

Panda Express Nutrition Facts 2026

Panda Express Sides Nutrition Facts

Side	Calories	Total Fat (g)	Carbs (g)	Sugars (g)	Protein (g)
Chow Mein	600	23	94	11	15
Chow Mein – Cub Meal	440	19	57	8	11
Fried Rice	620	19	101	4	13
Fried Rice – Cub Meal	466	13	76	3	9
White Steamed Rice	520	0	118	0	10
White Steamed Rice – Cub Meal	390	0	87	0	8
Super Greens	130	4	14	6	9
Super Greens – Cub Meal	90	3	10	4	6
Chow Fun	410	9	73	6	9
Chow Fun – Cub Meal	300	6	53	4	6

Panda Express Vegetable Entrées Nutrition Facts

Entrée	Cal	Cal from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Super Greens Entrée	90	25	3	0	0	0	260	10	5	4	6
Super Greens – Cub Meal	60	20	2	0	0	0	200	7	4	3	4
Eggplant Tofu	340	220	24	3.5	0	0	520	23	3	17	7
Eggplant Tofu – Cub Meal	250	160	18	2.5	0	0	390	17	2	13	5

Panda Express Chicken Entrées Nutrition Facts

Entrée	Size(oz)	Cal	Cal/Fat	Fat(g)	Sat(g)	Trans(g)	Chol(mg)	Na(mg)	Carbs(g)	Fiber(g)	Sugar(g)	Protein(g)
Black Pepper Chicken	6.30	280	170	19	3.5	0	55	1130	15	1	7	13
Black Pepper Chicken – Cub	4.60	200	130	14	2.5	0	40	830	11	<1	5	10
Hot Orange Chicken	5.92	550	250	27	5	0	55	950	59	2	21	17
Hot Orange Chicken – Cub	4.44	415	190	20	4	0	40	710	44	2	16	13
Kung Pao Chicken	6.73	320	185	21	4	0	60	1050	15	2	7	17
Kung Pao Chicken – Cub	5.05	220	130	15	3	0	43	750	11	2	4	12
Grilled Teriyaki Chicken	6.00	275	90	10	3	0	160	470	14	0	9	33
Grilled Teriyaki – Cub	4.50	210	70	8	2.5	0	120	350	10.5	0	6.75	24.75
Teriyaki Chicken	6.00	340	110	13	3.5	0	195	630	14	3	10	41
Teriyaki Chicken – Cub	4.50	250	90	10	2.5	0	145	470	10	0	8	31
Mushroom Chicken	5.70	220	130	14	2.5	0	50	840	10	1	5	13
Mushroom Chicken – Cub	4.30	170	100	11	2	0	40	650	8	0	4	10
Orange Chicken	5.92	510	220	24	5	0	86	850	53	2	20	16
Orange Chicken – Cub	4.44	380	160	18	4	0	60	645	39	1	15	14
Potato Chicken	5.20	190	90	10	2	0	30	510	18	2	4	8
Potato Chicken – Cub	3.90	140	70	8	1.5	0	20	510	15	0	3	6

Panda Express Chicken Breast Entrées Nutrition Facts

Entrée	Size(oz)	Cal	Cal/Fat	Fat(g)	Sat(g)	Trans(g)	Chol(mg)	Na(mg)	Carbs(g)	Fiber(g)	Sugar(g)	Protein(g)
Honey Sesame Chicken Breast	5.30	340	135	15	2.5	0	45	540	35	1	16	16
Honey Sesame – Cub	4.00	250	100	11	2	0	35	400	26	1	12	12
String Bean Chicken Breast	5.60	210	110	12	2	0	30	560	13	5	5	12
String Bean – Cub	4.20	160	80	9	1.5	0	25	420	10	4	4	9
SweetFire Chicken Breast	5.80	360	135	15	3	0	45	370	40	2	19	15
SweetFire – Cub	4.40	270	100	11	2.5	0	35	280	30	2	14	11
Sweet & Sour Chicken Breast	5.50	300	110	12	3	0	25	260	40	1	24	10
Sweet & Sour – Cub	4.10	270	90	10	2	0	20	220	35	1	21	9

Panda Express Beef Entrées Nutrition Facts

Entrée	Size(oz)	Cal	Cal/Fat	Fat(g)	Sat(g)	Trans(g)	Chol(mg)	Na(mg)	Carbs(g)	Fiber(g)	Sugar(g)	Protein(g)
Beijing Beef	5.60	480	245	27	5	0	35	600	46	2	21	14
Beijing Beef – Cub	4.20	360	185	20	4	0	25	450	35	2	16	11
Black Pepper Sirloin Steak	5.10	180	55	6	1.5	0	45	590	12	2	7	19
Black Pepper Sirloin – Cub	3.85	130	40	4.5	1	0	35	440	9	1	5	14
Broccoli Beef	5.44	150	50	6	2.0	0	27	520	12	2	6	15
Broccoli Beef – Cub	4.10	110	40	5	1	0	21	390	9	1	5	11

Panda Express Seafood Entrées Nutrition Facts

Entrée	Size(oz)	Cal	Cal/Fat	Fat(g)	Sat(g)	Trans(g)	Chol(mg)	Na(mg)	Carbs(g)	Fiber(g)	Sugar(g)	Protein(g)
Honey Walnut Shrimp	4.39	430	255	28	4	0	70	700	32	1	9	13
Honey Walnut Shrimp – Cub	3.30	240	140	15	3	0	36	380	17	1	5	7
Wok-Fired Shrimp	6.00	190	45	5	1	0	140	1140	19	1	15	17
Wok-Fired Shrimp – Cub	4.50	140	36	4	0.5	0	105	860	15	1	11	13
Steamed Ginger Fish	6.00	200	110	12	2.5	0	40	1990	8	0	6	15
Steamed Ginger Fish – Cub	2.00	70	35	4	1	0	15	660	3	0	2	5

Panda Express Appetizers Nutrition Facts

Appetizer	Size(oz)	Cal	Cal/Fat	Fat(g)	Sat(g)	Trans(g)	Chol(mg)	Na(mg)	Carbs(g)	Fiber(g)	Sugar(g)	Protein(g)
Chicken Egg Roll (1 roll)	2.75	200	90	10	2	0	20	340	20	2	2	6
Chicken Potsticker (3 pcs)	3.30	160	60	6	1.5	0	20	250	20	1	2	6
Cream Cheese Rangoon (3 pcs)	2.40	190	70	8	5	0	35	180	24	2	1	5
Vegetable Spring Roll (2 rolls)	3.50	240	130	14	2	0	0	560	24	2	0	4

Panda Express Cub Meals (Kids' Menu) Nutrition Facts

Cub Meal	Size(oz)	Cal	Cal/Fat	Fat(g)	Sat(g)	Trans(g)	Chol(mg)	Na(mg)	Carbs(g)	Fiber(g)	Sugar(g)	Protein(g)
Orange Chicken Cub Meal (white rice, super greens, orange chicken, apple crisps, bottled water)	9.5	580	160	17	4	0	60	705	84	5	30	22
Grilled Teriyaki Chicken Cub Meal (chow mein, super greens, grilled teriyaki chicken, apple crisps, bottled water)	9.5	400	140	16	3	0	120	700	36	5	16	28
Broccoli Beef Cub Meal (white rice, super greens, broccoli beef, apple crisps, bottled water)	9.5	300	60	7	1	0	10	500	49	6	13	11

Panda Express Additional Items & Condiments Nutrition Facts

Item	Size(oz)	Cal	Cal/Fat	Fat(g)	Sat(g)	Trans(g)	Chol(mg)	Na(mg)	Carbs(g)	Fiber(g)	Sugar(g)	Protein(g)
Teriyaki Sauce	1.80	70	5	0	0	0	0	380	16	0	14	0
Apple Pie Roll	1.94	150	30	3	1	0	0	90	30	1	13	2
Sweet & Sour Sauce	1.80	70	0	0	0	0	0	115	21	0	20	0
Chili Sauce	0.25	10	0	0	0	0	0	125	2	0	2	0
Soy Sauce	0.21	5	0	0	0	0	0	375	0	0	0	0
Potsticker Sauce	0.40	10	0	0	0	0	0	290	3	0	2	0
Hot Mustard	0.25	10	10	1	0	0	0	115	0	0	0	0
Fortune Cookie	0.18	20	0	0	0	0	0	5	0	2	0	0
Tree Top Apple Crisps	0.34	40	0	0	0	0	0	10	2	7	0	0

Panda Express Soup Nutrition Facts

Soup	Size(oz)	Cal	Cal/Fat	Fat(g)	Sat(g)	Trans(g)	Chol(mg)	Na(mg)	Carbs(g)	Fiber(g)	Sugar(g)	Protein(g)
Hot & Sour Soup – Cup	12.20	120	40	5	0.5	0	65	880	14	1	4	7
Hot & Sour Soup – Bowl	17.40	170	60	6	1	0	90	1260	20	1	6	10

Panda Express Beverages Nutrition Facts

Beverage	Size	Serv(oz)	Cal	Cal/Fat	Fat(g)	Sat(g)	Trans(g)	Chol(mg)	Na(mg)	Carbs(g)	Fiber(g)	Sugar(g)	Protein(g)
Barq's Root Beer	Large	42.0	560	0	0	0	0	0	190	153	0	152	0
Barq's Root Beer	Small	22.0	290	0	0	0	0	0	95	80	0	80	0
Barq's Root Beer	Kids	12.0	160	0	0	0	0	0	55	44	0	44	0
Black Tea	Large	40.0	10	0	0	0	0	0	35	3	0	0	0
Black Tea	Medium	32.0	10	0	0	0	0	0	25	3	0	0	0
Black Tea	Small	22.0	5	0	0	0	0	0	20	2	0	0	0
Cherry Coca-Cola	Large	42.0	540	0	0	0	0	0	140	147	0	147	0
Coca-Cola	Medium	30.0	370	0	0	0	0	0	95	100	0	100	0
Coca-Cola Zero Sugar	Large	42.0	0	0	0	0	0	0	140	1	0	0	0
Diet Coke	Medium	30.0	0	0	0	0	0	0	125	1	0	0	0
Dr Pepper	Large	42.0	500	0	0	0	0	0	150	137	0	137	0
Fanta Orange	Medium	30.0	370	0	0	0	0	0	100	101	0	99	0
Fuze Lemon Black Tea	Small	22.0	150	0	0	0	0	0	95	41	0	40	0
Gold Peak Unsweetened Tea	Large	42.0	0	0	0	0	0	0	170	0	0	0	0
Hi-C Flashin' Fruit Punch	Medium	30.0	390	0	0	0	0	0	180	106	0	103	0
Minute Maid Lemonade	Small	22.0	290	0	0	0	0	0	180	72	0	69	0
Minute Maid Light Lemonade	Large	42.0	20	0	0	0	0	0	150	7	0	0	0
Powerade Fruit Punch	Medium	30.0	200	0	0	0	0	0	290	53	0	180	0
Sprite	Small	22.0	250	0	0	0	0	0	125	68	0	67	0
Sprite Zero	Medium	30.0	5	0	0	0	0	0	110	0	0	0	0
Sweet Tea	Large	40.0	510	0	0	0	0	0	30	129	0	126	0
Watermelon Mango Refresher —		24.0	210	0	0	0	0	0	0	53	0	52	0

This nutrition information is current as of 2026. Information subject to change. Please check with restaurant for the most up-to-date information.