

Eggplant Chicken—Gray
 Serving Size (544g)
 Servings Per Container 4
 Calories 440
 Calories from Fat 150
 Total Fat 17g 26%
 Saturated Fat 3.5g 18%
 Cholesterol 105mg 34%
 Sodium 210mg 9%
 Total Carbohydrate 22g 7%
 Dietary Fiber 7g 27%
 Sugars 10g
 Protein 49g
 Vitamin A 30%
 Vitamin C 60%
 Calcium 8%
 Iron 15%

Chicken & Grape Salad—Little
 Serving Size (158g)
 Servings Per Container 4
 Calories 320
 Calories from Fat 190
 Total Fat 21g 32%
 Saturated Fat 3.5g 18%
 Cholesterol 45mg 14%
 Sodium 300mg 13%
 Total Carbohydrate 16g 5%
 Dietary Fiber 1g 4%
 Sugars 9g
 Protein 19g
 Vitamin A 20%
 Vitamin C 25%
 Calcium 6%
 Iron 10%

Irish Soda Bread—Nolan
 Serving Size (93g)
 Servings Per Container 8
 Calories 290
 Calories from Fat 70
 Total Fat 7g 11%
 Saturated Fat 4g 20%
 Cholesterol 40mg 14%
 Sodium 290mg 12%
 Total Carbohydrate 52g 17%
 Dietary Fiber 2g 9%
 Sugars 13g
 Protein 5g
 Vitamin A 4%
 Vitamin C 2%
 Calcium 10%
 Iron 10%

Portobella Mushroom Fajitas—Gray
 Serving Size (337g)
 Servings Per Container 6
 Calories 400
 Calories from Fat 110
 Total Fat 12g 19%
 Saturated Fat 5g 26%
 Cholesterol 15mg 6%
 Sodium 1410mg 59%
 Total Carbohydrate 63g 21%
 Dietary Fiber 8g 32%
 Sugars 7g
 Protein 15g
 Vitamin A 10%
 Vitamin C 60%
 Calcium 20%
 Iron 20%

Mom's Meat Loaf—Little
 Serving Size (209g)
 Servings Per Container 6
 Calories 400
 Calories from Fat 130
 Total Fat 14g 22%
 Saturated Fat 5g 26%
 Cholesterol 145mg 48%
 Sodium 490mg 20%
 Total Carbohydrate 15g 5%
 Dietary Fiber 2g 9%
 Sugars 3g
 Protein 27g
 Vitamin A 4%
 Vitamin C 8%
 Calcium 4%
 Iron 20%

Shish Kabob with Chicken—Fetherston
 Serving Size (210g)
 Servings Per Container 12
 Calories 130
 Calories from Fat 20
 Total Fat 2.5g 4%
 Saturated Fat 0g 0%
 Cholesterol 45mg 15%
 Sodium 100mg 4%
 Total Carbohydrate 7g 2%
 Dietary Fiber 2g 7%
 Sugars 4g
 Protein 19g
 Vitamin A 10%
 Vitamin C 140%
 Calcium 2%
 Iron 6%

Scalloped Potatoes—Little
 Serving Size (219g)
 Servings Per Container 10
 Calories 260
 Calories from Fat 160
 Total Fat 18g 28%
 Saturated Fat 11g 57%
 Cholesterol 50mg 17%
 Sodium 520mg 22%
 Total Carbohydrate 14g 5%
 Dietary Fiber 4g 14%
 Sugars 5g
 Protein 11g
 Vitamin A 10%
 Vitamin C 35%
 Calcium 25%
 Iron 10%

Enchiladas—Nolan
 Serving Size (221g)
 Servings Per Container 18
 Calories 440
 Calories from Fat 270
 Total Fat 30g 46%
 Saturated Fat 10g 49%
 Cholesterol 40mg 13%
 Sodium 900mg 38%
 Total Carbohydrate 36g 12%
 Dietary Fiber 7g 26%
 Sugars 3g
 Protein 13g
 Vitamin A 15%
 Vitamin C 8%
 Calcium 40%
 Iron 10%

Shish Kabob with Beef—Fetherston
 Serving Size (210g)
 Servings Per Container 12
 Calories 180
 Calories from Fat 50
 Total Fat 6g 9%
 Saturated Fat 2g 9%
 Cholesterol 50mg 17%
 Sodium 85mg 3%
 Total Carbohydrate 7g 2%
 Dietary Fiber 2g 7%
 Sugars 4g
 Protein 25g
 Vitamin A 10%
 Vitamin C 130%
 Calcium 2%
 Iron 15%

Carrot Cake—Little
 Serving Size (134g)
 Servings Per Container 16
 Calories 550
 Calories from Fat 300
 Total Fat 34g 52%
 Saturated Fat 8g 42%
 Cholesterol 45mg 16%
 Sodium 400mg 17%
 Total Carbohydrate 60g 20%
 Dietary Fiber 2g 8%
 Sugars 45g
 Protein 5g
 Vitamin A 50%
 Vitamin C 4%
 Calcium 2%
 Iron 8%

Sauteed Chicken—Nolan
 Serving Size (150g)
 Servings Per Container 6
 Calories 250
 Calories from Fat 100
 Total Fat 11g 17%
 Saturated Fat 4g 19%
 Cholesterol 85mg 28%
 Sodium 330mg 14%
 Total Carbohydrate 6g 2%
 Dietary Fiber 0g 0%
 Sugars 1g
 Protein 27g
 Vitamin A 2%
 Vitamin C 2%
 Calcium 2%
 Iron 8%

Grilled Flank Steak—Fetherston
 Serving Size (150g)
 Servings Per Container 12
 Calories 250
 Calories from Fat 90
 Total Fat 10g 15%
 Saturated Fat 3.5g 18%
 Cholesterol 40mg 13%
 Sodium 280mg 12%
 Total Carbohydrate 15g 5%
 Dietary Fiber 0g 0%
 Sugars 13g
 Protein 25g
 Vitamin A 2%
 Vitamin C 6%
 Calcium 4%
 Iron 10%

Peppercorn Beef Tenderloin—Fetherston
 Serving Size (135g)
 Servings Per Container 14
 Calories 330
 Calories from Fat 210
 Total Fat 24g 36%
 Saturated Fat 10g 48%
 Cholesterol 85mg 29%
 Sodium 120mg 5%
 Total Carbohydrate 2g 1%
 Dietary Fiber 0g 0%
 Sugars 0g
 Protein 26g
 Vitamin A 0%
 Vitamin C 2%
 Calcium 4%
 Iron 10%

Pecan Pralines—Katrina
 Serving Size (71g)
 Servings Per Container 21 (2 pralines per serving)
 Calories 300
 Calories from Fat 140
 Total Fat 16g 24%
 Saturated Fat 7g 33%
 Cholesterol 25mg 9%
 Sodium 75mg 3%
 Total Carbohydrate 40g 13%
 Dietary Fiber less than 1g 3%
 Sugars 40g
 Protein 2g
 Vitamin A 6%
 Vitamin C 0%
 Calcium 4%
 Iron 2%

Cajun Style Shad—James W.
 Serving Size (89g)
 Servings Per Container 1
 Calories 120
 Calories from Fat 60
 Total Fat 6g 9%
 Saturated Fat 1.5g 7%
 Cholesterol 35mg 12%
 Sodium 40mg 2%
 Total Carbohydrate 1g 0%
 Dietary Fiber less than 1g 2%
 Sugars 0g
 Protein 13g
 Vitamin A 2%
 Vitamin C 0%
 Calcium 2%
 Iron 4%

Stuffed Peppers—Katrina
 Serving Size (381g)
 Servings Per Container 10
 Calories 280
 Calories from Fat 50
 Total Fat 6g 9%
 Saturated Fat 1.5g 9%
 Cholesterol 95mg 32%
 Sodium 1230mg 51%
 Total Carbohydrate 32g 11%
 Dietary Fiber 4g 15%
 Sugars 7g
 Protein 24g
 Vitamin A 15%
 Vitamin C 200%
 Calcium 15%
 Iron 20%

Ribs and Grilled Sweet Potatoes—James W.
 Serving Size (212g)
 Servings Per Container 1
 Calories 370
 Calories from Fat 160
 Total Fat 18g 27%
 Saturated Fat 4.5g 22%
 Cholesterol 55mg 18%
 Sodium 1370mg 57%
 Total Carbohydrate 32g 11%
 Dietary Fiber 5g 18%
 Sugars 15g
 Protein 19g
 Vitamin A 460%
 Vitamin C 40%
 Calcium 8%
 Iron 15%

Grilled Vegetables—James W.
 Serving Size (305g)
 Servings Per Container 8
 Calories 130
 Calories from Fat 70
 Total Fat 7g 11%
 Saturated Fat 1g 5%
 Cholesterol 0mg 0%
 Sodium 135mg 6%
 Total Carbohydrate 15g 5%
 Dietary Fiber 5g 21%
 Sugars 8g
 Protein 3g
 Vitamin A 25%
 Vitamin C 150%
 Calcium 4%
 Iron 6%

Miriam's Gumbo—Katrina
 Serving Size (472g)
 Servings Per Container 12
 Calories 450
 Calories from Fat 170
 Total Fat 19g 29%
 Saturated Fat 3g 15%
 Cholesterol 155mg 52%
 Sodium 1070mg 45%
 Total Carbohydrate 28g 9%
 Dietary Fiber 2g 7%
 Sugars 1g
 Protein 41g
 Vitamin A 6%
 Vitamin C 8%
 Calcium 10%
 Iron 25%

Grilled Romaine Lettuce—James W.
 Serving Size (128g)
 Servings Per Container 4
 Calories 140
 Calories from Fat 130
 Total Fat 14g 22%
 Saturated Fat 2g 10%
 Cholesterol 0mg 0%
 Sodium 15mg 1%
 Total Carbohydrate 4g 1%
 Dietary Fiber 1g 6%
 Sugars 3g
 Protein 1g
 Vitamin A 60%
 Vitamin C 40%
 Calcium 6%
 Iron 6%

State Fair Hamburgers—Frank W.
 Serving Size (172g)
 Servings Per Container 9
 Calories 500
 Calories from Fat 340
 Total Fat 38g 59%
 Saturated Fat 16g 79%
 Cholesterol 140mg 47%
 Sodium 420mg 18%
 Total Carbohydrate 1g 0%
 Dietary Fiber 0g 0%
 Sugars 0g
 Protein 37g
 Vitamin A 4%
 Vitamin C 2%
 Calcium 6%
 Iron 20%

Shrimp & Crawfish Pasta—Katrina
 Serving Size (285g)
 Servings Per Container 12
 Calories 450
 Calories from Fat 200
 Total Fat 22g 33%
 Saturated Fat 12g 60%
 Cholesterol 185mg 61%
 Sodium 710mg 30%
 Total Carbohydrate 38g 13%
 Dietary Fiber 2g 8%
 Sugars 1g
 Protein 26g
 Vitamin A 15%
 Vitamin C 6%
 Calcium 30%
 Iron 20%

Carolina Kale—James W.
 Serving Size (188g)
 Servings Per Container 6
 Calories 100
 Calories from Fat 35
 Total Fat 3.5g 6%
 Saturated Fat 0g 0%
 Cholesterol 0mg 0%
 Sodium 390mg 16%
 Total Carbohydrate 16g 5%
 Dietary Fiber 3g 12%
 Sugars 3g
 Protein 5g
 Vitamin A 360%
 Vitamin C 240%
 Calcium 15%
 Iron 15%

Crock Pot Pinto Beans—Frank W.
 Serving Size (406g)
 Servings Per Container 12
 Calories 380
 Calories from Fat 60
 Total Fat 7g 10%
 Saturated Fat 2g 9%
 Cholesterol 25mg 8%
 Sodium 630mg 26%
 Total Carbohydrate 54g 18%
 Dietary Fiber 17g 68%
 Sugars 3g
 Protein 29g
 Vitamin A 30%
 Vitamin C 25%
 Calcium 15%
 Iron 50%

Pineapple Cucumber Salad—Dara W.
 Serving Size (150g)
 Servings Per Container 8
 Calories 100
 Calories from Fat 25
 Total Fat 2.5g 4%
 Saturated Fat 0g 0%
 Cholesterol 0mg 0%
 Sodium 5mg 0%
 Total Carbohydrate 17g 6%
 Dietary Fiber 2g 7%
 Sugars 14g
 Protein 2g
 Vitamin A 2%
 Vitamin C 40%
 Calcium 2%
 Iron 4%

Country Franks—Ruth W.
 Serving Size (183g)
 Servings Per Container 6
 Calories 290
 Calories from Fat 220
 Total Fat 24g 37%
 Saturated Fat 9g 47%
 Cholesterol 45mg 15%
 Sodium 780mg 32%
 Total Carbohydrate 9g 3%
 Dietary Fiber 2g 7%
 Sugars 4g
 Protein 10g
 Vitamin A 4%
 Vitamin C 80%
 Calcium 4%
 Iron 8%

Cucumber Bisque—Amy W.
 Serving Size (135g)
 Servings Per Container 6
 Calories 70
 Calories from Fat 50
 Total Fat 6g 9%
 Saturated Fat 3g 16%
 Cholesterol 15mg 4%
 Sodium 15mg 1%
 Total Carbohydrate 5g 2%
 Dietary Fiber less than 1g 4%
 Sugars 2g
 Protein 2g
 Vitamin A 8%
 Vitamin C 8%
 Calcium 6%
 Iron 2%

Rosemary Grilled Rib-Eye Steaks—Pati Doyle-W.
 Serving Size (163g)
 Servings Per Container 4
 Calories 350
 Calories from Fat 140
 Total Fat 15g 23%
 Saturated Fat 5g 27%
 Cholesterol 140mg 47%
 Sodium 105mg 4%
 Total Carbohydrate 5g 2%
 Dietary Fiber 3g 11%
 Sugars 0g
 Protein 45g
 Vitamin A 15%
 Vitamin C 0%
 Calcium 10%
 Iron 25%

Summer Salad—Ruth W.
 Serving Size (185g)
 Servings Per Container 12
 Calories 270
 Calories from Fat 45
 Total Fat 5g 8%
 Saturated Fat 0.5g 3%
 Cholesterol 5mg 2%
 Sodium 250mg 10%
 Total Carbohydrate 49g 16%
 Dietary Fiber 3g 11%
 Sugars 17g
 Protein 6g
 Vitamin A 60%
 Vitamin C 4%
 Calcium 2%
 Iron 8%

Scott's Grilled New Potatoes—Amy W.
 Serving Size (142g)
 Servings Per Container 4
 Calories 230
 Calories from Fat 130
 Total Fat 14g 22%
 Saturated Fat 2g 11%
 Cholesterol 0mg 0%
 Sodium 80mg 3%
 Total Carbohydrate 24g 8%
 Dietary Fiber 2g 9%
 Sugars 2g
 Protein 3g
 Vitamin A 2%
 Vitamin C 25%
 Calcium 4%
 Iron 8%

Grilled Summer Heirloom Tomatoes—Pati Doyle-W.
 Serving Size (200g)
 Servings Per Container 4
 Calories 180
 Calories from Fat 130
 Total Fat 15g 22%
 Saturated Fat 2g 10%
 Cholesterol 0mg 0%
 Sodium 25mg 1%
 Total Carbohydrate 12g 4%
 Dietary Fiber 5g 19%
 Sugars 7g
 Protein 2g
 Vitamin A 25%
 Vitamin C 70%
 Calcium 8%
 Iron 20%

Gary's Chicken Teriyaki Skewers—Ann & Gary W.
 Serving Size (114g)
 Servings Per Container 8
 Calories 130
 Calories from Fat 15
 Total Fat 1.5g 2%
 Saturated Fat 0g 0%
 Cholesterol 65mg 22%
 Sodium 100mg 4%
 Total Carbohydrate 0g 0%
 Dietary Fiber 0g 0%
 Sugars 0g
 Protein 26g
 Vitamin A 0%
 Vitamin C 2%
 Calcium 2%
 Iron 4%

Grilled Rosemary and Garlic Potato Packets—Ann W.
 Serving Size (158g)
 Servings Per Container 2
 Calories 220
 Calories from Fat 120
 Total Fat 14g 21%
 Saturated Fat 2g 10%
 Cholesterol 0mg 0%
 Sodium 590mg 25%
 Total Carbohydrate 22g 7%
 Dietary Fiber 3g 10%
 Sugars 2g
 Protein 3g
 Vitamin A 0%
 Vitamin C 40%
 Calcium 4%
 Iron 6%

Stuffed Chuck Roast—Edith W.
 Serving Size (185g)
 Servings Per Container 12
 Calories 300
 Calories from Fat 180
 Total Fat 20g 30%
 Saturated Fat 8g 41%
 Cholesterol 110mg 36%
 Sodium 100mg 4%
 Total Carbohydrate 1g 0%
 Dietary Fiber 0g 0%
 Sugars 0g
 Protein 29g
 Vitamin A 6%
 Vitamin C 4%
 Calcium 2%
 Iron 20%

Asian Coleslaw—Ann & Gary W.
 Serving Size (78g)
 Servings Per Container 8
 Calories 140
 Calories from Fat 70
 Total Fat 8g 12%
 Saturated Fat 1g 5%
 Cholesterol 0mg 0%
 Sodium 610mg 25%
 Total Carbohydrate 16g 5%
 Dietary Fiber 2g 9%
 Sugars 4g
 Protein 4g
 Vitamin A 25%
 Vitamin C 20%
 Calcium 2%
 Iron 4%

Caprese Salad—Ann W.
 Serving Size (660g)
 Servings Per Container 4
 Calories 390
 Calories from Fat 240
 Total Fat 26g 41%
 Saturated Fat 9g 46%
 Cholesterol 30mg 10%
 Sodium 430mg 18%
 Total Carbohydrate 22g 7%
 Dietary Fiber 4g 17%
 Sugars 4g
 Protein 20g
 Vitamin A 15%
 Vitamin C 90%
 Calcium 50%
 Iron 15%

Pinner's Pork Roast—Cindie W.
 Serving Size (136g)
 Servings Per Container 12
 Calories 290
 Calories from Fat 150
 Total Fat 16g 25%
 Saturated Fat 6g 30%
 Cholesterol 100mg 33%
 Sodium 420mg 17%
 Total Carbohydrate 1g 0%
 Dietary Fiber 0g 0%
 Sugars 0g
 Protein 32g
 Vitamin A 0%
 Vitamin C 2%
 Calcium 4%
 Iron 8%

Eggplant Cutlets—Eduard W.
 Serving Size (195g)
 Servings Per Container 6
 Calories 220
 Calories from Fat 45
 Total Fat 5g 8%
 Saturated Fat 1.5g 6%
 Cholesterol 105mg 35%
 Sodium 430mg 18%
 Total Carbohydrate 34g 11%
 Dietary Fiber 5g 19%
 Sugars 7g
 Protein 10g
 Vitamin A 2%
 Vitamin C 4%
 Calcium 8%
 Iron 10%

Mystery Bread—Zerbe
 Serving Size (33g)
 Servings Per Container 21 slices per loaf
 Calories 80
 Calories from Fat 5
 Total Fat 1g 1%
 Saturated Fat 0g 0%
 Cholesterol 0mg 0%
 Sodium 115mg 5%
 Total Carbohydrate 15g 5%
 Dietary Fiber less than 1g 3%
 Sugars 2g
 Protein 2g
 Vitamin A 2%
 Vitamin C 0%
 Calcium 0%
 Iron 6%

Olive & Tomato Grilled Appetizer—Kip W.
 Serving Size (50g)
 Servings Per Container 16
 Calories 140
 Calories from Fat 120
 Total Fat 14g 21%
 Saturated Fat 4.5g 21%
 Cholesterol 20mg 6%
 Sodium 270mg 11%
 Total Carbohydrate 1g 0%
 Dietary Fiber 0g 0%
 Sugars 0g
 Protein 3g
 Vitamin A 4%
 Vitamin C 4%
 Calcium 0%
 Iron 2%

Skillet Spicy Shrimp (without bread)—C. Zimmer
 Serving Size (155g)
 Servings Per Container 4
 Calories 260
 Calories from Fat 140
 Total Fat 15g 24%
 Saturated Fat 2g 11%
 Cholesterol 170mg 57%
 Sodium 500mg 21%
 Total Carbohydrate 2g 1%
 Dietary Fiber 0g 0%
 Sugars 0g
 Protein 23g
 Vitamin A 8%
 Vitamin C 15%
 Calcium 6%
 Iron 15%

No Sugar No Flour Muffins—Zych
 Serving Size (74g)
 Servings Per Container 24
 Calories 180
 Calories from Fat 70
 Total Fat 8g 13%
 Saturated Fat 1g 4%
 Cholesterol 20mg 6%
 Sodium 170mg 7%
 Total Carbohydrate 28g 9%
 Dietary Fiber 4g 16%
 Sugars 17g
 Protein 4g
 Vitamin A 2%
 Vitamin C 20%
 Calcium 8%
 Iron 8%

Grilled Prawns with Lemon Sauce—Viv & Jerry W.
 Serving Size (270g)
 Servings Per Container 6
 Calories 350
 Calories from Fat 110
 Total Fat 12g 18%
 Saturated Fat 1.5g 6%
 Cholesterol 0mg 0%
 Sodium 1710mg 71%
 Total Carbohydrate 31g 10%
 Dietary Fiber less than 1g 3%
 Sugars 19g
 Protein 31g
 Vitamin A 15%
 Vitamin C 40%
 Calcium 10%
 Iron 10%

Lemon Parfaits—M. Ziemann
 Serving Size (145g)
 Servings Per Container 8 large parfaits
 Calories 520
 Calories from Fat 250
 Total Fat 28g 43%
 Saturated Fat 18g 91%
 Cholesterol 25mg 8%
 Sodium 170mg 7%
 Total Carbohydrate 62g 21%
 Dietary Fiber 2g 8%
 Sugars 52g
 Protein 5g
 Vitamin A 4%
 Vitamin C 15%
 Calcium 15%
 Iron 4%

Potica Cake—Zafiratos
 Serving Size (121g)
 Servings Per Container 14
 Calories 390
 Calories from Fat 160
 Total Fat 18g 28%
 Saturated Fat 9g 44%
 Cholesterol 100mg 33%
 Sodium 290mg 12%
 Total Carbohydrate 50g 17%
 Dietary Fiber 1g 5%
 Sugars 29g
 Protein 8g
 Vitamin A 10%
 Vitamin C 0%
 Calcium 10%
 Iron 10%

Pork Adobo—Eduard W.
 Serving Size (150g)
 Servings Per Container 10
 Calories 200
 Calories from Fat 110
 Total Fat 13g 20%
 Saturated Fat 4g 20%
 Cholesterol 60mg 20%
 Sodium 200mg 8%
 Total Carbohydrate 1g 0%
 Dietary Fiber 0g 0%
 Sugars 0g
 Protein 19g
 Vitamin A 0%
 Vitamin C 2%
 Calcium 2%
 Iron 6%

Lemon Parfaits—M. Ziemann
 Serving Size (73g)
 Servings Per Container 16 small parfaits
 Calories 260
 Calories from Fat 130
 Total Fat 14g 22%
 Saturated Fat 9g 45%
 Cholesterol 10mg 4%
 Sodium 85mg 4%
 Total Carbohydrate 31g 10%
 Dietary Fiber less than 1g 4%
 Sugars 26g
 Protein 3g
 Vitamin A 2%
 Vitamin C 8%
 Calcium 8%
 Iron 2%

Ethel's Apple Coffee Cake—Zell
 Serving Size (80g)
 Servings Per Container 24
 Calories 230
 Calories from Fat 80
 Total Fat 8g 13%
 Saturated Fat 5g 25%
 Cholesterol 30mg 10%
 Sodium 95mg 4%
 Total Carbohydrate 38g 13%
 Dietary Fiber less than 1g 3%
 Sugars 24g
 Protein 2g
 Vitamin A 6%
 Vitamin C 2%
 Calcium 4%
 Iron 6%

Grandma's Chocolate Chip Squares—Zell
 Serving Size (33g), 1 bar
 Servings Per Container 28
 Calories 140
 Calories from Fat 60
 Total Fat 7g 10%
 Saturated Fat 3.5g 17%
 Cholesterol 25mg 8%
 Sodium 85mg 3%
 Total Carbohydrate 19g 6%
 Dietary Fiber less than 1g 3%
 Sugars 15g
 Protein 2g
 Vitamin A 2%
 Vitamin C 0%
 Calcium 4%
 Iron 4%

Goa Chicken—Zabel
 Serving Size (266g)
 Servings Per Container 6
 Calories 390
 Calories from Fat 80
 Total Fat 8g 13%
 Saturated Fat 2.5g 12%
 Cholesterol 195mg 64%
 Sodium 220mg 9%
 Total Carbohydrate 3g 1%
 Dietary Fiber 0g 0%
 Sugars 1g
 Protein 71g
 Vitamin A 6%
 Vitamin C 10%
 Calcium 4%
 Iron 15%

Cassoulet with Duck—U. Zimmermann
 Serving Size (164g)
 Servings Per Container 20
 Calories 360
 Calories from Fat 200
 Total Fat 22g 34%
 Saturated Fat 8g 39%
 Cholesterol 45mg 15%
 Sodium 460mg 19%
 Total Carbohydrate 25g 8%
 Dietary Fiber 4g 18%
 Sugars 2g
 Protein 16g
 Vitamin A 4%
 Vitamin C 8%
 Calcium 8%
 Iron 20%

Cabbage Salad—Zajac
 Serving Size (77g)
 Servings Per Container 20
 Calories 60
 Calories from Fat 0
 Total Fat 0g 0%
 Saturated Fat 0g 0%
 Cholesterol 0mg 0%
 Sodium 125mg 5%
 Total Carbohydrate 13g 4%
 Dietary Fiber 1g 5%
 Sugars 12g
 Protein 1g
 Vitamin A 4%
 Vitamin C 35%
 Calcium 2%
 Iron 2%

Cowboy Roast Pork—P. Ziegler
 Serving Size (447g)
 Servings Per Container 8
 Calories 660
 Calories from Fat 190
 Total Fat 21g 33%
 Saturated Fat 8g 39%
 Cholesterol 180mg 60%
 Sodium 480mg 20%
 Total Carbohydrate 39g 13%
 Dietary Fiber 13g 51%
 Sugars 2g
 Protein 75g
 Vitamin A 6%
 Vitamin C 25%
 Calcium 15%
 Iron 30%

Cassoulet with Turkey—U. Zimmermann
 Serving Size (164g)
 Servings Per Container 20
 Calories 340
 Calories from Fat 180
 Total Fat 20g 31%
 Saturated Fat 8g 40%
 Cholesterol 45mg 15%
 Sodium 480mg 20%
 Total Carbohydrate 25g 8%
 Dietary Fiber 4g 18%
 Sugars 2g
 Protein 17g
 Vitamin A 6%
 Vitamin C 8%
 Calcium 8%
 Iron 20%

Dill Dip—Zajac
 Serving Size (30g), 2 TB
 Servings Per Container 16
 Calories 70
 Calories from Fat 50
 Total Fat 6g 9%
 Saturated Fat 1g 6%
 Cholesterol 5mg 2%
 Sodium 270mg 11%
 Total Carbohydrate 2g 1%
 Dietary Fiber 0g 0%
 Sugars 1g
 Protein 2g
 Vitamin A 2%
 Vitamin C 0%
 Calcium 2%
 Iron 2%

Cowboy Roast Beef—P. Ziegler
 Serving Size (447g)
 Servings Per Container 8
 Calories 750
 Calories from Fat 280
 Total Fat 31g 47%
 Saturated Fat 12g 61%
 Cholesterol 185mg 61%
 Sodium 500mg 21%
 Total Carbohydrate 39g 13%
 Dietary Fiber 13g 51%
 Sugars 2g
 Protein 75g
 Vitamin A 6%
 Vitamin C 25%
 Calcium 10%
 Iron 50%

Robin's Chee'z'ecake—Zophy
 Serving Size (130g)
 Servings Per Container 16
 Calories 410
 Calories from Fat 15g
 Total Fat 26g 40%
 Saturated Fat 15g 76%
 Cholesterol 140mg 46%
 Sodium 400mg 17%
 Total Carbohydrate 38g 13%
 Dietary Fiber less than 1g 2%
 Sugars 32g
 Protein 9g
 Vitamin A 20%
 Vitamin C 0%
 Calcium 8%
 Iron 8%

Garlic Parmesan Roast Chicken—Zwolinski
 Serving Size (330g)
 Servings Per Container 4
 Calories 440
 Calories from Fat 130
 Total Fat 15g 23%
 Saturated Fat 3g 16%
 Cholesterol 145mg 49%
 Sodium 510mg 21%
 Total Carbohydrate 16g 5%
 Dietary Fiber 1g 6%
 Sugars 4g
 Protein 57g
 Vitamin A 2%
 Vitamin C 10%
 Calcium 10%
 Iron 15%

Corn Chowder—P. Ziegler
 Serving Size (473g)
 Servings Per Container 8
 Calories 470
 Calories from Fat 200
 Total Fat 23g 35%
 Saturated Fat 13g 64%
 Cholesterol 125mg 41%
 Sodium 680mg 28%
 Total Carbohydrate 31g 10%
 Dietary Fiber 2g 10%
 Sugars 9g
 Protein 39g
 Vitamin A 25%
 Vitamin C 130%
 Calcium 30%
 Iron 10%

Zinneman Ice Box Cookies—M. Zimmerman
 Serving Size (36g), 2 cookies
 Servings Per Container 48
 Calories 160
 Calories from Fat 80
 Total Fat 9g 14%
 Saturated Fat 5g 25%
 Cholesterol 35mg 11%
 Sodium 90mg 4%
 Total Carbohydrate 19g 6%
 Dietary Fiber less than 1g 2%
 Sugars 9g
 Protein 2g
 Vitamin A 6%
 Vitamin C 0%
 Calcium 2%
 Iron 4%

Mini Meatball Minestrone—Zwick
 Serving Size (298g)
 Servings Per Container 12
 Calories 190
 Calories from Fat 60
 Total Fat 7g 10%
 Saturated Fat 2.5g 13%
 Cholesterol 55mg 18%
 Sodium 780mg 32%
 Total Carbohydrate 15g 5%
 Dietary Fiber 3g 10%
 Sugars 5g
 Protein 15g
 Vitamin A 10%
 Vitamin C 25%
 Calcium 8%
 Iron 15%

Zesty Chicken—Ziemer
 Serving Size (134g)
 Servings Per Container 6
 Calories 310
 Calories from Fat 130
 Total Fat 14g 22%
 Saturated Fat 7g 36%
 Cholesterol 120mg 40%
 Sodium 430mg 18%
 Total Carbohydrate 6g 2%
 Dietary Fiber 0g 0%
 Sugars 2g
 Protein 37g
 Vitamin A 6%
 Vitamin C 0%
 Calcium 10%
 Iron 8%

Cheddar Crackers—Zeunik
 Serving Size (34g), 2 crackers
 Servings Per Container 36
 Calories 150
 Calories from Fat 90
 Total Fat 10g 16%
 Saturated Fat 6g 29%
 Cholesterol 25mg 8%
 Sodium 125mg 5%
 Total Carbohydrate 10g 3%
 Dietary Fiber less than 1g 3%
 Sugars 0g
 Protein 4g
 Vitamin A 6%
 Vitamin C 0%
 Calcium 10%
 Iron 4%

Apple Pear Cake—Zywicke
 Serving Size (234g)
 Servings Per Container 16
 Calories 380
 Calories from Fat 80
 Total Fat 9g 13%
 Saturated Fat 4g 21%
 Cholesterol 15mg 6%
 Sodium 250mg 10%
 Total Carbohydrate 74g 25%
 Dietary Fiber 6g 25%
 Sugars 43g
 Protein 6g
 Vitamin A 10%
 Vitamin C 25%
 Calcium 10%
 Iron 15%

Pizza Pasta—Zurawski
 Serving Size (383g)
 Servings Per Container 10
 Calories 540
 Calories from Fat 270
 Total Fat 30g 46%
 Saturated Fat 9g 47%
 Cholesterol 50mg 17%
 Sodium 2240mg 93%
 Total Carbohydrate 42g 14%
 Dietary Fiber 6g 24%
 Sugars 7g
 Protein 23g
 Vitamin A 30%
 Vitamin C 90%
 Calcium 8%
 Iron 30%

Zielke Family Orange Cake
 Serving Size (151g)
 Servings Per Container 14
 Calories 460
 Calories from Fat 150
 Total Fat 17g 26%
 Saturated Fat 9g 46%
 Cholesterol 190mg 64%
 Sodium 140mg 6%
 Total Carbohydrate 74g 25%
 Dietary Fiber 0g 0%
 Sugars 62g
 Protein 6g
 Vitamin A 15%
 Vitamin C 15%
 Calcium 4%
 Iron 8%

Winter Tomato Dill Salad—C. Ziegler
 Serving Size (118g)
 Servings Per Container 4
 Calories 60
 Calories from Fat 30
 Total Fat 3.5g 5%
 Saturated Fat 0g 0%
 Cholesterol 0mg 0%
 Sodium 110mg 5%
 Total Carbohydrate 7g 2%
 Dietary Fiber 2g 8%
 Sugars 4g
 Protein 1g
 Vitamin A 20%
 Vitamin C 70%
 Calcium 4%
 Iron 4%

Ancho Chili Chocolate Cake—Zenner
 Serving Size (81g)
 Servings Per Container 16
 Calories 350
 Calories from Fat 250
 Total Fat 28g 43%
 Saturated Fat 14g 72%
 Cholesterol 120mg 40%
 Sodium 70mg 3%
 Total Carbohydrate 27g 9%
 Dietary Fiber 2g 9%
 Sugars 22g
 Protein 5g
 Vitamin A 25%
 Vitamin C 2%
 Calcium 2%
 Iron 8%

Whole Wheat Oven Pancakes—Zahnle
 Serving Size (89g)
 Servings Per Container 8
 Calories 230
 Calories from Fat 90
 Total Fat 10g 15%
 Saturated Fat 1.5g 7%
 Cholesterol 30mg 9%
 Sodium 200mg 8%
 Total Carbohydrate 31g 10%
 Dietary Fiber 5g 19%
 Sugars 12g
 Protein 8g
 Vitamin A 2%
 Vitamin C 0%
 Calcium 10%
 Iron 10%

Zippy Vegetable Salad—Ziemer
 Serving Size (212g)
 Servings Per Container 12
 Calories 250
 Calories from Fat 170
 Total Fat 19g 29%
 Saturated Fat 4g 19%
 Cholesterol 25mg 8%
 Sodium 640mg 27%
 Total Carbohydrate 18g 6%
 Dietary Fiber 3g 13%
 Sugars 11g
 Protein 4g
 Vitamin A 50%
 Vitamin C 130%
 Calcium 10%
 Iron 4%

World's Best Cookies—Zania Shular
 Serving Size (32g), 3 cookies
 Servings Per Container 25
 Calories 130
 Calories from Fat 50
 Total Fat 6g 9%
 Saturated Fat 3.5g 18%
 Cholesterol 20mg 6%
 Sodium 75mg 3%
 Total Carbohydrate 19g 6%
 Dietary Fiber less than 1g 4%
 Sugars 12g
 Protein 2g
 Vitamin A 4%
 Vitamin C 2%
 Calcium 2%
 Iron 6%

Savory Spinach Squares—Zahnle
 Serving Size (162g)
 Servings Per Container 10
 Calories 230
 Calories from Fat 130
 Total Fat 14g 22%
 Saturated Fat 8g 42%
 Cholesterol 120mg 40%
 Sodium 450mg 19%
 Total Carbohydrate 14g 5%
 Dietary Fiber 2g 8%
 Sugars 2g
 Protein 11g
 Vitamin A 140%
 Vitamin C 25%
 Calcium 25%
 Iron 10%

Eggplant Parmesan—Zuccarelli
 Serving Size (568g)
 Servings Per Container 8
 Calories 470
 Calories from Fat 160
 Total Fat 17g 27%
 Saturated Fat 10g 48%
 Cholesterol 105mg 35%
 Sodium 1110mg 46%
 Total Carbohydrate 55g 18%
 Dietary Fiber 13g 52%
 Sugars 15g
 Protein 26g
 Vitamin A 25%
 Vitamin C 50%
 Calcium 45%
 Iron 25%

Sausage & Zucchini (turkey)—C. Zimmerman
 Serving Size (239g)
 Servings Per Container 10
 Calories 410
 Calories from Fat 230
 Total Fat 26g 40%
 Saturated Fat 11g 57%
 Cholesterol 125mg 41%
 Sodium 1160mg 48%
 Total Carbohydrate 6g 2%
 Dietary Fiber 1g 5%
 Sugars 3g
 Protein 37g
 Vitamin A 15%
 Vitamin C 15%
 Calcium 45%
 Iron 10%

Hong Kong Pork Chops—L. Zimmer
 Serving Size (206g)
 Servings Per Container 8
 Calories 270
 Calories from Fat 150
 Total Fat 16g 25%
 Saturated Fat 4.5g 23%
 Cholesterol 60mg 19%
 Sodium 1410mg 59%
 Total Carbohydrate 7g 2%
 Dietary Fiber 1g 5%
 Sugars 3g
 Protein 24g
 Vitamin A 2%
 Vitamin C 35%
 Calcium 2%
 Iron 6%

Babka—Zeluff
 Serving Size (54g)
 Servings Per Container 30 (15 per cake)
 Calories 160
 Calories from Fat 45
 Total Fat 5g 8%
 Saturated Fat 2.5g 12%
 Cholesterol 35mg 12%
 Sodium 120mg 5%
 Total Carbohydrate 25g 8%
 Dietary Fiber 1g 5%
 Sugars 7g
 Protein 5g
 Vitamin A 2%
 Vitamin C 2%
 Calcium 2%
 Iron 8%

Steamed Salmon (salmon only)—L. Zimmerman
 Serving Size (268g)
 Servings Per Container 8
 Calories 440
 Calories from Fat 220
 Total Fat 25g 38%
 Saturated Fat 5g 25%
 Cholesterol 135mg 45%
 Sodium 135mg 6%
 Total Carbohydrate 6g 2%
 Dietary Fiber 1g 6%
 Sugars 2g
 Protein 46g
 Vitamin A 2%
 Vitamin C 35%
 Calcium 4%
 Iron 6%

Spice Nut Cookies (with butter)—L. Zimmer
 Serving Size (43g), 2 cookies
 Servings Per Container 36
 Calories 190
 Calories from Fat 90
 Total Fat 11g 16%
 Saturated Fat 5g 26%
 Cholesterol 40mg 13%
 Sodium 200mg 8%
 Total Carbohydrate 22g 7%
 Dietary Fiber less than 1g 3%
 Sugars 10g
 Protein 3g
 Vitamin A 6%
 Vitamin C 0%
 Calcium 2%
 Iron 6%

Mexican Chocolate Souffle Cakes—Zaniewski
 Serving Size (121g)
 Servings Per Container 6
 Calories 550
 Calories from Fat 420
 Total Fat 47g 72%
 Saturated Fat 26g 131%
 Cholesterol 285mg 95%
 Sodium 125mg 5%
 Total Carbohydrate 34g 11%
 Dietary Fiber 3g 12%
 Sugars 27g
 Protein 6g
 Vitamin A 25%
 Vitamin C 0%
 Calcium 4%
 Iron 8%

Steamed Salmon (sauce 1)—L. Zimmerman
 Serving Size (33g)
 Servings Per Container 8
 Calories 45
 Calories from Fat 10
 Total Fat 1.5g 2%
 Saturated Fat 1g 4%
 Cholesterol 5mg 2%
 Sodium 15mg 1%
 Total Carbohydrate 8g 3%
 Dietary Fiber 0g 0%
 Sugars 7g
 Protein 1g
 Vitamin A 4%
 Vitamin C 6%
 Calcium 4%
 Iron 2%

Chicken Cordon Bleu—Zaia
 Serving Size (336g)
 Servings Per Container 4
 Calories 720
 Calories from Fat 350
 Total Fat 38g 59%
 Saturated Fat 16g 79%
 Cholesterol 270mg 89%
 Sodium 1860mg 78%
 Total Carbohydrate 15g 5%
 Dietary Fiber less than 1g 3%
 Sugars 1g
 Protein 76g
 Vitamin A 8%
 Vitamin C 4%
 Calcium 15%
 Iron 20%

Sausage & Zucchini (pork)—C. Zimmerman
 Serving Size (239g)
 Servings Per Container 10
 Calories 470
 Calories from Fat 310
 Total Fat 35g 54%
 Saturated Fat 14g 71%
 Cholesterol 130mg 43%
 Sodium 1050mg 44%
 Total Carbohydrate 6g 2%
 Dietary Fiber 1g 5%
 Sugars 3g
 Protein 33g
 Vitamin A 15%
 Vitamin C 15%
 Calcium 40%
 Iron 10%

Steamed Salmon (sauce 2)—L. Zimmerman
 Serving Size (18g)
 Servings Per Container 8
 Calories 35
 Calories from Fat 30
 Total Fat 3g 5%
 Saturated Fat 1g 5%
 Cholesterol 5mg 2%
 Sodium 10mg 0%
 Total Carbohydrate 1g 0%
 Dietary Fiber 0g 0%
 Sugars 1g
 Protein 1g
 Vitamin A 2%
 Vitamin C 0%
 Calcium 4%
 Iron 2%

Bean and Rize—Zierk
 Serving Size (522g)
 Servings Per Container 4
 Calories 430
 Calories from Fat 110
 Total Fat 12g 18%
 Saturated Fat 6g 29%
 Cholesterol 30mg 10%
 Sodium 630mg 26%
 Total Carbohydrate 63g 21%
 Dietary Fiber 11g 44%
 Sugars 6g
 Protein 19g
 Vitamin A 35%
 Vitamin C 60%
 Calcium 30%
 Iron 15%

One for 'Z' Road Soup (with pork and pasta)
Serving Size (460g)
Servings Per Container 12
Calories 270
Calories from Fat 90
Total Fat 10g 16%
Saturated Fat 3g 14%
Cholesterol 40mg 13%
Sodium 740mg 31%
Total Carbohydrate 28g 9%
Dietary Fiber 4g 17%
Sugars 5g
Protein 17g
Vitamin A 25%
Vitamin C 70%
Calcium 8%
Iron 20%

Recipe
Serving Size
Servings Per Container
Calories
Calories from Fat
Total Fat
Saturated Fat
Cholesterol
Sodium
Total Carbohydrate
Dietary Fiber
Sugars
Protein
Vitamin A
Vitamin C
Calcium
Iron

Recipe
Serving Size
Servings Per Container
Calories
Calories from Fat
Total Fat
Saturated Fat
Cholesterol
Sodium
Total Carbohydrate
Dietary Fiber
Sugars
Protein
Vitamin A
Vitamin C
Calcium
Iron

One for 'Z' Road Soup (with pork and rice)
Serving Size (448g)
Servings Per Container 12
Calories 240
Calories from Fat 90
Total Fat 10g 16%
Saturated Fat 3g 14%
Cholesterol 40mg 13%
Sodium 740mg 31%
Total Carbohydrate 24g 8%
Dietary Fiber 4g 15%
Sugars 5g
Protein 15g
Vitamin A 25%
Vitamin C 70%
Calcium 8%
Iron 15%

Recipe
Serving Size
Servings Per Container
Calories
Calories from Fat
Total Fat
Saturated Fat
Cholesterol
Sodium
Total Carbohydrate
Dietary Fiber
Sugars
Protein
Vitamin A
Vitamin C
Calcium
Iron

Recipe
Serving Size
Servings Per Container
Calories
Calories from Fat
Total Fat
Saturated Fat
Cholesterol
Sodium
Total Carbohydrate
Dietary Fiber
Sugars
Protein
Vitamin A
Vitamin C
Calcium
Iron

Recipe
Serving Size
Servings Per Container
Calories
Calories from Fat
Total Fat
Saturated Fat
Cholesterol
Sodium
Total Carbohydrate
Dietary Fiber
Sugars
Protein
Vitamin A
Vitamin C
Calcium
Iron

Recipe
Serving Size
Servings Per Container
Calories
Calories from Fat
Total Fat
Saturated Fat
Cholesterol
Sodium
Total Carbohydrate
Dietary Fiber
Sugars
Protein
Vitamin A
Vitamin C
Calcium
Iron

Recipe
Serving Size
Servings Per Container
Calories
Calories from Fat
Total Fat
Saturated Fat
Cholesterol
Sodium
Total Carbohydrate
Dietary Fiber
Sugars
Protein
Vitamin A
Vitamin C
Calcium
Iron

Recipe
Serving Size
Servings Per Container
Calories
Calories from Fat
Total Fat
Saturated Fat
Cholesterol
Sodium
Total Carbohydrate
Dietary Fiber
Sugars
Protein
Vitamin A
Vitamin C
Calcium
Iron

Recipe
Serving Size
Servings Per Container
Calories
Calories from Fat
Total Fat
Saturated Fat
Cholesterol
Sodium
Total Carbohydrate
Dietary Fiber
Sugars
Protein
Vitamin A
Vitamin C
Calcium
Iron

Recipe
Serving Size
Servings Per Container
Calories
Calories from Fat
Total Fat
Saturated Fat
Cholesterol
Sodium
Total Carbohydrate
Dietary Fiber
Sugars
Protein
Vitamin A
Vitamin C
Calcium
Iron