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[] 1 serving of Bob Evans Farms Inc. cobb salad, no dressing, savor size (Salad mix, tomatoes, bacon, cheddar, blue cheese, eggs,grilled chicken soybean oil, scallions) contains 299 Calories The macronutrient breakdown is 7% carbs, 53% fat, and 41% protein. This is a good source of protein (55% of your Daily Value),
calcium (23% of your Daily Value), and vitamin a (41% of your Daily Value). Amount Unit gramsservingoz For 1 serving of Bob Evans Farms Inc. cobb salad, no dressing, savor size (241g) NutrientValue%DVCalories299Saturated fats10g 50%Trans fats- Net carbs3g Fiber2g 7%Sugar- Calcium230mg 23%Iron1mg 9%Potassium0mg 0%Vitamin D-
Vitamins and MineralsAlpha carotene- Beta carotene- Caffeine- Choline- Copper- Fluoride- Folate (B9)- Lycopene- Magnesium- Manganese- Niacin- Pantothenic acid- Phosphorus- Retinol- Riboflavin (B2)- Selenium- Theobromine- Thiamine- Vitamin A369µg 41%Vitamin B12- Vitamin B6- Vitamin B6- Vitamin B6- Vitamin B12- Vitamin B6- Vitamin B12- Vitamin
D2- Vitamin D3- Vitamin E- Vitami
Docosapentaenoic Acid (DPA)- Amino AcidsAlanine- Arginine- Aspartic acid- Cystine- Glutamic acid- Cystine- Histidine- Hydroxyproline- Isoleucine- Leucine- Lysine- Methionine- Proline- Serine- Threonine- Tryptophan- Tyrosine- Valine- Generate your perfect meal plan in 2 clicks with our Automatic Meal Planner: Create a meal
plan In today's health-conscious world, the significance of Bob Evans Nutrition cannot be overstated. Bob Evans recognizes that their patrons have varying dietary preferences, requirements, and restrictions. Therefore, the provision of comprehensive Bob Evans nutritional information is not just a service but a commitment to helping their customers
make informed dining choices. Bob Evans is a well-established restaurant chain known for its commitment to delivering delicious, homestyle meals in a comfortable and welcoming setting. With a history spanning over half a century, Bob Evans has become a trusted name in the culinary world, offering a diverse menu that includes breakfast, lunch,
and dinner options. Understanding the nutritional content of their menu items empowers customers to make choices that align with their dietary restrictions. This transparency enables patrons to indulge in their favorite Bob Evans Nutrition dishes while still
making choices that support their well-being. So, let's delve into the nutritional details of Bob Evans, ensuring you can savor your meal with confidence. Bob Evans Nutrition Facts ALL DAY BREAKFAST Menu ItemsCalories from FatTotal Fat (g)Saturated Fat(g)Trans Fat (g)Cholesterol (mg)Sodium (g)Total Carbohydrates(g)Dietary Fiber
(g)Sugars(g)Protein(g) All Day Breakfast, Buttermilk Hotcakes1,1502502890.5101,91020943917 All Day Breakfast, Multigrain Hotcakes Only)300000006140 Blueberry Topping1400000011535290 Breakfast Egg Choice, Egg Whites6000000200012 Breakfast Egg Choice, Freshly
Cracked 20015016403701400013 Breakfast Egg Choice, Scrambled 160110113.5042028010014 Breakfast Griddle Choice, Brioche French Toast (Served with Butter & Syrup) 1,1502502890.5101,91020943917 Breakfast Meat Choice, Bob Evans Sausage
Links 1901401660253100009 Breakfast Meat Choice, Bob Evans Sausage Patties (2)320230261009063021019 Breakfast Meat Choice, Hickory-Smoked Ham100252.510351,44020217 Breakfast Meat Choice, Turkey Sausage 14060720608102018 Breakfast Side Choice, Cup
of Grits (with Butter)2401802170252801302 Breakfast Side Choice, Hashbrowns2001101221.5016028312 Breakfast Side Choice, Egg Whites800000030010119 Build Your Own Omelet Egg Choice, Farm Fresh Eggs31022024805753903020 Build Your Own Omelet Grill Oil
(Added to Grilled Vegetables) 1301301420000000 Build Your Own Omelet Topping Choice, Bacon 220160186045900015 Build Your Own Omelet Topping Choice, Bob Evans Sausage 140110124.5040290009 Build Your Own Omelet Topping Choice, Cheddar
Cheese907084.50251500005 Build Your Own Omelet Topping Choice, Diced Ham70151.5102599020212 Build Your Own Omelet Topping Choice, Diced Ham70151.510259902021 Build Your Own Omelet Topping Choice, Diced Ham70151.510259902021 Build Your Own Omelet Topping Choice, Diced Ham70151.510259020 Build Your Own Omelet Topping Choice, Diced Ham70151.51020 Build Your Own Own Own Ow
Own Omelet Topping Choice, Onions (without Oil)100000003010 Build Your Own Omelet Topping Choice, Swiss805064020151006 Choc. Chips (Hotcakes Only)70354.52.500098 Cinnamon Supreme Hotcakes1,07024026120.51,81019057217 Country-Fried Steak & Farm-
Fresh Eggs54030033100.55593038420 Country Biscuit Breakfast52032036170801,340291222 Cup of Grits Topping, Green Onions000.50000 Cup of Grits Topping, Sour Cream303032010100 Double Blueberry
Quaker Steel-Cut Oatmeal, Cup150252.510180282125 Quaker Steel-Cut Oatmeal Topping, Dried Cranberries 4000.50.5000129 Quaker Steel-Cut Oatmeal Topping, Honey-Roasted Pecans 8000.50.50002015 Sausage Gravy, Bowl46029033190401,660290417 Sausage Gravy, Cup22014016902082014028 Sides, Cornmeal Mush (1)12050610020016216
Cheddar Baked Potato (Includes 2 Saltine Crackers) 2101101260359001629 Half Sandwich Combo, Chicken-N-Noodles (Includes 2 Saltine Crackers) 110404.5201018013536 Half Sandwich Combo, Hearty Beef Vegetable (Includes 2 Saltine Crackers)
Soup & Salad Combo, Cheddar Baked Potato (Includes 2 Saltine Crackers)1507071.5130560137 Soup & Salad Combo, Hearty Beef Vegetable (Includes 2 Saltine Crackers)1507071.5130560137 Soup & Salad Combo, Hearty Beef Vegetable (Includes 2 Saltine Crackers)1507071.5130560137 Soup & Salad Combo, Hearty Beef Vegetable (Includes 2 Saltine Crackers)1507071.5130560137 Soup & Salad Combo, Hearty Beef Vegetable (Includes 2 Saltine Crackers)1507071.5130560137 Soup & Salad Combo, Hearty Beef Vegetable (Includes 2 Saltine Crackers)1507071.5130560137 Soup & Salad Combo, Hearty Beef Vegetable (Includes 2 Saltine Crackers)1507071.5130560137 Soup & Salad Combo, Hearty Beef Vegetable (Includes 2 Saltine Crackers)1507071.5130560137 Soup & Salad Combo, Hearty Beef Vegetable (Includes 2 Saltine Crackers)1507071.5130560137 Soup & Salad Combo, Hearty Beef Vegetable (Includes 2 Saltine Crackers)1507071.5130560137 Soup & Salad Combo, Hearty Beef Vegetable (Includes 2 Saltine Crackers)1507071.5130560137 Soup & Salad Combo, Hearty Beef Vegetable (Includes 2 Saltine Crackers)1507071.5130560137 Soup & Salad Combo, Hearty Beef Vegetable (Includes 2 Saltine Crackers)1507071.5130560137 Soup & Salad Combo, Hearty Beef Vegetable (Includes 2 Saltine Crackers)1507071.5130560137 Soup & Salad Combo, Hearty Beef Vegetable (Includes 2 Saltine Crackers)1507071.5130560137 Soup & Salad Combo, Hearty Beef Vegetable (Includes 2 Saltine Crackers)1507071.5130560137 Soup & Salad Combo, Hearty Beef Vegetable (Includes 2 Saltine Crackers)1507071.5130560137 Soup & Salad Combo, Hearty Beef Vegetable (Includes 2 Saltine Crackers)1507071.5130560137 Soup & Salad Combo, Hearty Beef Vegetable (Includes 2 Saltine Crackers)1507071.5130560137 Soup & Salad Combo, Hearty Beef Vegetable (Includes 2 Saltine Crackers)1507071.5130560137 Soup & Salad Combo, Hearty Beef Vegetable (Includes 2 Saltine Crackers)1507071.5130560137 Soup & Salad Combo, Hearty Beef Vegetable (Includes 2 Saltine Crackers)1507071.513071.51307 Soup & Salad Combo, Hearty Beef Vegetable (Includes 2 Saltine Cra
Crackers)120252.50.501562018247 Soup & Salad Combo, Loaded Baked Potato4701802110055580534219 Soup, Cheddar Baked Potato, Cup2101101260359001629 Soup, Chicken-N-Noodles, Bowl2901301532601,130262214 Soup, Chicken-N-Noodles, Cup1507071.5130560137
(g)Saturated Fat(g)Trans Fat (g)Cholesterol (mg)Sodium (g)Total Carbohydrates(g)Dietary Fiber (g)Sugars(g)Protein(g) Add An Extra Slice of Meatloaf43023026111125770223627 Best Farmhouse Dinners, Herb Rubbed Turkey &
Pie2,9401,30014260102,4803981119420 Desserts, Bakery, Cherry Pie With Whipped Topping, Whole Pie3,6301,7601931061.502,5104521224624 Desserts, Banana Nut Bread, 2 Slices420200225015540372315 Desserts, Biscuits, 2 With
Butter52029031161101,53053137 Desserts, Caramel Sundae1906074.5020135310123 Desserts, Chocolate Peanut Butter Pie, Slice6803704120045420743567 Desserts, Chocolate Peanut Butter Pie, Whole
Butter38015017501061050338 Desserts, Double-Crust Apple Pie, Slice530210241000410773473 Desserts, Double-Crust Apple Pie, Whole Pie2,9901,270141601.502,4904101623116 Dinner Side Choice, Hashbrowns2001101221.5016028312 Dinner Side Choice, Homefries250150172.50.5069024123 Dinner Sides, Baked
                0012401512051426 Dinner Sides, Bob Evans Signature Coleslaw20013014201025019217 Dinner Sides, Bread & Celery Dressing3401401550201,00042267 Dinner Sides, Broccoli110901030101105003 Dinner Sides, Carrots90404.51.5011513310 Dinner Sides, Corn1709010300109020223 Dinner Sides, French
Family, Fork-Tender Pot Roast95055062211.51452,34062112538 Farmhouse Sides, Baked Potato33010012401512051426 Farmhouse Sides, Bread & Celery Dressing3401401550201,00042267 Farmhouse Sides, Broccoli110901030101105003 Farmhouse Sides, Bread & Celery Dressing3401401550201,00042267 Farmhouse Sides, Broccoli110901030101105003 Farmhouse Sides, Bread & Celery Dressing3401401550201,00042267 Farmhouse Sides, Broccoli110901030101105003 Farmhouse Sides, Bread & Celery Dressing3401401550201,00042267 Farmhouse Sides, Broccoli110901030101105003 Farmhouse Sides, Bread & Celery Dressing3401401550201,00042267 Farmhouse Sides, Broccoli110901030101105003 Farmhouse Sides, Bread & Celery Dressing3401401550201,00042267 Farmhouse Sides, Broccoli110901030101105003 Farmhouse Sides, Bread & Celery Dressing3401401550201,00042267 Farmhouse Sides, Broccoli110901030101105003 Farmhouse Sides, Bread & Celery Dressing3401401550201,00042267 Farmhouse Sides, Bread & Celery Dressing3401401550201,0004267 Farmhouse Sides, Bread & Celery Dressing340140150201,00
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Gravy1709010602556017223 Fork-Tender Pot Roast Smaller Portion62039044141851,3903761320 Golden Fried Shrimp350252.5001101,890653818 Great Alaskan Cod64036039701101,050394232 Grilled to Perfection Chicken370809301901,43000072 Heartland Chicken Pot Pie1,43078087300.51752,39010672451 Herb Rubbed Turkey & Dressing
Crackers)2101101260359001629 Make It A Three Course Meal, Chocolate Chunk Cookies5302302613035370683416 Make It A Three Course Meal, Chocolate Chunk Cookies5302302613035370683416 Make It A Three Course Meal, Chocolate Chunk Cookies5302302613035370683416 Make It A Three Course Meal, Chocolate Chunk Cookies5302302613035370683416 Make It A Three Course Meal, Chocolate Chunk Cookies5302302613035370683416 Make It A Three Course Meal, Chocolate Chunk Cookies5302302613035370683416 Make It A Three Course Meal, Chocolate Chunk Cookies5302302613035370683416 Make It A Three Course Meal, Chocolate Chunk Cookies5302302613035370683416 Make It A Three Course Meal, Chocolate Chunk Cookies5302302613035370683416 Make It A Three Course Meal, Chocolate Chunk Cookies5302302613035370683416 Make It A Three Course Meal, Chocolate Chunk Cookies5302302613035370683416 Make It A Three Course Meal, Chocolate Chunk Cookies5302302613035370683416 Make It A Three Course Meal, Chocolate Chunk Cookies5302302613035370683416 Make It A Three Course Meal, Chocolate Chunk Cookies5302302613035370683416 Make It A Three Course Meal, Chocolate Chunk Cookies5302302613035370683416 Make It A Three Course Meal, Chocolate Chunk Cookies5302302613035370683416 Make It A Three Course Meal, Chocolate Chunk Cookies5302302613035370683416 Make It A Three Course Meal, Chocolate Chunk Cookies5302302613035370683416 Make It A Three Course Meal, Chocolate Chunk Cookies5302302613035370683416 Make It A Three Course Meal, Chocolate Chunk Cookies5302302613035370683416 Make It A Three Course Meal, Chocolate Chunk Cookies5302302613035370683416 Make It A Three Course Meal, Chocolate Chunk Cookies5302302613035370683416 Make It A Three Course Meal, Chocolate Chunk Cookies5302302613035370683416 Make It A Three Course Meal, Chocolate Chunk C
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Chocolate Peanut Butter Pie topped with Reese's, Whole Pie4,0102,26025212322702,5104111632040 Classic Family Meals Bread, Dinner Rolls with Butter36019021602053038226 Classic Family Meals Bread, Dinner Rolls with Butter3601902160205303820 Classic Family Meals Bread, Dinner Rolls with Butter3601902160205300 Classic Family Meals Bread, Dinner Rolls with Butter360190200 Classic Family Meals Bread, Dinner Rolls with Butter3601900 Classic Family Meals Bread, Dinner Rolls with Butter3601900 Classic Family Meals Bread, D
Coleslaw400250274020490373342 Classic Family Meals Sides, French Fries330130142.50048047400 Classic Family Meals Sides, Green Beans with Ham40201.50.505604202 Classic Family Meals Sides, Hash Browns1806071.51.502,69029413 Classic Family Meals Sides, Green Beans with Ham40201.50.505604202 Classic Family Meals Sides, French Fries270150172.51077027323 Classic Family Meals Sides, Green Beans with Ham40201.50.505604202 Classic Family Meals Sides, French Fries270150172.51077027323 Classic Family Meals Sides, Green Beans with Ham40201.50.505604202 Classic Family Meals Sides, French Fries270150172.51077027323 Classic Family Meals Sides, Green Beans with Ham40201.50.505604202 Classic Family Meals Sides, French Fries270150172.51077027323 Classic Family Meals Sides, Green Beans with Ham40201.50.505604202 Classic Family Meals Sides, French Fries270150172.51077027323 Classic Family Meals Sides, Green Beans with Ham40201.50.505604202 Classic Family Meals Sides, French Fries270150172.51077027323 Classic Family Meals Sides, Green Beans with Ham40201.50.505604202 Classic Family Meals Sides, French Fries270150172.51077027323 Classic Family Meals Sides, Fries270150172.5107702732
Sides, Macaroni & Cheese250110125025910252411 Classic Family Meals Sides, Mashed Potatoes & Chicken Gravy30017019100.5451,10028335 Classic Family Meals Sides, Seasonal Fruit70000001018116 Coconut Cream Pie, Slice58032035260440621395 Coconut Cream Pie, Whole Pie3,4701,8902101542152,630375723427 Cranberry Pecan
Chicken 260901040656802041325 Dinner Rolls, Two Rolls with Butter 38015017501061050338 Double-Crust Apple Pie, slice 530210241000410773473 Double-Crust Apple Pie, Whole Pie, 9901,270141601.502,4904101623116 Down-Home Country Fried Steak 5403003411155970394021 Family Meals, Banana Nut Bread, Two
Peach150000001039360 Family Meals, Freshly Brewed Iced Tea, Sweet70000001020180 Family Meals, Freshly Brewed Iced Tea, Unsweetened5000001020180 Family Meals, Hot Tea0000001020180 Family Meals, Freshly Brewed Iced Tea, Unsweetened50000010200 Family Meals, Freshly Brewed Iced Tea, Unsweetened5000001020180 Family Meals, Freshly Brewed Iced Tea, Unsweetened50000001020180 Family Meals, Freshly Brewed Iced Tea, Unsweetened50000001020 Family Meals, Freshly Brewed Iced Tea, Unsweetened5000000100 Family Meals, Fre
Cherry Pepsi1000000020280280 Family Meals, Wildfire Chicken salad23090104015460324167 Family Meals Side Choice, Homefries250150172.50.5069024223 Farmer's Choice Breakfast Griddle Choice, Hotcakes 1,1502502890.5101,91020943917 Farmhouse Garden Side1506073.501529015437 Fork- Tender Pot Roast2701401660.5505401741114
Grilled Chicken Breasts 280607201451,07000054 Hearty Beef Vegetable 150303.5101572024348 Herb Rubbed Turkey & Dressing 390140154.50701,3003711828 Homestead Breakfast (Gravy Only) 23014016902082014028 Salad Bread, Buttermilk Biscuits with Butter 44027030141151,20040136 Salad Bread, Dinner Rolls with
Butter36019021602053038226 Salad Dressing, Bleu Cheese2802703060304404022 Salad Dressing, French2802302640.510330120120 Salad Dressing, Wildfire Ranch1601101220104101208 The Rise & Shine Bread Choice, Dinner Rolls
with Butter36019021602053038226 The Rise & Shine Meat Choice, Buttermilk Biscuits with Butter44027030141151,20040136 Wildfire Chicken salad, Grilled Chicken 20110124035420151011 KIDS MENU Menu ItemsCalories from FatTotal Fat (g)Saturated
Menu, Garden Salad (no dressing)110404.5201018013536 Kids Menu, Green Beans & Ham30151.5004604202 Kids Menu, Mashed Potatoes & Country Gravy1709010602556017223 Lil Farmers Breakfast59023026602101,0107821113 Lil Farmers Breakfast Meat Choice,
Bacon1001101240100000 Lil Farmers Breakfast Meat Choice, Sausage Link5040410.510200004 Little Piggy Hotcakes5901101350101,02010732311 Mac & Cheese280110125025940312414 Plenty-O-Pancakes Meat Choice, Sausage Link5040410.510200004 Little Piggy Hotcakes5901101350101,02010732311 Mac & Cheese280110125025940312414 Plenty-O-Pancakes Meat Choice, Sausage Link5040410.510200004 Little Piggy Hotcakes5901101350101,02010732311 Mac & Cheese280110125025940312414 Plenty-O-Pancakes Meat Choice, Sausage Link5040410.5102000004 Little Piggy Hotcakes5901101350101,02010732311 Mac & Cheese280110125025940312414 Plenty-O-Pancakes Meat Choice, Sausage Link5040410.5102000004 Little Piggy Hotcakes5901101350101,02010732311 Mac & Cheese280110125025940312414 Plenty-O-Pancakes Meat Choice, Sausage Link5040410.5102000004 Little Piggy Hotcakes5901101350101,02010732311 Mac & Cheese280110125025940312414 Plenty-O-Pancakes Meat Choice, Sausage Link5040410.5102000004 Little Piggy Hotcakes5901101350101,02010732311 Mac & Cheese280110125025940312414 Plenty-O-Pancakes Meat Choice, Sausage Link5040410.5102000004 Little Piggy Hotcakes5901101350101,02010732311 Mac & Cheese280110125025940312414 Plenty-O-Pancakes Meat Choice, Sausage Link5040410.5102000004 Little Piggy Hotcakes5901101350101,02010732311 Mac & Cheese280110125025940312414 Plenty-O-Pancakes Meat Choice, Sausage Link50404010,000000 Plenty-O-Pancakes Meat Choice, Sausage Link50404010,00000 Plenty-O-Pancakes Meat Choice, Sausage Link5040400,0000 Plenty-O-Pancakes Meat Choice, Sausage Link5040
Sausage Link5040410.510200004 Tic-Tac-Toast48011013501505107711414 Turkey Lurkey41021023100701,4303441218 Turkey Sausage Breakfast2404551.5030750262420 BEVERAGES Menu ItemsCalories from FatTotal Fat (g)Saturated Fat (g)Cholesterol (mg)Sodium (g)Total Carbohydrates(g)Dietary Fiber
Brewed Iced Tea, Unsweetened50000010200 Freshly Brewed Peach Iced Tea150000001039360 Hot Chocolate, Regular22080960352102102214 Milk, 1% Chocolate, Regular320404.530152805724515 Milk, 1% Chocolate, Regular320404.530152805 Milk, 1% Choco
2% White, Small110404.53020105110117 Mist Twist1000000020270270 Mountain Dew1100000035290290 Mug Root Beer10000000020280280 Strawberry Lemonade120000001530270 Sweet & Creamy Cappuccino,
Caramel290901080010050402 Sweet & Creamy Cappuccino, Original250901080080400332 Sweet & Creamy Cappuccino, Vanilla Coffee60000001015015 Wild Cherry Pepsi1000000020280280 CATERING Menu ItemsCalories Calories Cal
Buttermilk Biscuits with Butter31017019100.59203223 Carrots90404.51.5011513310 Catering, Brioche French Toast55014016502107208132219 Catering, Homefries190404.51.1099035434 Chocolate Chunk Cookie5202302613035370683416 Chocolate Peanut Butter Pie with Reese's6803704120045420743567 Classic
Dressing190100126030340123310 Green Beans with Ham30151.5004504102 Grilled Chicken Dinner190404.51.509572000036 Herb Corn2101101230032025334 Homestyle Fried Chicken Gravy24014016803599020224
Meatloaf20090103.504040018169 Mini Blueberry Hotcakes with Syrup & Butter450140165015570741104 Mini Blueberry Hotcakes with Syrup & Butter470150176015580781134 Peanut Butter Chip Cookie with Reese's 5302502813020420632429 Sausage
Links1901401660253100009 Signature Breakfast1,24060067302.54853,99012062043 Slow Roasted Pot Roast[more info]84049054201.51501,8805081639 Slow Roasted Turkey & Dressing1,380590662111404,83014753350 Strawberry Supreme Pie59034038230.555380603385 Wildfire Chicken Salad5502903290551,1905242216 Check full: Bob
Evans Menu Prices Options for Vegetarians and Vegans: Nutritional Information for Vegetarian and Vegan Menu Items: Bob Evans Nutrition Facts, recognizes the importance of catering to a diverse range of dietary preferences, including vegetarian and vegan lifestyles. To accommodate these dietary choices, the restaurant provides detailed
nutritional information for all menu items. This information allows vegetarians and vegans to make informed selections that align with their dietary requirements. Customers can access the nutritional goals. Tips for Plant-
Based Dining: Dining as a vegetarian or vegan at Bob Evans Nutrition is a delightful experience. To make the most of your visit, consider these tips: Explore the Veggie Delight Breakfast: Bob Evans Nutrition is a delightful experience. To make the most of your dietary
choices. Customize Your Meal: Bob Evans allows customers to make custom orders. Feel free to modify menu items by substituting or omitting specific ingredients to suit your vegetarian or vegan preferences. They are usually willing
to accommodate your requests. Managing Allergies and Dietary Restrictions: Guidance on Navigating Bob Evans Nutrition facts understands the importance of managing allergies and dietary restrictions. They offer a variety of menu items suitable for individuals with specific needs. If you have allergies to
common allergens like gluten, nuts, dairy, or others, the restaurant provides information on menu items that may contain or come into contact with these allergens. It's important to review this information on menu items that may contain or come into contact with these allergens. It's important to review this information on menu items that may contain or come into contact with these allergens. It's important to review this information on menu items that may contain or come into contact with these allergens. It's important to review this information on menu items that may contain or come into contact with these allergens. It's important to review this information on menu items that may contain or come into contact with these allergens. It's important to review this information on menu items that may contain or come into contact with these allergens. It's important to review this information on menu items that may contain or come into contact with these allergens.
dietary restrictions, consider these tips: Inform the Staff: Communicate your allergies or dietary restrictions clearly with the staff when ordering. They can provide you with information on suitable menu options and, if needed, make special preparations to accommodate your needs. Ask Questions: If you have any doubts or concerns about menu items
or ingredients, don't hesitate to ask questions. Bob Evans staff are usually well-informed and ready to assist. Double-Check: Before consuming your meal, double-check your order to ensure it meets your dietary requirements. If you have concerns, always verify with the staff. Bob Evans is committed to offering a welcoming dining experience for
individuals with various dietary preferences and restrictions. By providing nutritional information and accommodating special dietary needs, the restaurant aims to ensure that all customers can enjoy a satisfying and safe meal. Bob Evans makes it
easier with their online nutritional calculator. This valuable tool allows customers to calculate the nutritional content of their meal based on their preferences and dietary requirements. It enables you to tailor your dining choices to meet your specific nutritional goals, making it an essential resource for those who want to make informed decisions
about their food. With this calculator, you can easily track the calorie, fat, protein, and carbohydrate content of your selected meal. How to Access Detailed Nutritional Information at Bob Evans is a straightforward process, and you can do it in the following steps: Visit the
Bob Evans website or use their mobile app. Navigate to the menu item you are interested in. Click on the menu item to reveal additional details. Find a link or button that says "Nutritional Information" or a similar phrase. Click on it. You will be presented with a detailed breakdown of the nutritional content, including calories, fat
protein, carbohydrates, and other relevant information. By providing access to comprehensive nutritional information, Bob Evans empowers customers to make well-information aspects, Bob
 Evans' interactive tools and resources ensure that you have the information you need for a healthy and satisfying dining experience. FAQ What is the nutritional value of Bob Evans Mashed potatoes? As per the information provided on the Bob Evans website, a typical serving of their mashed potatoes (approximately 150g) includes the following
nutritional details: Calories: 150 Total Fat: 7g Saturated Fat: 3.5g Cholesterol: 15mg Sodium: 410mg Total Carbohydrates and protein, they also contain a significant amount of sodium. For individuals mindful of their sodium intake, it
might be prudent to consider alternative side dish options. Here are some suggestions for crafting healthier mashed potatoes at home: Opt for low-fat or fat-free milk instead of whole milk. Reduce the amount of butter or margarine used. Enhance the nutritional profile by incorporating vegetables such as carrots, celery, or cauliflower into your
mashed potatoes. Flavor your mashed potatoes with herbs and spices as an alternative to excessive salt. This promotes a healthier and equally delicious outcome. How many calories are in Bob Evans everything Breakfast contains approximately 1,130 calories
The Everything Breakfast is composed of the following components: Bob Evans® sausage Hickory-smoked bacon Three scrambled fresh-cracked eggs Tomatoes Cheddar cheese Hollandaise sauce It's worth noting that this calorie count is a general estimate, and the actual calorie content of your meal may differ based on
preparation methods and your choice of side dishes. Additionally, you have the choice to select a side of fruit or vegetables in place of hash browns or pancakes for a potentially lower-calorie meal. What oil does Bob Evans utilizes soybean oil for both frying and grilling purposes, as detailed within the Nutrition and Allergen Information
 section available on the Bob Evans website. Soybean oil is a commonly employed vegetable oil across various culinary applications. It is renowned for being a rich source of essential fatty acids while maintaining relatively low levels of saturated fat. However, it's essential to be mindful of soybean oil's high-calorie nature and ensure its consumption in
moderation. If you happen to have a soybean allergy or exhibit sensitivity to soybean oil, it is advisable to refrain from consuming fried or grilled dishes at Bob Evans. You may also wish to inquire with your server about other menu items that could potentially incorporate soybean oil. Bob Evans is dedicated to delivering a safe and enjoyable dining
experience for all patrons. Should you have any inquiries or reservations regarding the usage of oil at Bob Evans mashed potatoes good? Bob Evans mashed potatoes have earned a reputation for their quality. Crafted from fresh russet potatoes, real milk, butter, and sea salt,
they are skillfully mashed to achieve a smooth and creamy texture. What's more, these mashed potatoes are often considered a cost-effective choice, with a generous serving typically priced around $5. Nevertheless, individual preferences vary. Some individuals favor crafting their own mashed potatoes at home to maintain control over ingredients
and consistency. On the other hand, a portion of customers may find Bob Evans mashed potatoes to be on the saltier or butterier side. In sum, Bob Evans mashed potatoes serve as a convenient and prompt side dish, particularly for those seeking an affordable meal. It's worth noting that opinions differ, as exemplified by various reviews from Bob
 Evans customers: "The mashed potatoes at Bob Evans are so good! They are creamy and flavorful, and they are the perfect side dish for any meal." - Sarah J. "I love the mashed potatoes at Bob Evans mashed potatoes. I find them to be too salty and too buttery."
B. Ultimately, whether or not you enjoy Bob Evans mashed potatoes comes down to personal taste. If you're seeking a convenient side dish or an economical meal, Bob Evans mashed potatoes present a worthy option. How many calories are in a Bob Evans mashed potatoes present a worthy option. How many calories are in a Bob Evans mashed potatoes present a worthy option.
select. For instance, the Farmhouse Garden Salad: 350 calories Cobb Salad: 110 calories Cobb Salad: 790 calories Grilled Chicken Salad: 550
calories Summer Berry Salad: 530 calories Chicken Salad Fruit Plate: 1070 calories For those conscientious about calories For those conscientions for a salad with fewer calories For those conscientions for a salad with fewer calories For those conscientions for a salad with fewer calories For those conscientions for a salad with fewer calories For those conscientions for a salad with fewer calories For those conscientions for a salad with fewer calories For those conscientions for a salad with fewer calories For those conscientions for a salad with fewer calories For those conscientions for a salad with fewer calories For those conscientions for a salad with fewer calories For those conscientions for a salad with fewer calories For those conscientions for a salad with fewer calories For those conscientions for a salad with fewer calories For those conscientions for a salad with fewer calories For those conscientions for a salad with fewer calories For those conscientions for a salad with fewer calories For those conscientions for a salad with fewer calories For those conscientions for a salad with fewer calories For those conscientions for a salad with fewer calories For those conscientions for a salad with fewer calories For those conscientions for a salad with fewer calories For those conscientions for a salad with fewer calories For those conscientions for a salad with fewer calories For those conscientions for the fewer calories For 
you can opt for vinaigrette dressing instead of ranch or choose grilled chicken as a topping. How many calories in a Bob Evans roll? As per information available on the Bob Evans website, a dinner roll from their menu contains approximately 178 calories. These dinner rolls are crafted from a mixture of white flour, sugar, yeast,
butter, salt, and water, baked fresh daily, and served warm and soft. Dinner rolls from Bob Evans enjoy significant popularity as a side dish accompanying various meals, and they are also featured prominently on the Bob Evans bakery menu. For individuals who are mindful of their calorie intake, it's prudent to consider limiting their consumption of
Bob Evans dinner rolls. Exploring substitutions or modifications is another avenue to explore. For instance, you could request a smaller portion of dinner rolls or opt for an entirely different side dish. Here are some recommendations to guide healthier bread choices at Bob Evans: Opt for whole-wheat bread as opposed to white bread. Select bread
options that are lower in sugar and fat. Exercise caution with high-calorie bread products, including bread rolls. Don't hesitate to request substitutions or modifications, like a smaller bread products, including bread rolls. Don't hesitate to request substitutions or modifications, like a smaller bread products, including bread rolls. Don't hesitate to request substitutions or modifications, like a smaller bread products, including bread rolls.
cheese, eggs, grilled chicken soybean oil, scallions) contains 299 Calories The macronutrient breakdown is 7% carbs, 53% fat, and 41% protein. This is a good source of protein (55% of your Daily Value), calcium (23% of your Daily Value), and vitamin a (41% of your Daily Value). Amount Unit gramsservingoz For 1 serving of Bob Evans Farms Inc. cobb
salad, no dressing, savor size (241g) NutrientValue%DVCalories299Saturated fats10g 50%Trans fats- Net carbs3g Fiber2g 7%Sugar- Calcium230mg 23%Iron1mg 9%Potassium0mg 0%Vitamin D- Vitamins and MineralsAlpha carotene- Beta carotene- Caffeine- Choline- Copper- Fluoride- Folate (B9)- Lycopene- Magnesium- Manganese- Niacin-
Pantothenic acid- Phosphorus- Retinol- Riboflavin (B2)- Selenium- Theobromine- Thiamine- Vitamin A IU- Vitamin D2- Vitamin D3- Vitamin D3- Vitamin B12- Vitamin B6- Vitamin B7- Vitamin B12- Vitamin B13- Vitamin B13
fats10g 50%Monounsaturated fats0g Polyunsaturated fats0g Trans fats- Fatty AcidsTotal omega 6- Alpha Linolenic Acid (DPA)- Amino AcidsAlanine- Arginine- Arg
Isoleucine- Leucine- Lysine- Methionine- Proline- Serine- Threonine- Proline- Serine- Threonine- Tryptophan- Tyrosine- Valine- Generate your perfect meal plan in 2 clicks with our Automatic Meal Planner: Create a meal plan in 2 clicks with our Automatic Meal Planner: Create a meal plan in 2 clicks with our Automatic Meal Planner: Create a meal plan in 2 clicks with our Automatic Meal Planner: Create a meal plan in 2 clicks with our Automatic Meal Planner: Create a meal plan in 2 clicks with our Automatic Meal Planner: Create a meal plan in 2 clicks with our Automatic Meal Planner: Create a meal plan in 2 clicks with our Automatic Meal Planner: Create a meal plan in 2 clicks with our Automatic Meal Planner: Create a meal plan in 2 clicks with our Automatic Meal Planner: Create a meal plan in 2 clicks with our Automatic Meal Planner: Create a meal plan in 2 clicks with our Automatic Meal Planner: Create a meal plan in 2 clicks with our Automatic Meal Planner: Create a meal plan in 2 clicks with our Automatic Meal Planner: Create a meal plan in 2 clicks with our Automatic Meal Planner: Create a meal plan in 2 clicks with our Automatic Meal Planner: Create a meal plan in 2 clicks with our Automatic Meal Planner: Create a meal plan in 2 clicks with our Automatic Meal Planner: Create a meal plan in 2 clicks with our Automatic Meal Planner: Create a meal plan in 2 clicks with our Automatic Meal Planner: Create a meal plan in 2 clicks with our Automatic Meal Planner: Create a meal plan in 2 clicks with our Automatic Meal Planner: Create a meal plan in 2 clicks with our Automatic Meal Planner: Create a meal plan in 2 clicks with our Automatic Meal Planner: Create a meal plan in 2 clicks with our Automatic Meal Planner: Create a meal plan in 2 clicks with our Automatic Meal Planner: Create a meal plan in 2 clicks with our Automatic Meal Planner: Create a meal plan in 2 clicks with our Automatic Meal Planner: Create a meal plan in 2 clicks with our Automatic Meal Planner: Create a meal plan in 2 clicks with our Automatic 
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 serving size available. These nutrition facts came directly from the USDA or manufacturer/restaurant. If you're using a calorie counter, remember that Fat, Carbs, and Protein calories are just close estimations based on the Atwater factors: Fat: 9 cal/g  Protein: 4 cal/g  Percent Daily Values are based on a 2,000 calorie diet. Please
remember this when using this information to make healthy food choices for your diet. Looking for a delicious and affordable family meal menu for 2024! Bob Evans Family Meals Menu Prices FAQsHow can I order Bob Evans' family meals online? You can easily
order Bob Evans' family meals online through platforms like Grubhub. Simply select from the available family meals expressed to serve families? Yes, they are designed to serve families? Yes, they are designed to serve family meals? Yes, they are design
family meal options catering to different dietary preferences. Check the menu for specific details. Can I customize my family meal order at Bob Evans? Depending on the meal option, customization or add-on choices may be available. Details can be found on their menu. Are vegetarian or vegan options available in Bob Evans? family meals? Yes, Bob
Evans may have vegetarian or vegan options. Check directly or their menu for choices. Do Bob Evans' family meals? Nutritional information for Bob Evans' family meals? Nutritional information family meals? Nutritional i
may be available on their official website or by contacting the restaurant for current offers. How far in advance should I order Bob Evans' family meals for
special occasions?It's best to place orders in advance, especially for special occasions or holiday meals, to ensure availability and timely delivery. Can I get specific allergen information, it's best to inquire directly with Bob Evans regarding their family meal options. We are following the
updates and the information is relevant in 2025! Keep in mind: The details provided are from publicly accessible sources and might not be entirely precise. For the most accurate nutritional information, it's recommended to visit the Bob Evans website or reach out to them directly. The price can vary based on your location. It's best to check the specific
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price through the Bob Evans website or app for delivery to your area. Please note that some foods may not be suitable for some people and you are urged to seek the advice of a physician before beginning any weight loss effort or diet regimen. Although the information provided on this site is presented in good faith and believed to be correct,

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