



Little King

The Authentic Deli-Taste

Facts You Should Know About The Food You Eat!

The Little King Nutritional Report

Featuring 26 different food items containing 6-7 grams of fat, or less

A Fare Of The Heart Program

Conducted By:

**Methodist Hospital, an affiliate of Methodist Health System,
Omaha, Nebraska**

(2004)

All menu items were analyzed based on recipes provided by Little King. The hero sandwiches were analyzed using a white hoagie (unless otherwise specified) and no condiments were used in the analysis as indicated by the recipe. Deli style sandwiches were analyzed using caraway rye bread and mayonnaise or mustard as indicated. Hero salads were analyzed using 6 ounces of iceberg lettuce instead of the hoagie. All of the salads were analyzed without added dressing. Analysis was performed using the MasterCook Deluxe Software, Version 7.0.

If an individual does not need to monitor his/her sodium intake, the menu items listed in Table 2 could be considered healthy choices because they have 13 grams of fat or less, 4 grams of saturated fat or less, and 60 milligrams of cholesterol or less.

Table 3 lists the items on the Little King menu that still qualify for the A Fare of the Heart Program. Please notice that based on this current analysis, only the three Lite Veggie and Cheese sandwiches from the original *Lite Menu* still qualify for the A Fare of the Heart program.

Table 1

Nutritional analysis of items that do not meet nutritional qualifications for A Fare of the Heart.

Item	Calories	Total Fat (gm)	Saturated Fat (gm)	Cholesterol (mg)	Total Carbohydrate (gm)	Dietary Fiber (gm)	Protein (gm)	Sodium (mg)
HERO SANDWICH								
#1 Italian Combo	486	22	10	61	48	2	23	1488
#1 King - Italian Combo	965	44	19	120	96	3	45	2960
#2 Ham, Salami, Cheese	383	13	6	38	48	2	19	1178
#2 King -Ham, Salami,Cheese	766	26	12	75	96	3	38	2356
#3 Club Sandwich	396	12	6	49	48	2	24	1511
#3 King – Club Sandwich	791	24	11	98	97	3	48	3021
#4 Seafood Sandwich	682	44	6	21	62	2	15	1192
#4 King Seafood Sandwich	1580	107	15	53	131	3	33	2743
#5 Tri-cheese	479	21	12	53	47	2	24	1008
#5 King Tri-cheese	952	42	24	105	94	3	47	2000
#6 Pepperoni & Cheese	511	27	12	61	46	2	20	1289
#6 King Pepperoni & Cheese	1021	53	25	123	92	3	40	2579
#7 *Turkey	313	5	1	25	48	2	19	1007
#7 *King Turkey	627	10	2	51	96	3	39	2013
#8 Ham, Swiss	381	11	6	45	49	2	22	1239
#8 King Ham, Swiss	761	23	11	90	99	3	44	2478
#9 *Roast Beef	326	5	2	32	46	2	21	1298
#9 King Roast Beef	652	11	4	63	91	3	41	2595
#10 Tuna	600	35	5	36	46	2	28	942
#10 King Tuna	1199	70	10	72	91	3	56	1884
#11 Royal Treat	428	16	7	55	48	2	24	1500
#11 King Royal Treat	849	31	14	108	97	3	47	2984

*Gold shaded items indicate foods that can also be counted in Table 2

Item	Calories	Total Fat (gm)	Saturated Fat (gm)	Cholesterol (mg)	Total Carbohydrate (gm)	Dietary Fiber (gm)	Protein (gm)	Sodium (mg)
HOT SANDWICHES								
Philly Beef and Cheese	422	12	6	52	49	2	26	1603
Philly Beef and Cheese King	844	24	12	103	99	5	52	3207
French Dip	341	6	2	38	46	2	23	1462
French Dip King	682	12	5	76	91	3	46	2924
Hot Chicken Sandwich	564	26	6	59	52	2	29	896
Hot Chicken Sandwich King	1143	54	11	118	104	5	58	1824
Meatball Sandwich	603	28	10	91	59	7	32	1502
Meatball Sandwich King	1207	56	21	183	118	14	63	3003
Chicken Cordon Blue	677	33	10	91	56	3	40	1311
Chicken Cordon Blue King	1368	68	20	182	111	6	80	2653
Chicken Bacon Classic	650	29	10	97	52	3	40	1128
Chicken Bacon Classic King	1300	58	20	193	104	7	80	2255
Chicken Mushroom Deluxe	542	20	7	75	57	5	35	946
Chicken Mushroom Deluxe King	1057	39	14	149	109	8	68	1887
Deli Reuben	640	32	10	91	55	3	35	2365
Hot Hawaiian	535	23	10	62	54	2	25	1673
Hot Hawaiian King	1071	46	19	124	109	4	49	3346
Gyro	603	29	12	58	55	6	32	2471
DELI STYLE SANDWICHES								
Super Deli Corned Beef Plain	438	16	6	122	28	3	47	2931
Super Deli Corned Beef w/Mayo	470	20	7	123	28	3	47	2957
Super Deli Corned Beef w/Mustard	441	16	6	122	28	3	47	2994

Item	Calories	Total Fat (gm)	Saturated Fat (gm)	Cholesterol (mg)	Total Carbohydrate (gm)	Dietary Fiber (gm)	Protein (gm)	Sodium (mg)
Full Deli Corned Beef Plain	296	9	3	61	28	3	26	1676
Full Deli Corned Beef w/Mustard	300	9	3	61	28	3	26	1738
Full Deli Corned Beef w/Mayo	329	13	4	62	28	3	26	1702
Super Deli Tuna	778	58	8	64	28	3	42	1254
Full Deli Tuna	466	30	4	32	28	3	24	837
Deli ½ Tuna	233	15	2	16	14	2	12	419
Super Deli Ham & Turkey Plain	357	8	2	91	38	3	40	2688
Super Deli Ham & Turkey w/Mustard	360	8	2	91	38	3	41	2751
Super Deli Ham & Turkey w/Mayo	389	12	3	93	38	3	40	2714
*Super Deli Turkey Plain	357	6	0	81	36	3	42	2121
Super Deli Turkey w/Mustard	360	6	Trace	81	36	3	43	2184
Super Deli Turkey w/Mayo	389	10	1	83	36	3	43	2147
Super Deli Ham & Swiss Plain	424	15	8	114	40	3	42	3133
Super Deli Ham & Swiss w/Mustard	427	16	8	114	40	3	43	3196
Super Deli Ham & Swiss w/Mayo	457	19	8	116	40	3	42	3159
Full Deli Ham & Swiss Plain	322	11	6	64	34	3	26	1716
Full Deli Ham & Swiss w/Mustard	326	12	6	64	34	3	26	1778
Full Deli Ham & Swiss w/Mayo	355	15	6	65	34	3	26	1742
Super Deli Roast Beef Plain	397	8	4	101	28	3	47	3053
Super Deli Roast Beef w/Mustard	401	8	4	101	28	3	47	3115
Super Deli Roast Beef w/Mayo	430	12	5	103	28	3	47	3079

*Gold shaded items indicate foods that can also be counted in Table 2

Item	Calories	Total Fat (gm)	Saturated Fat (gm)	Cholesterol (mg)	Total Carbohydrate (gm)	Dietary Fiber (gm)	Protein (gm)	Sodium (mg)
SALADS								
Tuna Salad	389	33	5	36	6	3	22	547
Chef Salad	213	12	7	50	10	3	19	1024
Seafood Salad	514	42	6	21	32	5	11	816
Ham & Swiss Salad	150	8	5	45	7	2	16	779
Grilled Chicken Salad	311	12	3	106	10	4	41	233
Deli Reuben Salad	410	28	9	91	12	3	29	1904
#1 Italian Combo Salad	255	19	9	61	6	2	17	1028
#2 Ham, Salami, Cheese Salad	152	10	5	38	6	2	13	717
#3 Club Salad	165	9	5	49	6	2	17	1050
#5 Tri-Cheese Salad	249	18	11	53	5	2	17	548
#6 Pepperoni & Cheese Salad	280	23	12	61	4	2	14	829
#11 Royal Treat Salad	197	13	6	55	6	2	17	1040

Table 2

Items not AFOH but less than 13 grams fat, 4 grams saturated fat, and 60 milligrams cholesterol

Item	Calories	Total Fat (gm)	Saturated Fat (gm)	Cholesterol (mg)	Total Carbohydrate (gm)	Dietary Fiber (gm)	Protein (gm)	Sodium (mg)
HEROS								
#7 Turkey	313	5	1	25	48	2	19	1007
#7 King Turkey	627	10	2	51	96	3	39	2013
#9 Roast Beef	326	5	2	32	46	2	21	1298
Beefeaters Lite	208	4	1	25	28	3	16	897
Turkey Lite	198	3	Trace	20	30	3	15	664
Kids Ham & Cheese	177	5	2	19	25	1	10	610
HOT SANDWICHES								
French Dip	341	6	2	38	46	2	23	1462
DELI STYLE SANDWICHES								
Deli ½ Corned Beef Plain	148	5	2	30	14	2	13	838
Deli ½ Corned Beef w/Mustard	150	5	2	30	14	2	13	869
Deli ½ Corned Beef w/Mayo	164	6	2	31	14	2	13	851
Full Deli Ham & Turkey Plain	255	5	1	46	33	3	23	1554
Full Deli Ham & Turkey w/Mustard	259	5	1	46	33	3	23	1617
Full Deli Ham & Turkey w/Mayo	288	9	2	47	33	3	23	1580
Deli ½ Ham & Turkey Plain	128	3	1	23	17	2	12	777
Deli ½ Ham & Turkey w/Mustard	130	3	1	23	17	2	12	808
Deli ½ Ham & Turkey w/Mayo	144	4	1	24	17	2	12	790

Item	Calories	Total Fat (gm)	Saturated Fat (gm)	Cholesterol (mg)	Total Carbohydrate (gm)	Dietary Fiber (gm)	Protein (gm)	Sodium (mg)
Full Deli Turkey Plain	255	4	0	41	32	3	24	1271
Full Deli Turkey w/Mustard	259	4	Trace	41	32	3	24	1333
Full Deli Turkey w/Mayo	288	8	1	42	32	3	24	1297
Deli ½ Turkey Plain	128	2	0	20	16	2	12	635
Deli ½ Turkey w/Mustard	130	2	Trace	20	16	2	12	667
Deli ½ Turkey w/Mayo	144	4	Trace	21	16	2	12	648
Deli ½ Ham & Swiss Plain	175	7	3	35	17	2	14	867
Deli ½ Ham & Swiss w/Mustard	176	7	3	35	17	2	14	898
Deli ½ Ham & Swiss w/Mayo	191	9	4	36	17	2	14	880
Full Deli Roast Beef Plain	276	5	2	51	28	3	26	1736
Full Deli Roast Beef w/Mustard	279	5	2	51	28	3	26	1799
Full Deli Roast Beef w/Mayo	308	9	3	52	28	3	26	1762
Deli ½ Roast Beef Plain	138	3	1	25	14	2	13	868
Deli ½ Roast Beef w/Mustard	140	3	1	25	14	2	13	899
Deli ½ Roast Beef w/Mayo	154	4	1	26	14	2	13	881

Table 3
A Fare of the Heart Items

Item	Calories	Total Fat (gm)	Saturated Fat (gm)	Cholesterol (mg)	Total Carbohydrate (gm)	Dietary Fiber (gm)	Protein (gm)	Sodium (mg)
Lite Veggie and Swiss Cheese	227	8	4	19	29	3	11	294
Lite Veggie & Provolone Cheese	222	8	4	15	29	3	11	425
Lite Veggie & American Cheese	227	9	5	20	29	3	10	543
Kids Turkey	150	2	Trace	10	24	1	9	450
Kids Tuna	300	17	3	18	23	1	14	471
Kids Tri-cheese	213	9	5	20	23	1	10	444
Small Grilled Chicken Salad	155	6	2	53	5	2	20	166
Small Garden Salad	31	1	Trace	0	5	2	2	72
Large Garden Salad	62	2	Trace	0	10	4	3	143