

OUTBACK

STEAKHOUSE®

Appetizers

Eat This!

House Salad w/ Tangy Tomato Dressing

- Calories: 280
- Total Fat: 14 g
- Carbohydrates: 30 g
- Protein: 7 g



Not That!

Blooming' Onion

- Calories: 1565
- Total Fat: 85 g
- Carbohydrates: 187 g
- Protein: 28 g



Sides

Eat This!

Grilled Vegetables

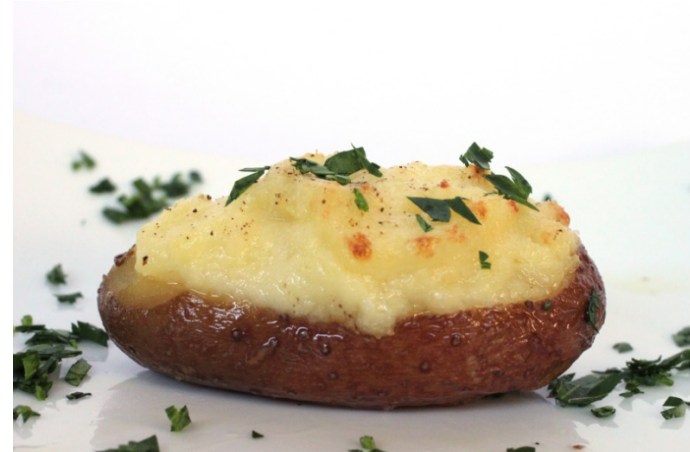
- Calories: 69
- Total Fat: 1 g
- Carbohydrates: 0 g
- Protein: 1 g



Not That!

Dressed Baked Potato (butter & sour cream)

- Calories: 455
- Total Fat: 18 g
- Carbohydrates: 66 g
- Protein: 9 g



Meals

Eat This!

Grilled Chicken & Veggies

- Calories: 340
- Total Fat: 11 g
- Carbohydrates: 11 g
- Protein: 45 g



Not That!

Baby Back Ribs

- Calories: 2013
- Total Fat: 160 g
- Carbohydrates: 24 g
- Protein: 110 g



Meals

Eat This!

6 oz. LIGHT VERSION Sirloin Steak

- Calories: 230
- Total Fat: 7 g
- Carbohydrates: 1 g
- Protein: 37 g



Not That!

8 oz. Prime Minister Prime Rib

- Calories: 538
- Total Fat: 45 g
- Carbohydrates: 1 g
- Protein: 27 g



Meals

Eat This!

6 oz. Atlantic Salmon

- Calories: 180
- Total Fat: 7 g
- Carbohydrates: 0 g
- Protein: 17 g



Not That!

10 oz. Ribeye

- Calories: 883
- Total Fat: 74 g
- Carbohydrates: 1 g
- Protein: 50 g



Desserts

Eat This!

Carrot Cake

- Calories: 296
- Total Fat: 7 g
- Carbohydrates: 56 g
- Protein: 4 g



Not That!

Chocolate Thunder

- Calories: 1910
- Total Fat: 153 g
- Carbohydrates: 135 g
- Protein: 27 g

