



SHOW PREP - #5 JULY 2019

Recipe Report

Yield: 1 (1.000 serving(s))

Category: Basic Food

Source: Custom

No. Ingredients: 27

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
0.500 svq. NINAS PALEO BAGEL - CINNAMON	162.500	10.000	12.000	9.500	289.000				3.000	6.500
3.000 oz. Egg, Whites, Fresh or Frozen, Cooked	40.823	8.497	1.005	0.000	140.784		0.000	6.690	0.000	0.603
2.000 oz. Tomatoes, Red	10.206	0.499	2.206	0.113	2.835	472.303	7.768	5.670	0.680	1.491
1.000 t. Black Pepper	5.438	0.234	1.382	0.070	0.938	4.052	0.448	9.319	0.565	0.014
2.000 T. Salsa	9.280	0.486	2.125	0.054	227.520	147.520	0.608	9.600	0.608	1.283
Totals	228.247	19.716	18.718	9.737	661.077	623.875	8.824	31.279	4.853	9.891
3.000 oz. Chicken, Breast, Meat Only, Boneless,	140.331	26.382	0.000	3.036	62.936	17.860	0.000	12.757	0.000	0.000
3.000 oz. Beets	36.571	1.369	8.131	0.145	66.338	28.066	4.167	13.608	2.381	5.749
3.000 oz. Cucumber	12.757	0.553	3.087	0.094	1.701	89.301	2.381	13.608	0.425	1.420
1.000 T. Honey	63.840	0.063	17.304	0.000	0.840	0.000	0.105	1.260	0.042	17.245
1.000 t. Paprika	5.922	0.297	1.134	0.271	1.428	1034.334	0.019	4.809	0.733	0.217
1.000 T. ROLAND FOODS Balsamic Vinegar, White	30.000	0.000	7.000	0.000	0.000	0.000	0.000	0.000	0.000	7.000
Totals	289.421	28.664	36.656	3.546	133.243	1169.561	6.672	46.042	3.581	31.631
3.000 oz. Shrimp, Steamed	118.620	22.728	1.018	1.936	165.621	181.288	1.790	58.191	0.000	0.000
3.000 oz. Squash, Summer, Zucchini	14.458	1.029	2.645	0.272	6.804	170.097	15.224	13.608	0.850	2.126
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
1.000 T. Onions, Scallion or Spring Green	2.000	0.114	0.459	0.012	1.000	62.313	1.175	4.500	0.163	0.146
4.000 oz. Parsnips, Sliced	85.049	1.361	20.400	0.340	11.340	0.000	19.278	40.823	5.557	5.443
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
1.000 t. Garlic Clove	4.222	0.180	0.937	0.014	0.482	0.255	0.884	5.128	0.060	0.028
Totals	260.659	26.254	30.587	3.954	188.672	3076.821	146.958	128.214	8.416	11.315
1.000 oz. Ground Turkey, Crumbles, 93% Lean, 7%	60.386	7.683	0.000	3.289	25.515	28.634	0.000	8.789	0.000	0.000
3.000 oz. Ground Turkey, Crumbles, Fat Free, Pan	128.426	26.952	0.000	2.305	51.881	25.515	0.000	5.103	0.000	0.000
1.000 c. Green Beans, Boiled, Drained	43.750	2.362	9.850	0.350	1.250	791.250	12.125	55.000	4.000	4.537
0.500 c. Potatoes, Sweet, Boiled, Mashed	124.640	2.247	29.061	0.230	44.280	25813.600	20.992	44.280	4.100	9.414
2.000 oz. Cranberries, Chopped	26.082	0.261	6.786	0.074	1.134	35.720	7.938	4.536	2.041	2.422
1.000 t. Pumpkin Pie Spice, Powder	5.814	0.098	1.178	0.214	0.884	4.437	0.398	11.594	0.252	0.132
Totals	389.098	39.603	46.875	6.462	124.944	26699.156	41.453	129.302	10.393	16.505
3.750 oz. Chicken, Breast, Meat Only, Boneless,	175.414	32.978	0.000	3.795	78.670	22.325	0.000	15.947	0.000	0.000
8.000 oz. GRF- SUCCOTASH	113.010	3.938	17.313	4.102	328.754	9550.990	23.160	66.679	4.920	4.787
0.750 oz. GRF Ginger Sauce	37.052	0.628	1.015	3.477	216.302	0.788	1.475	2.210	0.084	0.481
Totals	325.476	37.544	18.328	11.374	623.726	9574.103	24.635	84.836	5.004	5.268
Daily Totals	1492.901	151.781	151.164	35.073	1731.662	41143.516	228.542	419.673	32.247	74.61