

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.

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