

Super Apple-Bacon muffin

Number of Servings: 18 (34.28 g per serving)

Amount	Measure	Ingredient
1.00	cup	Flour, all purpose, white, unbleached, enrich
2.00	Tbs	Sugar, white, granulated
1.00	tsp	Baking Powder, double acting, sodium aluminum sulfate
0.25	tsp	Salt, table
0.50	cup	Milk, 2% Canada
2.00	Tbs	Margarine, tub, canola/safflower (non-hydrogenated) (CAN)
1.00	cup	Cheese, cheddar, shredded
5.00	slice	Bacon, brld, med slice
0.30	ea	Apple, peeled, fresh, med 3"
0.50	cup	Spinach, ckd, drnd
0.25	cup	Seeds, pumpkin & squash, whole, rstd, unsalted

Nutrients per serving

Nutrition Facts

Serving Size (34g)
Servings Per Container

Amount Per Serving

Calories 90 **Calories from Fat 40**

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 160mg **7%**

Total Carbohydrate 8g **3%**

Dietary Fiber 1g **4%**

Sugars 2g

Protein 4g

Vitamin A 10% • Vitamin C 2%

Calcium 8% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Super Kale and Red Cabbage slaw

Number of Servings: 4 (73.87 g per serving)

Amount	Measure	Ingredient
1.00	Tbs	Oil, olive, salad or cooking
1.00	Tbs	Salad Dressing, honey mustard
1.00	tsp	Vinegar, cider
1.00	tsp	Salt, table
1.00	tsp	Spice, pepper, black, ground
1.50	cup	Cabbage, kale, curly, fresh, chpd
1.50	cup	Cabbage, red, fresh, chpd
1.00	ea	Carrot, fresh, med
0.25	cup	Herb, parsley, fresh, chpd
2.00	Tbs	Onion, red, fresh, chpd

Nutrients per serving

Nutrition Facts

Serving Size (74g)
Servings Per Container

Amount Per Serving

Calories 70 **Calories from Fat 45**

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 620mg **26%**

Total Carbohydrate 6g **2%**

Dietary Fiber 2g **8%**

Sugars 3g

Protein 1g

Vitamin A 80% • Vitamin C 50%

Calcium 4% • Iron 4%

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	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Notes

Used coleslaw volume

Super Mashed carrots w cumin seeds

Number of Servings: 3 (126.04 g per serving)

Amount	Measure	Ingredient
6.00	ea	carrots, cooked, drained
1.00	Tbs	oil, olive
2.00	ea	garlic cloves, fresh
1.00	tsp	turmeric, ground
2.00	tsp	ginger root, fresh
0.25	cup	yogurt, plain, 12g protein, lowfat
3.00	Tbs	cilantro, fresh, leaf
2.00	tsp	juice, lime, fresh
1.00	tsp	cumin seed

Nutrients per serving

Nutrition Facts

Serving Size (126g)
Servings Per Container

Amount Per Serving

Calories 90 **Calories from Fat 45**

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 70mg **3%**

Total Carbohydrate 11g **4%**

Dietary Fiber 3g **12%**

Sugars 5g

Protein 2g

Vitamin A 320% • Vitamin C 10%

Calcium 8% • Iron 8%

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		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Notes

Used Mashed Potatoes volume:
250ml = 221.9 g

Super Quinoa Turkey Chili

Number of Servings: 10 (249.51 g per serving)

Amount	Measure	Ingredient
3.00	cup	quinoa, cooked
0.50	lb	turkey, ground, cooked
1.00	lrg	onion, cooked, with salt, drained
4.00	ea	garlic cloves, fresh
1.00	Tbs	chili peppers, powder
1.00	Tbs	cumin seed
0.50	tsp	cinnamon, ground
26.00	fl-oz	black beans, cooked
1.00	tsp	thyme, dried, leaves
2.00	cup	zucchini, cooked, with skin, drained, sliced
1.00	ea	bay leaf, dried
2.00	tsp	oregano, ground
1.00	tsp	black pepper, ground
0.25	cup	cilantro, fresh, leaf
1.00	cup	spinach, cooked, drained
2.50	cup	beans, white, cooked

Nutrients per serving

Nutrition Facts

Serving Size (250g)
Servings Per Container

Amount Per Serving

Calories 270 **Calories from Fat 40**

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 95mg **4%**

Total Carbohydrate 41g **14%**

Dietary Fiber 11g **44%**

Sugars 2g

Protein 19g

Vitamin A 50% • Vitamin C 15%

Calcium 15% • Iron 30%

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	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Notes

250ml = 253.6 g (using stew ratio)

