



Show Prep #9 - July 2019

Recipe Report

Yield: 0 (0.000)

Category: Basic Food

Source: Custom

No. Ingredients: 28

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 |
| 4.000 oz. Egg, Whites, Fresh or Frozen, Cooked | 54.431 | 11.329 | 1.340 | 0.000 | 187.712 | | 0.000 | 8.921 | 0.000 | 0.804 |
| 1.000 oz. Onions, Chopped | 11.340 | 0.312 | 2.648 | 0.028 | 1.134 | 0.567 | 2.098 | 6.520 | 0.482 | 1.202 |
| 3.000 oz. Mushrooms, Boiled, Drained | 23.814 | 1.846 | 4.499 | 0.400 | 1.701 | 0.000 | 3.402 | 5.103 | 1.871 | 1.990 |
| 3.000 oz. Spinach | 19.561 | 2.526 | 3.189 | 0.221 | 59.534 | 8913.934 | 8.335 | 115.666 | 2.041 | 0.366 |
| 4.000 oz. Potatoes, Red, Flesh and Skin, Baked | 100.924 | 2.608 | 22.215 | 0.170 | 13.608 | 11.340 | 14.288 | 10.206 | 2.041 | 1.622 |
| 1.000 t. Garlic Powder | 9.268 | 0.463 | 2.036 | 0.020 | 1.680 | 0.000 | 0.034 | 2.212 | 0.252 | 0.068 |
| 0.500 T. Ketchup or Tomato Catsup | 7.575 | 0.078 | 2.055 | 0.008 | 68.025 | 39.525 | 0.308 | 1.125 | 0.023 | 1.595 |
| TOTALS | 226.913 | 19.162 | 37.982 | 0.847 | 333.394 | 8965.366 | 28.465 | 149.753 | 6.710 | 7.647 |
| 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. Celery, Stalk | 13.608 | 0.587 | 2.526 | 0.145 | 68.039 | 381.868 | 2.637 | 34.019 | 1.361 | 1.140 |
| 4.000 oz. Carrots | 46.493 | 1.055 | 10.864 | 0.272 | 78.245 | 18944.270 | 6.690 | 37.421 | 3.175 | 5.375 |
| TOTALS | 200.432 | 28.024 | 13.390 | 3.453 | 209.220 | 19343.998 | 9.327 | 84.197 | 4.536 | 6.515 |
| 1.500 oz. Ground Turkey, Crumbles, 93% Lean, 7% | 90.578 | 11.524 | 0.000 | 4.933 | 38.273 | 42.950 | 0.000 | 13.183 | 0.000 | 0.000 |
| 1.500 oz. Ground Turkey, Patties, Fat Free, Broiled | 58.685 | 12.328 | 0.000 | 1.055 | 25.090 | 10.631 | 0.000 | 2.552 | 0.000 | 0.000 |
| 2.000 oz. Broccoli | 19.278 | 1.599 | 3.765 | 0.210 | 18.711 | 353.235 | 50.576 | 26.649 | 1.474 | 0.964 |
| 2.000 oz. Cauliflower, Boiled, Drained | 13.041 | 1.043 | 2.330 | 0.255 | 8.505 | 6.804 | 25.118 | 9.072 | 1.304 | 1.179 |
| 2.000 oz. Pepper, Bell or Sweet, Red | 17.577 | 0.561 | 3.419 | 0.170 | 2.268 | 1775.246 | 72.405 | 3.969 | 1.191 | 2.381 |
| 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 |
| 3.000 oz. Squash, Butternut, Baked | 34.019 | 0.765 | 8.922 | 0.077 | 3.402 | 5955.804 | 12.842 | 34.870 | 1.429 | 1.675 |
| 3.000 fl. oz. GRF Marinara | 74.489 | 1.169 | 7.081 | 5.344 | 420.933 | 429.851 | 7.621 | 20.454 | 1.750 | 4.513 |
| TOTALS | 317.873 | 29.488 | 27.723 | 12.157 | 520.017 | 9046.824 | 176.330 | 116.419 | 7.828 | 12.203 |
| 4.000 oz. Shrimp, Steamed | 158.160 | 30.304 | 1.358 | 2.581 | 220.828 | 241.717 | 2.387 | 77.588 | 0.000 | 0.000 |
| 3.000 oz. Cucumber | 12.757 | 0.553 | 3.087 | 0.094 | 1.701 | 89.301 | 2.381 | 13.608 | 0.425 | 1.420 |
| 4.000 oz. Mango | 68.039 | 0.930 | 16.987 | 0.431 | 1.134 | 1226.966 | 41.277 | 12.474 | 1.814 | 15.490 |
| 1.500 oz. Avocado | 68.039 | 0.850 | 3.628 | 6.234 | 2.977 | | 4.252 | 5.103 | 2.849 | 0.281 |
| TOTALS | 306.995 | 32.637 | 25.060 | 9.340 | 226.640 | 1557.984 | 50.297 | 108.773 | 5.088 | 17.191 |
| 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 |
| 1.000 oz. Shallots | 20.412 | 0.709 | 4.763 | 0.028 | 3.402 | 1.134 | 2.268 | 10.489 | 0.907 | 2.231 |
| 3.000 oz. Squash, Summer, Zucchini, Boiled, Drained | 12.757 | 0.970 | 2.288 | 0.306 | 2.551 | 949.992 | 10.971 | 15.309 | 0.850 | 1.454 |
| 1.000 c. Quinoa, Cooked | 222.000 | 8.140 | 39.405 | 3.552 | 12.950 | 9.250 | 0.000 | 31.450 | 5.180 | 1.610 |
| 1.500 t. Vinegar, Balsamic | 6.996 | 0.039 | 1.354 | 0.000 | 1.829 | 0.000 | 0.000 | 2.147 | | 1.189 |
| 0.250 t. TONE'S Seasoning, Italian, No Salt, No MSG | 0.000 | 0.000 | 0.000 | 0.000 | 0.000 | 0.000 | 0.000 | 0.000 | 0.000 | 0.000 |
| TOTALS | 449.273 | 45.034 | 47.810 | 7.934 | 104.647 | 984.190 | 13.239 | 76.405 | 6.937 | 6.484 |
| DAILY TOTALS | 1501.486 | 154.345 | 151.965 | 33.731 | 1393.918 | 39898.362 | 277.658 | 535.547 | 31.099 | 50.040 |