

MIGHTY QUINN'S

Slow Smoked Barbecue

MEATS	Calories	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Dietary Fiber	Sugars	Added Sugars	Protein
Brisket (6 oz)	435	0	33	13.5	0	142.5	750	1.5	0	0	0	42
Brisket (8 oz)	580	0	44	18	0	190	1000	2	0	0	0	56
Brisket (16 oz)	1160	0	88	36	0	380	2000	4	0	0	0	112
Pulled Pork (6oz)	450	450	36	12	0	135	750	3	0	0	0	39
Pulled Pork (8 oz)	600	600	48	16	0	180	1000	4	0	0	0	52
Pulled Pork (16 oz)	1200	1200	96	32	0	360	2000	8	0	0	0	104
Spare Ribs (3 ribs-Sampler)	340		28	10	0	95	500	1	0	0	0	25
Spare Ribs (4-ribs Single)	453	0	37	13	0	127	667	1	0	0	0	33
Spare Ribs (full rack)	1360	0	112	40	0	380	2000	4	0	0	0	100
Spare Ribs (half rack)	680	0	56	20	0	190	1000	2	0	0	0	50
Carolina Mustard Wings (10 piece)	960	310	36	9	0	320	2020	36	4	28	27	117
Carolina Mustard Wings (3 wings)	290		11	3	0	95	640	12	1	9		35
Carolina Mustard Wings (6 piece)	590	190	22	6	0	190	1320	24	3	19	18	71
Spicy Wings (10 piece)	1080	320	53	20	0	365	1810	25	1	16	15	115
Spicy Wings (3 wings)	330		16	6	0	110	570	8	0	5		34
Spicy Wings (6 piece)	630	190	30	11	0	215	980	15	1	8	8	69
BBQ Wings (10 piece)	970	310	35	9	0	320	1330	40	< 1	34	30	114
BBQ Wings (3 wings)	290		10	3	0	95	410	13	0	11		34
BBQ Wings (6 piece)	590	190	21	6	0	190	860	27	< 1	23	20	69
Chipotle BBQ Chicken (6 oz)	255		9	2.25	0	90	420	13.5	0	12		30
Chipotle BBQ Chicken 8 oz)	340		12	3	0	120	560	18	0	16		40
Chipotle BBQ Chicken (16 oz)	680		24	6	0	240	1120	36	0	32		80
Crispy Chicken Sandwich-BBQ	540	50	12	4	0	110	1290	60	3	34	22	45
Crispy Chicken Sandwich-Honey	600	50	12	4	0	110	1020	78	3	52	2	45
Crispy Chicken Sandwich-Mustard	540	50	13	4	0	110	1750	58	5	30	20	47
Crispy Chicken Sandwich-Spicy	600	50	23	10	0	140	1540	49	3	21	11	45
Dirty Brisket Bowl	470		12	4.5	0	40	1090	72	3	15		14
Spicy Crispy Chicken Rice Bowl	727		19	6	0	220	1047	53	<1			76
Spicy Crispy Chicken Mac Bowl	797		24	13	0	268	1559	35	<1			76
Sausage Sandwich	370		21	8	0	55	700	25	1	6		20
1/4 Chicken (sampler)	300		17	5	0	100	390	3	0	0		31
1/2 Chicken	600		34	10	0	205	780	6	0	< 1		61

SIDES	Calories	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Dietary Fiber	Sugars	Added Sugars	Protein
Broccoli Salad (bowl)	160	35	11	2	0	5	210	12	2	8	0	4
Broccoli Salad (kids)	160	35	11	2	0	5	210	12	2	8	0	4
Broccoli Salad (pint)	630	140	44	8	0	30	830	49	8	33	0	15
Broccoli Salad (quart)	1260	280	88	15	0	55	1660	98	16	65	0	30
Broccoli Salad (single)	340		24	4	0	15	450	27	4	18		8
Brussel Sprouts (bowl)	180	130	14	1.5	4	0	310	13	4	6	0	4
Brussel Sprouts (kids)	180	130	14	1.5	4	0	310	13	4	6	0	4
Brussel Sprouts (pint)	740	520	58	6	15	0	1220	52	14	26	0	14
Brussel Sprouts (quart)	1480	1040	116	12	31	0	2450	103	28	51	0	28
Brussel Sprouts (single)	220	390	17	2	4.5	0	360	15	4	7		4
Burnt Ends Baked Beans (bowl)	120	0	1.5	0.5	0	7.5	370	22	2.5	13	0	5.5
Burnt Ends Baked Beans (single)	240		3	1	0	15	740	44	5	26		11
Burnt Ends Baked Beans (pint)	320	0	4	1	0	20	987	59	7	35	0	15
Burnt Ends Baked Beans (quart)	640	0	8	3	0	40	1973	117	13	69	0	29
Cornbread (1pc)	370		14	5	0	75	210	56	3	25		7
Jasmine Rice (single)	140		2.5	0	0	0	200	26	1	0		3
Jasmine Rice (pint)	187	0	3	0	0	0	267	35	1	0	0	4
Jasmine Rice (quart)	373	0	7	0	0	0	533	69	3	0	0	8
Fresh Jalapeno (2 oz)	17	0	<1	0	0	0	0	4	2	0	0	<1
Pickled Cucumber (2 oz)	15	0	0	0	0	0	360	4	0	3		0
Pickled Onion (2 oz)	25	0	0	0	0	0	30	5	< 1	3		< 1
Sweet Potato w/ pecans (bowl)	200	60	7	1.5	0	135	105	34	3	19	0	2
Sweet Potato w/ pecans (kids)	200	60	7	1.5	0	135	105	34	3	19	0	2
Sweet Potato w/ pecans (pint)	810	250	29	7	0	550	410	136	13	78	0	9
Sweet Potato w/ pecans (quart)	1610	490	58	13	0	1100	820	271	27	155	0	18
Sweet Potato w/ pecans (single)	360	94	13	3	0	245	180	60	6	35		4
Slaw (add on)	15	0	0	0	0	0	30	3	< 1	2		0
Slaw (bowl)	40	0	1	0	0	0	85	8	2	6	0	1
Slaw (kids)	40	0	1	0	0	0	85	8	2	6	0	1
Slaw (pint)	140	0	2.5	0	0	0	290	28	6	21	0	3
Slaw (quart)	280	5	5	0.5	0	0	570	56	13	41	0	7
Slaw (single)	60		1	0	0	0	115	11	3	8	0	1
French Fries	710	710	10.5	3	0	0	840	60	3	3	3	6
Dirty Fries	480	480	22	6	0	40	1050	57	5	15		12
Loaded Potato	590	170	28	13	0	60	450	67	7	4	0	21
Loaded Potato-Brisket	790	210	32	15	0	125	980	83	7	19	14	44
Loaded Potato-Pulled Pork	860	300	43	18	0	160	610	69	7	4	0	50
Mac & Cheese (bowl)	256.5	0	15.7	9.55	0.35	47.5	779	17.3	0.6	3.5	0	10.85
Mac & Cheese (single)	513		31.4	19.1	0.7	95	1558	34.6	1.2	7		21.7
Mac & Cheese (pint)	684	0	42	25	1	127	2077	46	2	9	0	29
Mac & Cheese (quart)	1368	0	84	51	2	253	4155	92	3	19	0	58

SAUCES AND DRESSINGS	Calories	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Dietary Fiber	Sugars	Added Sugars	Protein
Chipotle Aioli (2 fl-oz)	320		35	6	0	15	360	1	0	0		0
Honey-Chile Sauce (2 fl-oz)	150		0	0	0	0	240	40	0	40		0
Smoked Tomato Aioli (2 fl-oz)	230		24	4.5	0	10	220	3	0	< 1		< 1
Apple Cider Glaze (2 tbsp)	130		0	0	0	0	0	33	0	32		0
BBQ Sauce (2 fl-oz)	90		0	0	0	0	500	0	0	22	22	<1
Carolina Mustard (2 fl-oz)	90		1	0	0	0	960	0	2	18	0	2
Spicy Wing Sauce (2 fl-oz)	160		12	0	0	30	820	12	0	10		0

DESSERTS	Calories	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Dietary Fiber	Sugars	Added Sugars	Protein
Cinnamon Bun Bread Pudding w/ glaze (single)	780		44	26	0	475	480	86	2	64	32	21
Cinnamon Bun Bread Pudding w/ glaze (pint)	1550	800	89	53	0	950	970	172	3	128	63	42
Cinnamon Bun Bread Pudding w/ glaze(quart)	3100	1600	178	106	0	1895	1940	345	6	256	127	

** Indicates one or more ingredients in your recipe has an unavailable nutrient value.
This is due to missing data from brand Facts Panels, or an old recipe.