



SHOW PREP - 11 JULY 2019

Recipe Report

Source: Custom

Preparation

Preparation Method:

Preparation Time:

Yield: 1 (1.000 serving(s))

No. Ingredients: 31

Category: Basic Food

Manufacturer: (None)

Cooking Time:

Cooking Temp:

Ingredient	Kcal kcal	Protein g	Carb g	Fat g	Sodium mg	Vit A (IU) IU	Vit C mg	Calcium mg	Diet Fiber g	Sugar g
1.000 svg. PALEO PANCAKES (BIRCH BENDERS)	140.000	7.000	16.000	7.000	340.000				5.000	0.000
0.250 t. FRONTIER COOP Seasoning Blend,	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
2.000 T. LANCASTER FINE FOODS GREEN	0.000	0.000	0.000	0.000	20.000	0.000	0.000	0.000	0.000	0.000
Totals	140.000	7.000	16.000	7.000	360.000	0.000	0.000	0.000	5.000	0.000
0.500 oz. Ground Turkey, Patties, 93% Lean, 7% Fat,	29.342	3.666	0.000	1.623	12.899	14.884	0.000	4.111	0.000	0.000
3.500 oz. Ground Turkey, Patties, Fat Free, Broiled	136.931	28.765	0.000	2.461	58.543	24.806	0.000	5.954	0.000	0.000
3.000 oz. Tomatoes, Red	15.309	0.748	3.308	0.170	4.252	708.454	11.652	8.505	1.021	2.237
3.000 oz. Broccoli	28.916	2.398	5.647	0.315	28.066	529.852	75.863	39.973	2.211	1.446
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. Pepper, Bell or Sweet, Red	26.365	0.842	5.128	0.255	3.402	2662.868	108.607	5.953	1.786	3.572
0.500 c. Quinoa, Cooked	111.000	4.070	19.703	1.776	6.475	4.625	0.000	15.725	2.590	0.805
0.250 t. Oil, Olive	9.945	0.000	0.000	1.125	0.023	0.000	0.000	0.011	0.000	0.000
0.100 t. Salt, Table	0.000	0.000	0.000	0.000	232.548	0.000	0.000	0.144	0.000	0.000
0.250 t. Black Pepper	1.360	0.058	0.346	0.017	0.235	1.013	0.112	2.330	0.141	0.003
Totals	378.729	42.112	37.627	8.125	359.200	3956.708	233.910	96.314	9.705	9.832
4.000 oz. Pork, Leg, Loin, and Shoulder, Separable	227.931	31.196	0.000	10.444	62.369	4.536	0.227	20.412	0.000	0.000
1.500 oz. Onions, Chopped	17.010	0.468	3.972	0.043	1.701	0.850	3.147	9.781	0.723	1.803
0.500 T. Honey	31.920	0.032	8.652	0.000	0.420	0.000	0.053	0.630	0.021	8.623
2.000 oz. Carrots	23.247	0.527	5.432	0.136	39.122	9472.135	3.345	18.711	1.588	2.688
2.000 oz. Parsnips, Sliced	42.524	0.680	10.200	0.170	5.670	0.000	9.639	20.412	2.778	2.722
3.000 oz. Yam	100.357	1.301	23.712	0.145	7.654	117.367	14.543	14.458	3.487	0.425
1.000 t. Rosemary, Dried	3.972	0.059	0.769	0.183	0.600	37.536	0.734	15.360	0.511	
0.750 svg. CHIPOTLE HONEY MUSTARD	41.483	0.891	10.211	0.033	777.911	0.319	0.062	9.795	0.047	9.965
Totals	488.444	35.154	62.948	11.154	895.447	9632.743	31.750	109.559	9.155	26.226
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
2.000 oz. Onions, Red, Sliced	22.680	0.623	5.296	0.057	2.268		4.195	13.040	0.963	2.404
2.000 oz. Cucumber	8.505	0.369	2.058	0.062	1.134	59.534	1.588	9.072	0.283	0.947
1.000 t. Ginger, Ground	6.030	0.162	1.289	0.076	0.486	0.540	0.013	2.052	0.254	0.061
1.000 t. Coriander or Cilantro	0.077	0.007	0.012	0.002	0.153	22.471	0.090	0.223	0.009	0.003
Totals	224.400	36.337	8.655	4.245	87.956	106.359	5.886	41.397	1.509	3.415
4.000 oz. Cod, Atlantic, Cooked, Dry Heat	119.069	25.889	0.000	0.975	88.451	53.297	1.134	15.876	0.000	0.000
1.000 T. Shallots	7.200	0.250	1.680	0.010	1.200	0.400	0.800	3.700	0.320	0.787
2.000 oz. Tomatoes, Stewed	44.792	1.111	7.399	1.520	257.980	377.615	10.319	14.742	0.964	1.420
0.500 c. Quinoa, Cooked	83.088	3.047	14.748	1.329	4.847		0.000	11.771	1.939	
0.125 c. TARTAR SAUCE (LIGHT)	18.219	0.792	0.827	1.361	106.967	3.361	0.194	10.044	0.062	0.505
Totals	272.368	31.089	24.654	5.195	459.445	434.673	12.447	56.133	3.285	2.712
Daily Totals	1503.941	151.692	149.884	35.719	2162.048	14130.483	283.993	303.403	28.654	42.185