

# Outback Steakhouse Nutrition Information

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Some menu items below list modifications from the items' original recipe to reduce total carbohydrate content to fit into a keto-lifestyle. Modifications include ordering salads without croutons or crispy noodles, and without salad dressing

	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Carbohydrates (g)	Sodium (mg)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>Aussie-Tizers</b>											
<b>Seared Peppered Ahi, Large-- Ordered without Noodles</b>	390	220	24	3.6	0	60	11	1320	2	7	30
<b>Wood-Fire Grilled Shrimp on the Barbie--Ordered without bread</b>	480	355	38	8	0	220	6	1128	1	2	28
<b>SOUP AND SIDE SALADS</b>											
<b>Side Salad: House Salad (Choice of Dressing Not Included)--Order without croutons</b>	100	60	6	4	0	18	7	98	2	4	5
<b>Side Salad: House Salad Dressing: Caesar Dressing (1.5 oz)</b>	200	190	21	4	0	40	2	430	0	0	3
<b>Side Salad: House Salad Dressing: Ranch Dressing (1.5 oz)</b>	210	200	23	4	0	15	1	250	0	1	<1

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<b>BIG BOWL SALADS</b>											
Asian Salad with Chicken--order without crispy noodles and tortilla strips (Dressing Not Included)	360	60	7	2	0	145	21	770	4	6	53
Asian Salad with Ahi Tuna (Dressing Not Included)	250	70	8	1	0	45	15	550	6	8	33
Aussie Cobb Salad without Protein--order without croutons (Dressing Not Included)	480	270	30	15	0	85	21	890	3	6	32
Grilled Chicken Add-On	160	30	3.5	1	0	90	0	180	0	0	31
Grilled Shrimp Add-On	160	35	4	1.5	0	195	2	640	0	0	26
Entrée Salad Dressing: Ranch (2 oz)	280	270	30	5	0	20	2	330	0	1	1
Entrée Salad Dressing: Blue Cheese Dressing (2 oz)	340	320	35	7	0.5	30	1	380	0	1	3
Entrée Salad Dressing: Caesar (2 oz)	270	250	28	5	0	55	2	570	<1	0	4
Entrée Salad Dressing: Oil & Vinegar (2 oz)	280	260	28	4	0	0	6	0	0	6	0

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<b>SIGNATURE STEAKS: Nutrition analysis EXCLUDES choice of side dish unless otherwise indicated. Steak sizes vary</b>											
Chargrilled Ribeye, 12 oz (Regional)	890	620	68	28	0	250	0	160	0	0	65
Melbourne/Porterhouse, 22 oz	860	510	57	25	4.5	185	8	710	0	0	80
New York Strip, 12 oz	810	560	62	27	2	145	0	630	0	0	63
New York Strip, 13 oz	880	600	67	30	2.5	160	0	680	0	0	68
New York Strip, Bone In 16 oz	710	260	29	11	0	300	2	2320	0	0	104
Outback Center-Cut Sirloin, 10 oz	350	100	11	5	0.5	155	<1	870	0	<1	63
Outback Center-Cut Sirloin, 11 oz	390	110	12	5	0.5	170	<1	960	0	<1	70
Outback Center-Cut Sirloin, 6 oz	210	60	7	3	0	95	0	520	0	0	38
Outback Center-Cut Sirloin, 8 oz	280	80	9	4	0.5	125	0	700	0	0	51
Prime Center-Cut Filet, 11 oz (Regional)	440	150	17	8	1.5	165	<1	1070	0	<1	73
Prime New York Strip, 16 oz (Regional)	1100	760	84	37	3	200	0	850	0	0	85
Prime Ribeye, 16 oz (Regional)	1400	1030	114	52	7	350	0	1450	0	1	92
RIBEYE 13 OZ	710	410	45	20	3.5	165	0	530	0	0	75
RIBEYE 16 OZ - OBS	1290	920	102	44	0	365	<1	730	0	0	87

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Ribeye, Bone In, 18 oz	1350	930	103	41	0	380	2	2300	0	0	98
Shareable Sirloin, 18oz (Regional, West Coast)	550	160	18	8	1	245	<1	1370	0	<1	99
Slow-Roasted Prime Rib, 12 oz	1050	770	86	39	5	265	0	1300	0	1	69
Slow-Roasted Prime Rib, 16 oz	1400	1030	114	52	7	350	0	1450	0	1	92
Slow-Roasted Prime Rib, 24 oz	2100	1540	172	78	10	525	0	1740	0	2	138
Outback-Style Prime Rib, 12 oz	1520	1120	124	60	6	380	9	1240	1	7	91
Outback-Style Prime Rib, 16 oz	1960	1440	160	76	9	490	9	1430	1	7	120
Victoria's Filet Mignon, 6 oz	240	80	9	4	1	90	0	580	0	0	40
Victoria's Filet Mignon, 8 oz	320	110	12	6	1	120	<1	780	0	<1	53

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<b>STEAK N' MATE COMBOS: Nutrition analysis excludes choice of side dish unless otherwise indicated. Steak</b>											
Filet, 6 oz, and Grilled Lobster Tail (Regional)	670	390	43	24	1	375	2	1420	0	<1	66
Filet, 6 oz, and Lobster Tail	670	390	43	24	1	375	2	1420	0	<1	66
Filet, 8 oz, and Lobster Tail	750	420	46	26	1	405	2	1620	0	<1	80
Filet, 9 oz, and Lobster Tail	790	430	48	26	1.5	420	2	1720	0	<1	86
Ribeye, 12 oz, and Grilled Shrimp on the Barbie--Order with NO Bread	910	560	60	25	3	225	3	1165	1	1	84
RIBEYE 13 OZ AND 4 Grilled Shrimp on the Barbie--Order w	950	580	64	24	4	275	3	1090	1	1	89
Sirloin, 10 oz, and Grilled Shrimp on the Barbie--Order with No Bread	595	275	30	9	0.6	265	4	1440	1	2	77
Sirloin, 11 oz, and Grilled Shrimp on the Barbie--Order with No Bread	630	285	30	9	1	280	4	1525	1	2	84
Sirloin, 12 oz, and Grilled Shrimp on the Barbie--Order with NO Bread	665	295	30	10	1	296	4	1610	1	2	90
Sirloin, 5 oz, and Grilled Shrimp on the Barbie--Order with NO Bread	420	225	25	7	0	190	3	1000	1	1	46
Sirloin, 6 oz, and Grilled Shrimp on the Barbie--Order with NO Bread	450	232	25	7	0	205	3	1090	1	1	52
Sirloin 6 oz, and Grilled Chicken--Order with No BBQ Sauce	370	90	10	4	0	184	0	705	0	0	69
Sirloin, 8 oz, and Grilled Shrimp on the Barbie--Order with NO Bread	525	255	28	8	0.5	235	3	1260	1	2	65
Sirloin 8 oz, and Grilled Chicken--Order with No BBQ Sauce	440	110	12	5	0.5	215	0	880	0	0	82

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Sirloin, 9 oz, and Grilled Shrimp on the Barbie--Order with NO Bread	560	265	29	8	0.5	250	3.5	1350	1	2	71
<b>STEAK MATES</b>											
Lobster Tail, 5 oz, Grilled (Regional)	430	310	34	20	0	285	1	840	0	0	27
Lobster Tail, 5 oz, Steamed	340	220	25	14	0	255	1	540	0	0	27
Roasted Garlic Butter Topping	170	160	18	11	0	45	2	180	0	0 <1	
<b>SIDES: CLASSIC SIDES</b>											
Fresh Mixed Veggies	160	90	10	3.5	0	0	17	320	6	6	4
Fresh Seasonal Veggie (Green Beans)	130	100	11	4	0	0	10	370	4	2	2
Fresh Seasonal Veggie (Steamed Broccoli)	150	90	10	3.5	0	0	14	300	5	4	6
<b>SIDES: PREMIUM SIDES</b>											
Grilled Asparagus	60	35	4	0.5	0	0	4	220	2	2	2
<b>SIDES: PREMIUM SIDE SALADS</b>											
Blue Cheese Pecan Chopped Salad, Side (Dressing Included)	600	430	47	13	0	20	30	1260	4	15	11

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<b>STRAIGHT FROM THE SEA: Nutrition analysis includes side dish unless otherwise indicated</b>											
Simply Grilled Salmon w/ Remoulade	540	360	40	8	0	130	3	590	<1	1	40
Simply Grilled Halibut (Regional)	460	210	23	3.5	0	105	3	610	<1	1	55
Simply Grilled Mahi (Regional)	220	30	3.5	1.5	0	80	1	440	0	0	47
Toowoomba Salmon	610	370	41	12	0	180	5	770	<1	3	54
<b>THE "NOT" STEAKS: Nutrition analysis includes side dish unless otherwise indicated</b>											
Chicken on the Barbie--order without BBQ sauce	280	55	6	2	0	160	0	323	0	0	55
Pork Porterhouse	430	170	19	7	0	185	<1	1260	1	<1	64