



KELSEYS TECHNICAL DATA SHEET MANUAL

Roadhouse Ribs

NUTRITION | ALLERGENS | INGREDIENTS

Issued: Aug 14, 2023



KELSEYS

TECHNICAL DATA SHEET

BRAND: Kelsey's

RECIPE NAME: Ribs (No Sauce)

SIZE/WEIGHT: Various

ISSUED: April 30, 2021

ITEM ID: KRIBS-001, KRIBS-002

NUTRITION:

Half Rack (440 g)

Nutrition Facts	
Valeur nutritive	
Per (440 g) pour (440 g)	
Calories 960	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 69 g	92 %
Saturated / saturés 23 g	
+ Trans / trans 0.1 g	116 %
Carbohydrate / Glucides 35 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 27 g	27 %
Protein / Protéines 47 g	
Cholesterol / Cholestérol 220 mg	
Sodium 1290 mg	56 %
Potassium 1250 mg	27 %
Calcium 150 mg	12 %
Iron / Fer 4 mg	22 %
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Full Rack (763 g)

Nutrition Facts	
Valeur nutritive	
Per (763 g) pour (763 g)	
Calories 1810	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 133 g	177 %
Saturated / saturés 45 g	
+ Trans / trans 0.1 g	226 %
Carbohydrate / Glucides 57 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 45 g	45 %
Protein / Protéines 92 g	
Cholesterol / Cholestérol 445 mg	
Sodium 1940 mg	84 %
Potassium 2400 mg	51 %
Calcium 250 mg	19 %
Iron / Fer 7.5 mg	42 %
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Ingredients: Pork Back Ribs: Pork back ribs, BBQ sauce (sugars [glucose-fructose, blackstrap molasses, honey], water, tomato paste, vinegar, salt, modified corn starch, spices [mustard], spice extracts, natural flavour, garlic powder, concentrated lemon juice, sodium benzoate, onion powder, caramel, xanthan gum), Mild wing sauce (water, vinegar, sugar, tomato paste, cayenne pepper sauce [cayenne red peppers, vinegar, water, salt, garlic powder], canola oil, vegetable oil shortening [canola oil, modified palm and palm kernel oils], salt, modified corn starch, sodium benzoate, spice and spice extract, soy lecithin, xanthan gum, mono- and diglycerides, mustard flour, dehydrated onion, dehydrated garlic, disodium inosinate, disodium guanylate). **Coleslaw:** Green cabbage, Red cabbage, Carrot, Sweet onion dressing (water, sugar, vinegar, canola oil, onions, salt, key lime juice from concentrate [water, lime juice], fried vegetables [red bell peppers, carrots, onions], xanthan gum, seasoning, herbs and spices).

Contains: Mustard, Soy, Sulphites.

ALLERGEN WARNING: FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



KELSEYS

TECHNICAL DATA SHEET

BRAND: Kelsey's

RECIPE NAME: Rib and Wing Combo (No Sauce)

SIZE/WEIGHT: 616 g

ISSUED: April 30, 2021

ITEM ID: KRIBS-003

NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (616 g) pour (616 g)	
Calories 1430	% Daily Value* % valeur quotidienne*
Fat / Lipides 101 g	135 %
Saturated / saturés 29 g	146 %
+ Trans / trans 0.2 g	
Carbohydrate / Glucides 56 g	
Fibre / Fibres 3 g	11 %
Sugars / Sucres 27 g	27 %
Protein / Protéines 73 g	
Cholesterol / Cholestérol 365 mg	
Sodium 2290 mg	100 %
Potassium 1500 mg	32 %
Calcium 175 mg	13 %
Iron / Fer 6 mg	33 %
* 5% or less is a little, 15% or more is a lot * 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Ingredients: Pork Back Ribs: Pork back ribs, BBQ sauce (sugars [glucose-fructose, blackstrap molasses, honey], water, tomato paste, vinegar, salt, modified corn starch, spices [mustard], spice extracts, natural flavour, garlic powder, concentrated lemon juice, sodium benzoate, onion powder, caramel, xanthan gum), Mild wing sauce (water, vinegar, sugar, tomato paste, cayenne pepper sauce [cayenne red peppers, vinegar, water, salt, garlic powder], canola oil, vegetable oil shortening [canola oil, modified palm and palm kernel oils], salt, modified corn starch, sodium benzoate, spice and spice extract, soy lecithin, xanthan gum, mono- and diglycerides, mustard flour, dehydrated onion, dehydrated garlic, disodium inosinate, disodium guanylate). **Chicken Wing:** Chicken wing, Seasoned flour (enriched wheat flour, salt, black pepper). Fried in canola oil. **Chicken Wings:** Chicken wings, Salt, Black pepper. Fried in canola oil. **Coleslaw:** Green cabbage, Red cabbage, Carrot, Sweet onion dressing (water, sugar, vinegar, canola oil, onions, salt, key lime juice from concentrate [water, lime juice], fried vegetables [red bell peppers, carrots, onions], xanthan gum, seasoning, herbs and spices).

Contains: Mustard, Soy, Sulphites, Wheat.

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