



500 Club Selections: Nutritional Facts

The 500 Club is a healthy eating program coordinated by Gundersen Lutheran registered dietitians and recommended by physicians. Selections are controlled in fat and calories and contribute to a healthy eating pattern.

500 Club Selection	Calories	Fat (g)	Protein (g)	Carbohydrate (g)	Fiber	Sodium (mg)
Sandwiches*						
Buffalo Burger without Sauce	480	7	40	46	3	520
Grilled Boneless Chicken Breast	370	8	26	46	1	930
Hamburger	350	14	27	31	1	360
Hot Beef	340	7	25	35	1	1110
The Historic Trempealeau Hotel Walnut Burger®**	580	30	16	62	6	1030
Desserts						
Dole Whip Orange Flavor	100	0	0	23	0	30
Dole Whip Orange Flavor with Ice Cream Cone	120	0	0	27	0	50
Dole Whip Pineapple Flavor	100	0.5	0	23	0	40
Dole Whip Pineapple Flavor with Ice Cream Cone	120	0.5	0	27	0	60
Dole Whip Raspberry Flavor	100	0.5	0	24	0	40
Dole Whip Raspberry Flavor with Ice Cream Cone	120	0.5	0	28	0	60
Dole Whip Strawberry Flavor	100	0.5	0	23	0	30
Dole Whip Strawberry Flavor with Ice Cream Cone	120	0.5	0	27	0	50
Frozen Yogurt	120	1.5	4	22	0	75
Frozen Yogurt with Cone	140	1.5	4	26	0	95
*All sandwich analyses conducted without a side or basket order.						
**Contains heart healthy fats.						