



# GRF Show Prep 1 - 2019

Recipe Report

Yield: 1 (1.000 item(s))

Category: Basic Food

Source: Custom

No. Ingredients: 17

Manufacturer: (None)

## Preparation

Preparation Method:

Cooking Time:

Preparation Time:

Cooking Temp:

Ingredient	Kcal	Protein	Carb	Fat	Sodium	Vit A (IU)	Vit C	Calcium	Diet Fiber	Sugar
	kcal	g	g	g	mg	IU	mg	mg	g	g
5.000 oz. Egg, Whites, Fresh or Frozen, Cooked	68.039	14.162	1.675	0.000	234.639		0.000	11.151	0.000	1.005
4.000 oz. Pepper, Bell or Sweet, Red	35.153	1.123	6.838	0.340	4.536	3550.491	144.809	7.938	2.381	4.763
5.000 oz. Potatoes, Sweet	121.903	2.225	28.520	0.071	77.961	20109.720	3.402	42.524	4.252	5.925
<b>Totals</b>	<b>225.095</b>	<b>17.510</b>	<b>37.033</b>	<b>0.411</b>	<b>317.136</b>	<b>23660.211</b>	<b>148.211</b>	<b>61.613</b>	<b>6.633</b>	<b>11.693</b>
4.000 oz. Chicken, Breast, Meat Only, Boneless,	187.108	35.176	0.000	4.048	83.915	23.814	0.000	17.010	0.000	0.000
4.000 oz. Parsnips, Boiled, Drained	80.513	1.497	19.289	0.340	11.340		14.742	41.957	3.674	5.443
4.000 oz. Carrots, Sliced, Boiled, Drained	39.689	0.862	9.321	0.204	65.771	19315.080	4.082	34.019	3.402	3.912
<b>Totals</b>	<b>307.310</b>	<b>37.535</b>	<b>28.610</b>	<b>4.592</b>	<b>161.026</b>	<b>19338.894</b>	<b>18.824</b>	<b>92.986</b>	<b>7.076</b>	<b>9.355</b>
3.000 oz. Chicken, Roasting, Thigh, Meat Only,	141.181	20.633	0.000	5.851	80.797		0.000	9.355	0.000	0.000
4.000 oz. Asparagus	22.680	2.495	4.400	0.136	2.268	857.289	6.350	27.216	2.381	2.132
5.000 oz. Potatoes, Sweet	121.903	2.225	28.520	0.071	77.961	20109.720	3.402	42.524	4.252	5.925
<b>Totals</b>	<b>285.764</b>	<b>25.353</b>	<b>32.920</b>	<b>6.058</b>	<b>161.026</b>	<b>20967.009</b>	<b>9.752</b>	<b>79.095</b>	<b>6.633</b>	<b>8.057</b>
4.000 oz. Ground Turkey, Patties, 93% Lean, 7% Fat,	234.738	29.325	0.000	12.984	103.194	119.070	0.000	32.886	0.000	0.000
4.000 oz. Squash, Winter, Spaghetti, Boiled, Drained,	30.617	0.748	7.326	0.295	20.412	124.738	3.969	23.814	1.588	2.869
4.000 oz. Squash, Summer, Zucchini, Boiled, Drained	17.010	1.293	3.050	0.408	3.402	1266.656	14.628	20.412	1.134	1.939
<b>Totals</b>	<b>282.365</b>	<b>31.366</b>	<b>10.376</b>	<b>13.687</b>	<b>127.008</b>	<b>1510.464</b>	<b>18.597</b>	<b>77.112</b>	<b>2.722</b>	<b>4.808</b>
5.000 oz. Cod, Atlantic, Cooked, Dry Heat	148.836	32.361	0.000	1.219	110.564	66.622	1.417	19.845	0.000	0.000
3.000 oz. Cauliflower, Boiled, Drained	19.561	1.565	3.495	0.383	12.757	10.206	37.676	13.608	1.956	1.769
3.000 oz. Green Beans, Boiled, Drained	29.767	1.607	6.702	0.238	0.850	538.357	8.250	37.421	2.722	3.087
5.000 oz. Potatoes, Sweet	121.903	2.225	28.520	0.071	77.961	20109.720	3.402	42.524	4.252	5.925
2.000 t. Oil, Olive	79.560	0.000	0.000	9.000	0.180	0.000	0.000	0.090	0.000	0.000
<b>Totals</b>	<b>399.627</b>	<b>37.758</b>	<b>38.717</b>	<b>10.911</b>	<b>202.312</b>	<b>20724.905</b>	<b>50.745</b>	<b>113.488</b>	<b>8.930</b>	<b>10.781</b>
<b>Daily Totals</b>	<b>1500.161</b>	<b>149.522</b>	<b>147.656</b>	<b>35.659</b>	<b>968.508</b>	<b>86201.483</b>	<b>246.129</b>	<b>424.294</b>	<b>31.994</b>	<b>44.694</b>