

# Recipe Database October 5, 2009

## Nutrients

Recipe Name	Serving Size	Portion	Calories	Carb, gm	Total Fat, gm	Sat Fat, gm	Protein, gm	Sodium, mg
Bagel	2 oz	1 each	171	31	1	0	6	295
Beans, Baked	1/2 cup		125	28	0	0	6.8	530
Beans, Side Pintos	1/4 cup		133	16	5.2	0.7	5.2	314
Brown Rice and Tofu Salad	1/2 cup		159	23	5	0.65	5.1	420
Brown Rice Salad	1/2 cup		155	26	4	0.51	3.2	420
Burger, Black Bean (with bun)	1 each		282	51	4.5	0	12.4	733
Burger, Black Bean (no bun)	1 patty		122	22	3.4	0	5.4	503
Burrito (Bean)	1 each		270	34	11	1.5	15	690
Burrito (Beef)	1 each		280	30	11	1.5	19	770
Burrito (Chicken)	1 each		270	30	12	1.5	17	870
Burrito, Breakfast (Egg and Cheese)	1 each		200	27	7	2.5	8	370
Chicken BBQ Elem	6 oz		304	5	16	4.5	32	260
Chicken BBQ Sec	8 oz		485	8	25.7	7.1	52	415
Chicken Pot Pie	8 oz		339	26	15.6	4	22.2	1067
Chicken Salad	1/2 cup		193	4	10.8	2.4	18.7	392
Chicken Teriyaki Elem	6 oz		428	5	23.1	6.4	47	421
Chicken Teriyaki Sec	8 oz		571	6	30.8	8.6	62.6	652
Chicken, Roasted Elem	6 oz		283	0	16	4.5	32	97
Chicken, Roasted Sec	8 oz		451	0	25.7	7.1	52	155
Chili (Beef)	8 oz		239	32	9	3	12	1651
Chili (Vegetarian)	8 oz		160	28	1.5	0	8	979
Eggs, Scrambled	1/4 cup		60	1	3.5	1.3	5.5	116
Hamburger (Beef) Elem- Patty Only	3 oz	1 patty	352	29	15.5	5.3	24	289
Hamburger (Beef) Sec- Patty Only	4 oz	1 patty	403	29	19	6.6	28	305
Hamburger- Bun Only	2.3 oz	1 bun	160	29	2	0	7	230
Hot Dog (Beef) (with bun)	112 grams	1 dog	305	27	16.5	6.5	12.5	800
Hot Dog (Veggie)- Dog Only	91 grams	1 dog	150	5	5	0.5	20	1070
Hot Dog- Bun Only	2 oz	1 bun	140	26	1.5	0	6	210
Hot Dog (Beef)- Dog Only	2 oz	1 dog	165	1	15	6.5	6.5	590
Lo Mein (Chicken) Elem	1 cup		296	29	9.7	2	20.7	1179
Lo Mein (Chicken) Sec	1 1/2 cup		423	53	11.3	2.2	29.8	2116
Lo Mein (Tofu) Elem	1 cup		273	31	11.2	1.4	11.6	1130
Lo Mein (Tofu) Sec	1 1/2 cup		399	54	12.8	1.6	15.7	2067
Macaroni and Cheese Elem	4 oz		144	15	4.6	2.5	10.6	778
Macaroni and Cheese Sec	8 oz		285	29	9	5	21	1548
Marinara Sauce Veg	1/2 cup		27	0.8	2.7	0.38	0.09	3
Nachos (Bean and Cheese) Elem	1 svg		296	34	11.9	2.1	10.5	475
Nachos (Bean and Cheese) Sec	1 svg		425	47	17	3.3	16.5	698
Nachos (Beef and Cheese) Elem	1 svg		266	21	14.5	5.3	11.7	302
Nachos (Beef and Cheese) Sec	1 svg		420	30	23.8	9.4	19.1	492
Oatmeal	3/4 cup		243	41	4.3	0.75	10.5	7
Pasta Bolognese Beef Penne Elem	4 oz		180	27	4.4	1.3	8.9	1187
Pasta Bolognese Beef Penne Sec	8 oz		337	54	7.4	1.7	14.2	2357
Pasta Bolognese Beef Rotini Elem	4 oz		180	10	2	0.38	2.9	471
Pasta Bolognese Beef Rotini Sec	8 oz		342	55	7.3	1.7	14.3	2399
Pasta Marinara Chicken Penne Elem	4 oz		102	11	3.5	1.2	7.2	566
Pasta Marinara Chicken Penne Sec	8 oz		172	22	5.5	1.4	10.5	1058
Pasta Marinara Chicken Rotini Elem	4 oz		100	11	3.4	1.2	7	551
Pasta Marinara Chicken Rotini Sec	8 oz		168	21	5.3	1.3	10.2	1026
Pasta Marinara Veg Penne Elem	4 oz		86	10	2.9	1	5.5	526
Pasta Marinara Veg Penne Sec	8 oz		116	21	5.8	2	11	1080
Pasta Marinara Veg Rotini Elem	4 oz		90	11	3	1	5.6	543
Pasta Marinara Veg Rotini Sec	8 oz		177	22	5.9	2	11.1	1110
Pizza BJ 14" Cheese Elem	1 slice		290	45	5	2	15	550
Pizza BJ 16" Cheese Sec	1 slice		360	57	7	2.5	20	710
Pizza BJ 16" Pepperoni Sec	1 slice		420	57	11	4	23	710
Pizza BJ 16" Sausage Sec	1 slice		340	46	8	3	22	550
Pizza BJ 16" Vegetable Sec	1 slice		370	59	7	2.5	21	710
Pizza Cheese Nederland	1 slice		252	30	5.9	2.9	18.3	587
Potato Salad	2/3 cup		117	17	5.1	0.75	1.5	2411
Potatoes, Mashed	1/2 cup		101	15	3.9	2.4	2	431
Potatoes, Roasted	1/2 cup		79	14	2.2	0.32	1.5	206
Quesadilla (Chicken and Cheese) Elem	1 each		248	25	7.5	2.6	19	440
Quesadilla (Chicken and Cheese) Sec	2 each		631	49	30.4	15	39	885
Quesadilla (Pinto and Cheese) Elem	1 each		240	30	6.9	2.1	13.4	528
Quesadilla (Pinto and Cheese) Sec	2 each		480	61	13.9	4.3	26.8	1056
Quesadilla (Turkey and Cheese) Elem	1 each		244	25	8.2	2.7	16	593
Quesadilla (Turkey and Cheese) Sec	2 each		624	50	32	15	33	1192
Rice Brown LG RiceCookr Method	1/2 cup		123	26	0.97	0.2	2.6	3.6
Sandwich BBQ GB (S) Elem	1 each	4 oz	257	39	5.9	1.4	13	912
Sandwich BBQ GB (S) Sec	1 each	5 oz	299	42	7.8	2.1	16	1256
Sandwich Chicken BBQ	1 each		372	41	9.1	2	29.3	696
Sandwich Chicken Mexican	1 each		399	31	18	8	29.8	931
Sandwich Turkey Deli	1 each		427	36	15.7	8.1	36.3	1461
Sandwich Veggie Sub	1 each		377	28	20.4	12	20.8	574
Sausage Turkey Patty	1 oz	1 patty	60	0.15	4	1	6.2	121
Taco, Soft (Bean and Cheese) Elem	1 each		300	40	9.4	2	13	576
Taco, Soft (Bean and Cheese) Sec	2 each		508	69	15	3.4	23	933
Taco, Soft (Beef) Elem	1 each		240	27	8.9	3.2	13.6	526
Taco, Soft (Beef) Sec	2 each		401	55	17.9	6.4	27	1052
Tofu Teriyaki	4 oz		129	7	5.9	0.79	11.9	239
Wrap, Chicken Caesar	1 each		463	37	21.5	5.8	29.8	830
Wrap, Chicken Salad	1 each		400	39	15.9	4.4	25	895