latest research shows that controlling calories is consistently the most successful weight loss method. Of course, counting calories is nothing new. But only 15 percent of us know how many calories we should eat to maintain a healthy weight. Most of us don't know how many calories are in the foods we eat. And most of us don't really want to have to count calories. Now from Flat Belly Diet! author Liz Vaccariello comes 400 Calorie Fix, which makes it easy to spot and control calories. 400 Calorie Fix has no banned ingredients, no magic foods, and no complicated rules. You'll learn how to eat with the 400 calorie lens—the essential tool they need to assess portion sizes for all types of food at a glance. The book makes calorie control easy and delicious with 400 tasty 400-calorie recipes, quick-fix (nocook) meals, and options that make it easy to dine out, whether you're chowing down on a fast-food burger or hosting a family cookout.

beef and broccoli panda express nutrition: *Eat It to Beat It!* David Zinczenko, 2013-12-31 NEW YORK TIMES BESTSELLER Eat the World's Most Delicious Foods—and Start Dropping Pounds Today! Discover thousands of shocking food truths to help flatten your belly fast—and get you on the path to better health! NBC News health and wellness contributor Dave Zinczenko, author of the multimillion-copy bestselling *Eat This, Not That!* series, blows the lid off the bizarre, unnecessary, and shocking ingredients in many common brands, and shows you how making smart choices about the foods you love—including burgers, pizza, and chocolate—can help you lose weight, drop blood pressure, boost your immune system, and more. Discover how you can EAT IT! to help . . . BEAT IT! WEIGHT GAIN! IHOP's Chicken and Spinach Salad has as many calories as 6 Klondike Bars! Good news: A similar salad at another restaurant will save you more than 1,200 calories! BEAT IT! MOODINESS! Some dark chocolate brands contain polyphenols, the near-magical nutrients that improve learning and memory, boost mood, and lower stress levels. BEAT IT! HIGH BLOOD SUGAR! Can you believe there's oatmeal on the market with as much sugar per serving as 13 Hershey's Kisses? Change your breakfast order and start taking control of your blood sugar levels today! With *Eat It to Beat It!*, better living starts right now! Praise for *Eat It to Beat It!* "David Zinczenko provocatively exposes what's in our food, so grab a fork and start indulging your way back to health with his advice."—Mehmet Oz, M.D. "Dave Zinczenko's investigations into the truth about our food make him one of the top nutrition experts in America. *Eat It to Beat It!* is an essential guidebook for anyone with an appetite for eating and living well."—Travis Stork, M.D., co-host, *The Doctors*

beef and broccoli panda express nutrition: *Chubster* Martin Cizmar, 2012 A humorous and appropriately snarky weight-loss and lifestyle guide for hipsters looking to shed pounds and stay cool.

beef and broccoli panda express nutrition: *The Ultimate Workout Log* Suzanne Schlosberg, 2005-01-04 This is a completely revised and updated edition of the ever-popular fitness log for everyone who exercises--joggers, walkers, aerobics addicts, bodybuilders, tennis players, swimmers,

and health club enthusiasts.

beef and broccoli panda express 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.

beef and broccoli panda express nutrition: 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.

beef and broccoli panda express nutrition: Guide to Healthy Restaurant Eating Hope S. Warshaw, 2006 This bestselling and indispensable guide contains the most complete and user-friendly restaurant nutrition facts for people living with diabetes. Reflecting the most recent additions and deletions to the restaurant industry's ever-changing menus, this revised and expanded edition covers more than 5,000 menu items from more than 60 chain restaurants.

beef and broccoli panda express nutrition: Digest Diet Dining Out Guide Liz Vaccariello, 2012-12-27 More information to be announced soon on this forthcoming title from Penguin USA

beef and broccoli panda express nutrition: Eat This, Not That (AARP ED) Editors of Eat This, Not That!, 2016-04-05 Don't diet, don't sacrifice, and don't waste money or time on expensive weight-loss foods. In fact, you can start dropping pounds today while eating all your favorite foods—from pizza and pasta to burgers, and even dessert. From the editors of the bestselling series Eat This, Not That! comes a unique diet program that strips away added sugars and melts fat—from your belly first. The trick: a series of simple swaps that will ensure you're eating the very best options from your favorite restaurants and grocery store brands. Discover how easy it is to indulge your way to a flat belly while protecting your brain and striking a blow against heart disease, diabetes, and more.

beef and broccoli panda express nutrition: *What to Eat When You're Eating Out* Hope S. Warshaw, 2006 This book is the most comprehensive guide to restaurant nutrition information if you like to eat out, want to eat healthy, and want to make more informed choices. Ideal for when you're trying to lose weight, eat heart-healthy, or better manage other conditions such as diabetes.

beef and broccoli panda express nutrition: America's Most Wanted Recipes Without the Guilt Ron Douglas, 2011-09-06 The New York Times bestselling author of America's Most Wanted Recipes presents low-calorie, copycat recipes from your favorite restaurants--

beef and broccoli panda express nutrition: Food Cultures of the United States Bruce Kraig, 2020-01-23 This comprehensive volume examines the history of American food culture and cuisine today, from staple ingredients to dietary concerns. Everyday, without realizing it, Americans plan their days around food—what to make for dinner, where to meet for brunch, what to bring to a party. As a nation of immigrants, the U.S. has food and foodways that few countries in the world have. This addition to the Global Kitchen series examines all aspects of food culture in the United States, from the early Colonial period and Native American influences on the new immigrants' food to the modern era. The volume opens with a Chronology that looks at United States history and significant food events. Coverage then dives deep into the history of food in the U.S., and is followed by a chapter on influential ingredients in American cooking. Chapters break down American cuisine into appetizers and side dishes, main dishes, and desserts, looking at typical meals and flavors that characterize it. Additional chapters examine food eaten during holidays and on special occasions, street food and snacks, and restaurants. A final chapter looks at issues and dietary concerns. Recipes round out each chapter.

Related to beef and broccoli panda express nutrition

The Best Beef Stroganoff - Food Network Kitchen Learn to make a classic beef stroganoff with our pro tips and easy step-by-step recipe. Plus, exactly which cuts of meat are best for the dish, and expert serving recommendations

Beef Recipes - Food Network 6 days ago Ground-up, steak, sirloin, brisket – discover tips, tricks and recipes for any imaginable variety of beef

Ground Beef Stroganoff with Caramelized Mushrooms and Crispy Beef stroganoff is a classic, but in the Mauro house, we're switching it up by using ground beef. Try my trick with baking soda to tenderize the beef, keep it moist and improve browning

Beef | Food Network Find everything from beef stew and stroganoff to hearty roasts with Food Network's best beef recipes

Cattle & Beef | Economic Research Service - USDA ERS The United States has the largest fed-cattle industry in the world, and is the world's largest producer of beef, primarily high-quality, grain-fed beef for domestic and export use

25 Best Beef Tenderloin Recipes & Ideas | Food Network With these beef tenderloin recipes from Food Network it's easy to get an impressive main on the table anytime

Beef Casserole Recipes | Food Network Corned Beef Hash Brown Casserole Cottage Pie Classic Beef Tot Hotdish Chili-Corn Casserole 13 Reviews

75 Ground Beef Recipes That Take the Guesswork Out of Dinner Discover easy ground beef recipes from Food Network, including burgers, meatloaf, Bolognese, and shepherd's pie—family favorites you'll make on repeat

Cattle & Beef - Sector at a Glance | Economic Research Service The amount of U.S. beef exported is mainly affected by volume of domestic beef production, which reflects the current stage in the cattle cycle. Similarly, beef traded in the

Beef Bourguignon Recipe | Ina Garten | Food Network Try Ina Garten's Beef Bourguignonne recipe, a French classic with bacon, mushrooms and red wine, from Barefoot Contessa on Food Network

The Best Beef Stroganoff - Food Network Kitchen Learn to make a classic beef stroganoff with our pro tips and easy step-by-step recipe. Plus, exactly which cuts of meat are best for the dish, and expert serving recommendations

Beef Recipes - Food Network 6 days ago Ground-up, steak, sirloin, brisket – discover tips, tricks and recipes for any imaginable variety of beef

Ground Beef Stroganoff with Caramelized Mushrooms and Crispy Beef stroganoff is a classic, but in the Mauro house, we're switching it up by using ground beef. Try my trick with baking soda to tenderize the beef, keep it moist and improve browning

Beef | Food Network Find everything from beef stew and stroganoff to hearty roasts with Food Network's best beef recipes

Cattle & Beef | Economic Research Service - USDA ERS The United States has the largest fed-cattle industry in the world, and is the world's largest producer of beef, primarily high-quality, grain-fed beef for domestic and export use

25 Best Beef Tenderloin Recipes & Ideas | Food Network With these beef tenderloin recipes from Food Network it's easy to get an impressive main on the table anytime

Beef Casserole Recipes | Food Network Corned Beef Hash Brown Casserole Cottage Pie Classic Beef Tot Hotdish Chili-Corn Casserole 13 Reviews

75 Ground Beef Recipes That Take the Guesswork Out of Dinner Discover easy ground beef recipes from Food Network, including burgers, meatloaf, Bolognese, and shepherd's pie—family favorites you'll make on repeat

Cattle & Beef - Sector at a Glance | Economic Research Service The amount of U.S. beef exported is mainly affected by volume of domestic beef production, which reflects the current stage in the cattle cycle. Similarly, beef traded in the

Beef Bourguignon Recipe | Ina Garten | Food Network Try Ina Garten's Beef Bourguignonne recipe, a French classic with bacon, mushrooms and red wine, from Barefoot Contessa on Food Network

The Best Beef Stroganoff - Food Network Kitchen Learn to make a classic beef stroganoff with our pro tips and easy step-by-step recipe. Plus, exactly which cuts of meat are best for the dish, and expert serving recommendations

Beef Recipes - Food Network 6 days ago Ground-up, steak, sirloin, brisket – discover tips, tricks and recipes for any imaginable variety of beef

Ground Beef Stroganoff with Caramelized Mushrooms and Crispy Beef stroganoff is a classic, but in the Mauro house, we're switching it up by using ground beef. Try my trick with baking soda to tenderize the beef, keep it moist and improve browning

Beef | Food Network Find everything from beef stew and stroganoff to hearty roasts with Food Network's best beef recipes

Cattle & Beef | Economic Research Service - USDA ERS The United States has the largest fed-cattle industry in the world, and is the world's largest producer of beef, primarily high-quality, grain-fed beef for domestic and export use

25 Best Beef Tenderloin Recipes & Ideas | Food Network With these beef tenderloin recipes from Food Network it's easy to get an impressive main on the table anytime

Beef Casserole Recipes | Food Network Corned Beef Hash Brown Casserole Cottage Pie Classic Beef Tot Hotdish Chili-Corn Casserole 13 Reviews

75 Ground Beef Recipes That Take the Guesswork Out of Dinner Discover easy ground beef recipes from Food Network, including burgers, meatloaf, Bolognese, and shepherd's pie—family favorites you'll make on repeat

Cattle & Beef - Sector at a Glance | Economic Research Service The amount of U.S. beef exported is mainly affected by volume of domestic beef production, which reflects the current stage in the cattle cycle. Similarly, beef traded in the

Beef Bourguignon Recipe | Ina Garten | Food Network Try Ina Garten's Beef Bourguignonne recipe, a French classic with bacon, mushrooms and red wine, from Barefoot Contessa on Food Network

Related to beef and broccoli panda express nutrition

I ordered the same meal at Panda Express and P.F. Chang's. The fast-food chain had my favorite dish in nearly every category. (Business Insider1y) I ordered dinner at Panda Express and P.F. Chang's to see which chain I preferred. I got fried rice, sesame chicken, beef and broccoli, and spring rolls from Panda Express. I got the same items from P

I ordered the same meal at Panda Express and P.F. Chang's. The fast-food chain had my favorite dish in nearly every category. (Business Insider1y) I ordered dinner at Panda Express and P.F. Chang's to see which chain I preferred. I got fried rice, sesame chicken, beef and broccoli, and spring rolls from Panda Express. I got the same items from P

Back to Home: <http://www.devensbusiness.com>