

Corky's BBQ

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<http://www.exercise4weightloss.com/>

All Items Restaurant Nutrition Plus Points <small>Serving size was not available so assumes "as served"</small>	Cal	Tot Fat	Sat Fat	Fiber	Pro	Carb	Sod	Org Pts	Pts +
1.5 lb Slab Pork Ribs (5 ribs)	300	12	4	2	23	25	750	7	8
1 lb Pulled Pork Shoulder (5 oz)	200	9	3.5	1	26	11	387	5	6
1 Pint BBQ Baked Beans (4 oz)	140	1.5	0	5	6	29	620	2	4
Original BBQ Sauce (2 tbsp)	40	0	0	0	0	9	310	1	1
Dry Rub Seasoning* (1/3 tsp)	0	0	0	0	0	0	105	0	0
Fudge Pie** (1/6 pie)	480	26	6	2	5	57	250	11	13
Pecan Pie** (1/8 pie)	550	27	4.5	1	5	75	350	13	15
BBQ Beef Brisket (5 oz)	240	7	2.5	1	37	6	380	5	6
Half BBQ Chicken (3 oz)	200	13	4	1	19	0	300	5	5
BBQ Smoked Sausage (2 oz)	195	17	6	0	7	6	656	5	6
Smokin' Hot Sauce (2 tbsp)	40	0	0	0	0	9	310	1	1
Apple BBQ Sauce**† (2 tbsp)	60	0	0	0	0	15	125	1	2

Nutritional data obtained on 06/2011 at the following link

<http://www.corkysbbq.com/images/nutritioninfo.pdf>