

Scotcheroots
 Servings 30
 Serving Size 46g
 Calories 200
 Calories from Fat 70
 Total Fat 8g 13%
 Saturated Fat 4g 20%
 Cholesterol 0mg 0%
 Sodium 90mg 4%
 Carbohydrate 31g 10%
 Dietary Fiber less than 1g 4%
 Sugars 18g
 Protein 3g
 Vitamin A 2%
 Vitamin C 2%
 Calcium 0%
 Iron 10%

Cranberry Honey Bread
 Servings 12
 Serving Size 94g
 Calories 300
 Calories from Fat 110
 Total Fat 12g 18%
 Saturated Fat 1.5g 8%
 Cholesterol 15mg 5%
 Sodium 380mg 16%
 Carbohydrate 45g 15%
 Dietary Fiber 2g 8%
 Sugars 24g
 Protein 6g
 Vitamin A 0%
 Vitamin C 2%
 Calcium 8%
 Iron 10%

Sweet and Sassy Kabobs
 Servings 4
 Serving Size 215g
 Calories 250
 Calories from Fat 100
 Total Fat 11g 17%
 Saturated Fat 3g 14%
 Cholesterol 70mg 23%
 Sodium 470mg 20%
 Carbohydrate 11g 4%
 Dietary Fiber less than 1g 4%
 Sugars 9g
 Protein 27g
 Vitamin A 0%
 Vitamin C 4%
 Calcium 2%
 Iron 20%

Honey Barbecue Sandwiches
 Servings 10
 Serving Size 306g
 Calories 590
 Calories from Fat 210
 Total Fat 23g 36%
 Saturated Fat 8g 42%
 Cholesterol 120mg 40%
 Sodium 850mg 35%
 Carbohydrate 59g 20%
 Dietary Fiber 1g 5%
 Sugars 39g
 Protein 40g
 Vitamin A 6%
 Vitamin C 10%
 Calcium 8%
 Iron 20%

Velvety Fudge
 Servings 25
 Serving Size 47g
 Calories 170
 Calories from Fat 70
 Total Fat 8g 12%
 Saturated Fat 3g 16%
 Cholesterol 5mg 1%
 Sodium 60mg 3%
 Carbohydrate 24g 8%
 Dietary Fiber 1g 5%
 Sugars 22g
 Protein 3g
 Vitamin A 0%
 Vitamin C 0%
 Calcium 4%
 Iron 4%

Honey Lime Pears
 Servings 4
 Serving Size 155g
 Calories 180
 Calories from Fat 5
 Total Fat 0.5g 1%
 Saturated Fat 0g 0%
 Cholesterol 0mg 0%
 Sodium 0mg 0%
 Carbohydrate 48g 16%
 Dietary Fiber 2g 9%
 Sugars 43g
 Protein 1g
 Vitamin A 0%
 Vitamin C 10%
 Calcium 6%
 Iron 2%

Crispy Coleslaw
 Servings 12
 Serving Size 95g
 Calories 100
 Calories from Fat 70
 Total Fat 7g 11%
 Saturated Fat 1g 5%
 Cholesterol 5mg 1%
 Sodium 440mg 18%
 Carbohydrate 8g 3%
 Dietary Fiber 2g 7%
 Sugars 6g
 Protein 1g
 Vitamin A 8%
 Vitamin C 70%
 Calcium 4%
 Iron 4%

Honey Cheesecake Bars
 Servings 16
 Serving Size 51g
 Calories 190
 Calories from Fat 110
 Total Fat 12g 18%
 Saturated Fat 5g 25%
 Cholesterol 40mg 13%
 Sodium 90mg 4%
 Carbohydrate 19g 6%
 Dietary Fiber less than 1g 2%
 Sugars 12g
 Protein 4g
 Vitamin A 6%
 Vitamin C 0%
 Calcium 2%
 Iron 4%

Chocolate Zucchini Muffins
 Servings 24
 Serving Size 62g
 Calories 200
 Calories from Fat 90
 Total Fat 10g 15%
 Saturated Fat 6g 29%
 Cholesterol 40mg 13%
 Sodium 180mg 8%
 Carbohydrate 28g 9%
 Dietary Fiber 3g 13%
 Sugars 17g
 Protein 4g
 Vitamin A 4%
 Vitamin C 4%
 Calcium 2%
 Iron 15%

Honey-glazed Snack Mix
 Servings 10
 Serving Size 84g
 Calories 420
 Calories from Fat 240
 Total Fat 27g 42%
 Saturated Fat 9g 45%
 Cholesterol 30mg 11%
 Sodium 500mg 21%
 Carbohydrate 44g 15%
 Dietary Fiber 3g 10%
 Sugars 18g
 Protein 4g
 Vitamin A 25%
 Vitamin C 15%
 Calcium 2%
 Iron 50%

Heidi's Healthy Honey Cookies
 Servings 27
 Serving Size 55g
 Calories 180
 Calories from Fat 60
 Total Fat 6g 10%
 Saturated Fat 3g 15%
 Cholesterol 15mg 5%
 Sodium 105mg 4%
 Carbohydrate 30g 10%
 Dietary Fiber 2g 10%
 Sugars 18g
 Protein 3g
 Vitamin A 2%
 Vitamin C 8%
 Calcium 2%
 Iron 8%

Cissy's Tuna Sandwich
 Servings 3
 Serving Size 134g
 Calories 270
 Calories from Fat 90
 Total Fat 9g 15%
 Saturated Fat 1.5g 7%
 Cholesterol 20mg 7%
 Sodium 1120mg 47%
 Carbohydrate 26g 9%
 Dietary Fiber 1g 6%
 Sugars 3g
 Protein 18g
 Vitamin A 2%
 Vitamin C 4%
 Calcium 8%
 Iron 15%

Bill's Tuna Sandwich
 Servings 3
 Serving Size 134g
 Calories 250
 Calories from Fat 100

| | |
|--------------------|-----|
| Total Fat 11g | 17% |
| Saturated Fat 4.5g | 22% |
| Cholesterol 40mg | 13% |
| Sodium 420mg | 17% |
| Carbohydrate 14g | 5% |
| Dietary Fiber 1g | 5% |
| Sugars 2g | |
| Protein 23g | |
| Vitamin A | 6% |
| Vitamin C | 4% |
| Calcium | 25% |
| Iron | 10% |

Chicken Burritos
 Servings 8
 Serving Size 204g
 Calories 340
 Calories from Fat 160

| | |
|----------------------------|-----|
| Total Fat 18g | 27% |
| Saturated Fat 6g | 31% |
| Cholesterol 60mg | 20% |
| Sodium 760mg | 32% |
| Carbohydrate 26g | 9% |
| Dietary Fiber less than 1g | 3% |
| Sugars 3g | |
| Protein 20g | |
| Vitamin A | 8% |
| Vitamin C | 15% |
| Calcium | 10% |
| Iron | 10% |

Ceviche with Tomato Salsa
 Servings 4
 Serving Size 351g
 Calories 380
 Calories from Fat 190

| | |
|------------------|-----|
| Total Fat 21g | 32% |
| Saturated Fat 3g | 15% |
| Cholesterol 50mg | 17% |
| Sodium 980mg | 41% |
| Carbohydrate 22g | 7% |
| Dietary Fiber 6g | 25% |
| Sugars 4g | |
| Protein 30g | |
| Vitamin A | 15% |
| Vitamin C | 60% |
| Calcium | 8% |
| Iron | 10% |

Imperial Beach Pesto Tuna Melt
 Servings 4
 Serving Size 228g
 Calories 430
 Calories from Fat 220

| | |
|-------------------|-----|
| Total Fat 25g | 38% |
| Saturated Fat 11g | 56% |
| Cholesterol 75mg | 24% |
| Sodium 890mg | 37% |
| Carbohydrate 25g | 8% |
| Dietary Fiber 6g | 22% |
| Sugars 4g | |
| Protein 32g | |
| Vitamin A | 20% |
| Vitamin C | 15% |
| Calcium | 50% |
| Iron | 10% |

Mexican Chicken Soup
 Servings 10
 Serving Size 382g
 Calories 390
 Calories from Fat 190

| | |
|-------------------|-----|
| Total Fat 21g | 33% |
| Saturated Fat 6g | 31% |
| Cholesterol 100mg | 33% |
| Sodium 350mg | 15% |
| Carbohydrate 22g | 7% |
| Dietary Fiber 2g | 6% |
| Sugars 2g | |
| Protein 25g | |
| Vitamin A | 70% |
| Vitamin C | 15% |
| Calcium | 4% |
| Iron | 15% |

Ceviche Norteno
 Servings 6
 Serving Size 293g
 Calories 260
 Calories from Fat 120

| | |
|------------------|-----|
| Total Fat 13g | 20% |
| Saturated Fat 2g | 10% |
| Cholesterol 85mg | 28% |
| Sodium 300mg | 12% |
| Carbohydrate 17g | 6% |
| Dietary Fiber 4g | 14% |
| Sugars 6g | |
| Protein 23g | |
| Vitamin A | 6% |
| Vitamin C | 50% |
| Calcium | 4% |
| Iron | 10% |

Dad's Tuna Sandwich
 Servings 2
 Serving Size 181g
 Calories 270
 Calories from Fat 70

| | |
|-------------------|-----|
| Total Fat 7g | 11% |
| Saturated Fat 1g | 5% |
| Cholesterol 30mg | 9% |
| Sodium 660mg | 28% |
| Carbohydrate 29g | 10% |
| Dietary Fiber 10g | 41% |
| Sugars 3g | |
| Protein 26g | |
| Vitamin A | 2% |
| Vitamin C | 2% |
| Calcium | 20% |
| Iron | 20% |

Shrimp Soup
 Servings 6
 Serving Size 365g
 Calories 300
 Calories from Fat 70

| | |
|--------------------|-----|
| Total Fat 8g | 12% |
| Saturated Fat 1.5g | 7% |
| Cholesterol 120mg | 40% |
| Sodium 290mg | 12% |
| Carbohydrate 35g | 12% |
| Dietary Fiber 1g | 5% |
| Sugars 4g | |
| Protein 21g | |
| Vitamin A | 15% |
| Vitamin C | 20% |
| Calcium | 6% |
| Iron | 20% |

Imperial Beach Pier Ceviche
 Servings 6
 Serving Size 291g
 Calories 130
 Calories from Fat 10

| | |
|------------------|------|
| Total Fat 1.5g | 2% |
| Saturated Fat 0g | 0% |
| Cholesterol 30mg | 9% |
| Sodium 60mg | 2% |
| Carbohydrate 14g | 5% |
| Dietary Fiber 3g | 11% |
| Sugars 7g | |
| Protein 18g | |
| Vitamin A | 25% |
| Vitamin C | 120% |
| Calcium | 6% |
| Iron | 4% |

Mexican Spaghetti with Shrimp
 Servings 8
 Serving Size 241g
 Calories 460
 Calories from Fat 140

| | |
|-------------------|-----|
| Total Fat 16g | 24% |
| Saturated Fat 9g | 43% |
| Cholesterol 210mg | 70% |
| Sodium 350mg | 14% |
| Carbohydrate 47g | 16% |
| Dietary Fiber 2g | 8% |
| Sugars 3g | |
| Protein 33g | |
| Vitamin A | 15% |
| Vitamin C | 20% |
| Calcium | 10% |
| Iron | 25% |

Sour Cream Coffee Cake
 Servings 20
 Serving Size 57g
 Calories 230
 Calories from Fat 130

| | |
|----------------------------|-----|
| Total Fat 14g | 22% |
| Saturated Fat 6g | 28% |
| Cholesterol 35mg | 12% |
| Sodium 105mg | 4% |
| Carbohydrate 25g | 8% |
| Dietary Fiber less than 1g | 2% |
| Sugars 16g | |
| Protein 3g | |
| Vitamin A | 4% |
| Vitamin C | 0% |
| Calcium | 2% |
| Iron | 4% |

Baja Fish Camp Tacos
 Servings 6
 Serving Size 276g
 Calories 350
 Calories from Fat 130

| | |
|--------------------|-----|
| Total Fat 14g | 22% |
| Saturated Fat 3.5g | 17% |
| Cholesterol 125mg | 42% |
| Sodium 540mg | 22% |
| Carbohydrate 23g | 8% |
| Dietary Fiber 2g | 8% |
| Sugars 3g | |
| Protein 31g | |
| Vitamin A | 15% |
| Vitamin C | 10% |
| Calcium | 8% |
| Iron | 15% |

| | | | | | |
|---|-----|---|-----|-----------------------------------|------|
| "Elfie" Cake | | Lebanese Fried Cauliflower with Lamb | | Carl's Criss-Cross Rib-eye | |
| Servings 24 | | Servings 6 | | Servings 2 | |
| Serving Size 64g | | Serving Size 360g | | Serving Size 301g | |
| Calories 140 | | Calories 290 | | Calories 500 | |
| Calories from Fat 45 | | Calories from Fat 110 | | Calories from Fat 230 | |
| Total Fat 5g | 7% | Total Fat 13g | 20% | Total Fat 25g | 39% |
| Saturated Fat 1g | 4% | Saturated Fat 3.5g | 18% | Saturated Fat 9g | 46% |
| Cholesterol 25mg | 8% | Cholesterol 100mg | 33% | Cholesterol 165mg | 56% |
| Sodium 70mg | 3% | Sodium 470mg | 20% | Sodium 960mg | 40% |
| Carbohydrate 21g | 7% | Carbohydrate 12g | 4% | Carbohydrate 3g | 1% |
| Dietary Fiber less than 1g | 4% | Dietary Fiber 4g | 16% | Dietary Fiber 0g | 0% |
| Sugars 13g | | Sugars 6g | | Sugars 0g | |
| Protein 4g | | Protein 33g | | Protein 57g | |
| Vitamin A | 2% | Vitamin A | 10% | Vitamin A | 0% |
| Vitamin C | 2% | Vitamin C | 60% | Vitamin C | 0% |
| Calcium | 4% | Calcium | 6% | Calcium | 4% |
| Iron | 4% | Iron | 20% | Iron | 35% |
| "John from Cincinnati" Ice Cream | | Tamale Brownies | | 10 Pepper Pork | |
| Servings 16 | | Servings 24 | | Servings 12 | |
| Serving Size 125g | | Serving Size 51g | | Serving Size 235g | |
| Calories 340 | | Calories 200 | | Calories 410 | |
| Calories from Fat 230 | | Calories from Fat 80 | | Calories from Fat 170 | |
| Total Fat 25g | 39% | Total Fat 9g | 14% | Total Fat 19g | 29% |
| Saturated Fat 15g | 73% | Saturated Fat 5g | 27% | Saturated Fat 6g | 30% |
| Cholesterol 80mg | 26% | Cholesterol 50mg | 17% | Cholesterol 85mg | 28% |
| Sodium 30mg | 1% | Sodium 70mg | 3% | Sodium 540mg | 22% |
| Carbohydrate 35g | 12% | Carbohydrate 29g | 10% | Carbohydrate 32g | 11% |
| Dietary Fiber less than 1g | 2% | Dietary Fiber 4g | 15% | Dietary Fiber 2g | 7% |
| Sugars 28g | | Sugars 20g | | Sugars 5g | |
| Protein 1g | | Protein 4g | | Protein 28g | |
| Vitamin A | 15% | Vitamin A | 6% | Vitamin A | 10% |
| Vitamin C | 40% | Vitamin C | 0% | Vitamin C | 170% |
| Calcium | 4% | Calcium | 2% | Calcium | 10% |
| Iron | 0% | Iron | 15% | Iron | 20% |
| Macaroni and Cheese | | Acai Syrup | | Yost Stuffed Mushrooms | |
| Servings 8 | | Servings 8 | | Servings 20 | |
| Serving Size 233g | | Serving Size 36g | | Serving Size 53g | |
| Calories 450 | | Calories 30 | | Calories 90 | |
| Calories from Fat 120 | | Calories from Fat 0 | | Calories from Fat 70 | |
| Total Fat 13g | 20% | Total Fat 0g | 0% | Total Fat 7g | 11% |
| Saturated Fat 7g | 37% | Saturated Fat 0g | 0% | Saturated Fat 3.5g | 18% |
| Cholesterol 40mg | 13% | Cholesterol 0mg | 0% | Cholesterol 20mg | 7% |
| Sodium 310mg | 13% | Sodium 0mg | 0% | Sodium 190mg | 8% |
| Carbohydrate 63g | 21% | Carbohydrate 8g | 3% | Carbohydrate 2g | 1% |
| Dietary Fiber 4g | 15% | Dietary Fiber 0g | 0% | Dietary Fiber 0g | 0% |
| Sugars 8g | | Sugars 7g | | Sugars 1g | |
| Protein 20g | | Protein 0g | | Protein 5g | |
| Vitamin A | 70% | Vitamin A | 0% | Vitamin A | 4% |
| Vitamin C | 20% | Vitamin C | 15% | Vitamin C | 2% |
| Calcium | 20% | Calcium | 0% | Calcium | 4% |
| Iron | 15% | Iron | 0% | Iron | 2% |
| Lebanese Salad | | Homemade Granola | | Mexican Fish Soup | |
| Servings 8 | | Servings 16 | | Servings 8 | |
| Serving Size 278g | | Serving Size 46g | | Serving Size 564g | |
| Calories 100 | | Calories 200 | | Calories 460 | |
| Calories from Fat 70 | | Calories from Fat 80 | | Calories from Fat 180 | |
| Total Fat 7g | 11% | Total Fat 9g | 13% | Total Fat 20g | 31% |
| Saturated Fat 1g | 5% | Saturated Fat 0.5g | 3% | Saturated Fat 5g | 25% |
| Cholesterol 0mg | 0% | Cholesterol 0mg | 0% | Cholesterol 55mg | 18% |
| Sodium 890mg | 37% | Sodium 80mg | 3% | Sodium 1550mg | 64% |
| Carbohydrate 9g | 3% | Carbohydrate 24g | 8% | Carbohydrate 44g | 15% |
| Dietary Fiber 3g | 12% | Dietary Fiber 4g | 14% | Dietary Fiber 3g | 14% |
| Sugars 5g | | Sugars 14g | | Sugars 14g | |
| Protein 3g | | Protein 7g | | Protein 26g | |
| Vitamin A | 30% | Vitamin A | 2% | Vitamin A | 30% |
| Vitamin C | 45% | Vitamin C | 15% | Vitamin C | 8% |
| Calcium | 6% | Calcium | 15% | Calcium | 6% |
| Iron | 6% | Iron | 8% | Iron | 10% |

Grilled Chicken Tacos with Mexican Flag Pico de Gallo

Servings 6

Serving Size 171g

Calories 300

Calories from Fat 140

| | |
|------------------|-----|
| Total Fat 16g | 25% |
| Saturated Fat 4g | 19% |
| Cholesterol 50mg | 17% |
| Sodium 290mg | 12% |
| Carbohydrate 19g | 6% |
| Dietary Fiber 2g | 8% |
| Sugars 2g | |
| Protein 20g | |
| Vitamin A | 10% |
| Vitamin C | 15% |
| Calcium | 10% |
| Iron | 8% |

Grilled Beef Tacos with Mexican Flag Pico de Gallo

Servings 7

Serving Size 237g

Calories 330

Calories from Fat 120

| | |
|------------------|-----|
| Total Fat 13g | 21% |
| Saturated Fat 5g | 24% |
| Cholesterol 75mg | 24% |
| Sodium 750mg | 31% |
| Carbohydrate 22g | 7% |
| Dietary Fiber 3g | 10% |
| Sugars 2g | |
| Protein 31g | |
| Vitamin A | 15% |
| Vitamin C | 15% |
| Calcium | 10% |
| Iron | 20% |

Fried Fish Tacos with Mexican Flag Pico de Gallo

Servings 7

Serving Size 337g

Calories 470

Calories from Fat 160

| | |
|--------------------|-----|
| Total Fat 17g | 27% |
| Saturated Fat 3.5g | 18% |
| Cholesterol 55mg | 18% |
| Sodium 1150mg | 48% |
| Carbohydrate 52g | 17% |
| Dietary Fiber 5g | 22% |
| Sugars 6g | |
| Protein 27g | |
| Vitamin A | 20% |
| Vitamin C | 20% |
| Calcium | 25% |
| Iron | 15% |

Short-cut Chilaqueles

Servings 8

Serving Size 205g

Calories 310

Calories from Fat 150

| | |
|--------------------|-----|
| Total Fat 16g | 25% |
| Saturated Fat 1.5g | 8% |
| Cholesterol 0mg | 0% |
| Sodium 1030mg | 43% |
| Carbohydrate 38g | 13% |
| Dietary Fiber 4g | 17% |
| Sugars 5g | |
| Protein 4g | |
| Vitamin A | 15% |
| Vitamin C | 25% |
| Calcium | 8% |
| Iron | 4% |