

## Golden Krust

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

This restaurant has very limited nutrition information. Most items only have calories and therefore points are not available for those items.

<b>Patties</b> <b>Weight Watchers Points</b> <b>Restaurant Nutrition</b>	<b>Pts +</b>	<b>Org Pts</b>	<b>Serv Size</b>	<b>Cal</b>	<b>Tot Fat</b>	<b>Sat Fat</b>	<b>Fiber</b>	<b>Pro</b>	<b>Carb</b>	<b>Sod</b>
Beef Patty	13	12	1 ea	490	25	6	1	22	45	430
Cheese Beef Patty	9	11	1 ea	440	22	8	0	18	12	410
Chicken Patty	11	9	1 ea	400	17	6	0	17	46	470
Patty Crust	3	2	1 ea	100	4.5	2	0	2	13	40
School Patty	11	9	1 ea	390	13	4.5	1	18	52	260
Shrimp Patty	9	8	1 ea	350	11	4	0	18	44	450
Vegetable Patty	9	7	1 ea	340	9	3	2	8	59	430
<b>Breakfast</b> <b>Restaurant Nutrition</b> <small>Only Calories are available for these items. Some show a range which assumes is based on selections</small>			<b>Serv Size</b>	<b>Cal</b>						
Ackee & Catfish			1 meal	486 – 648						
Callaloo & Codfish			1 meal	409 – 545						
Codfish & Beans			1 meal	529 – 705						
Dumplings			1 ea	257						
Kidney			1 meal	387 – 515						
Liver			1 meal	587 – 782						
Porridge, lrg			32 oz	606 – 744						
Porridge, small			16 oz	303 – 372						
<b>Reggafest Meals</b> <b>Restaurant Nutrition</b> <small>Only Calories are available for these items. Some show a range which assumes is based on selections</small>			<b>Serv Size</b>	<b>Cal</b>						
BBQ Chicken Meal, small			1 meal	969						
Brown Stew Chicken, small			1 meal	795						
Curried Shrimp Meal, small			1 meal	915						
Curry Chicken Meal, small			1 meal	951						
Curry Goat Meal, small			1 meal	987						
Escoveitched Fish Meal, small			1 meal	983						
Fried Chicken Meal, small			1 meal	988						
Jerk Chicken Meal, small			1 meal	867						
Oxtail Meal, small			1 meal	997						
Sliced King Fish			1 meal	944						
Snapper			1 meal	949						
Stew Peas Meal, small			1 meal	1106						
<b>Soups, Salads &amp; Sides</b> <b>Restaurant Nutrition</b> <small>Only Calories are available for these items. Some show a range which assumes is based on selections</small>			<b>Serv Size</b>	<b>Cal</b>						
BBQ Wings			6 pcs	673						
Festival			1 pc	372						
Jerk Chicken Salad			1 ea	286						
Jerk Chicken Wrap			1 ea	780						
Jerk Wings			6 pcs	385						
Macaroni & Cheese			1 serv	282						
Plantain			6 pcs	298						
Rice & Peas			1 serv	331						
Roti: Curry Chicken			1 ea	537						
Roti: Curry Goat			1 ea	555						
Soup, small			1 serv	442 – 653						
Spinach Wrap			1 ea	289						

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White Rice			1 serv	306						
<b>Pastries</b>			<b>Serv Size</b>	<b>Cal</b>						
<b>Restaurant Nutrition</b>										
<small>Only Calories are available for these items. Some show a range which assumes is based on selections</small>										
American Carrot Cake			1 slice	408						
Banana Cake			1 slice	179						
Bread Pudding			1 slice	158						
Bulla			1 ea	320						
Bun & Cheese			2 slices	572						
Coco Bread			1 ea	332						
Currant Roll			1 ea	393						
Duck Bread			2 slices	200						
Fruit Cake			1 slice	324						
Gizzarda			1 ea	381						
Hard Dough Bread			2 slices	200						
Iced Plain Cake			1 slice	325						
Pound Cake			1 slice	202						
Rainbow Cake			1 slice	210						
Rock Cake			1 ea	350						
Slice Cake			1 slice	179 – 210						
Spice Bun			1 slice	150						
Sugar Bun			1 ea	400						
Tuti Fruiti			1 ea	480						
Whole Wheat Bread			2 slices	160						

Nutritional data obtained on 05/2012 at the following link

<http://www.goldencorral.com/menu/>