

WOLF NUTRITION FALL 2021

| Recipe Name | Serving Size Grams | Serv Per Container | Calories | Total Fat(g) | Total Fat % | Saturated Fat(g) | Saturated Fat % | Trans Fat(g) | Cholesterol(mg) | Cholesterol % | Sodium(mg) | Sodium % | Total Carb.(g) | Total Carb. % | Dietary Fiber(g) | Dietary Fiber % | Sugars(g) | Added Sugars | Added Sugars % | Protein(g) | Vitamin D(mcg) | Vitamin D(%DV) | Calcium (mg) | Calcium (%DV) | Iron(mg) | Iron(%DV) | Potassium(mg) | Potassium % |
|-------------------------------|--------------------|--------------------|----------|--------------|-------------|------------------|-----------------|--------------|-----------------|---------------|------------|----------|----------------|---------------|------------------|-----------------|-----------|--------------|----------------|------------|----------------|----------------|--------------|---------------|----------|-----------|---------------|-------------|
| Beef Tartare | 210 | 1 | 340 | 18 | 23 | 4 | 19 | 0 | 70 | 24 | 1360 | 59 | 16 | 6 | 1 | 4 | 1 | 0 | 0 | 27 | 0 | 0 | 13 | 1 | 3 | 19 | 50 | 1 |
| Bourke Street Bakery Baguette | 208 | 1 | 1280 | 90 | 115 | 33 | 163 | 0 | 120 | 40 | 1620 | 71 | 106 | 39 | 6 | 21 | 6 | 5 | 9 | 19 | 0 | 0 | 303 | 23 | 3 | 16 | 690 | 15 |
| Braised Beef Agnolotti | 417 | 1 | 1240 | 85 | 109 | 40 | 202 | 0 | 230 | 76 | 1590 | 69 | 63 | 23 | 9 | 33 | 5 | 0 | 0 | 50 | 1 | 6 | 600 | 46 | 6 | 34 | 690 | 15 |
| Brussels Sprouts | 347 | 1 | 690 | 41 | 53 | 13 | 67 | 0 | 80 | 27 | 1050 | 46 | 51 | 19 | 9 | 31 | 31 | 21 | 41 | 32 | 2 | 10 | 200 | 15 | 4 | 21 | 1150 | 24 |
| Burrata | 132 | 1 | 390 | 30 | 38 | 17 | 83 | 0 | 80 | 27 | 1020 | 44 | 5 | 2 | 0 | 1 | 0 | 0 | 0 | 17 | 0 | 0 | 602 | 46 | 0 | 1 | 15 | 0 |
| Cheesecake | 175 | 1 | 460 | 27 | 35 | 16 | 79 | 0 | 115 | 39 | 350 | 15 | 49 | 18 | 1 | 5 | 42 | 37 | 74 | 6 | 1 | 3 | 66 | 5 | 1 | 4 | 220 | 5 |
| Duck Egg | 257 | 1 | 1050 | 105 | 135 | 20 | 100 | 0 | 665 | 221 | 1380 | 60 | 16 | 6 | 4 | 13 | 6 | 0 | 0 | 18 | 2 | 9 | 215 | 17 | 4 | 21 | 1100 | 23 |
| Gnudi | 337 | 1 | 960 | 75 | 96 | 47 | 235 | 0 | 235 | 79 | 860 | 37 | 49 | 18 | 6 | 22 | 1 | 0 | 0 | 25 | 1 | 7 | 581 | 45 | 4 | 23 | 400 | 8 |
| Grilled Octopus | 415 | 1 | 1510 | 128 | 164 | 31 | 153 | 0 | 230 | 77 | 2910 | 127 | 42 | 15 | 7 | 25 | 5 | 0 | 0 | 56 | 0 | 2 | 267 | 21 | 21 | 119 | 2020 | 43 |
| Hamachi Crudo | 320 | 1 | 340 | 22 | 28 | 3.5 | 18 | 0 | 45 | 16 | 800 | 35 | 16 | 6 | 3 | 10 | 12 | 0 | 0 | 21 | 0 | 0 | 52 | 4 | 1 | 5 | 650 | 14 |
| Kids Simple Pasta | 350 | 1 | 620 | 11 | 14 | 6 | 29 | 0 | 50 | 17 | 310 | 14 | 109 | 40 | 7 | 26 | 4 | 0 | 0 | 21 | 1 | 2 | 115 | 9 | 4 | 20 | 630 | 13 |
| King Crab Salad | 373 | 1 | 340 | 21 | 27 | 3 | 16 | 0 | 50 | 17 | 1650 | 72 | 21 | 8 | 7 | 24 | 11 | 0 | 0 | 18 | 0 | 0 | 80 | 6 | 2 | 10 | 930 | 20 |
| Lamb Shank | 796 | 1 | 2080 | 157 | 201 | 50 | 249 | 0 | 285 | 95 | 2520 | 110 | 96 | 35 | 18 | 65 | 45 | 0 | 0 | 63 | 2 | 11 | 621 | 48 | 12 | 64 | 3230 | 69 |
| Little Gem Salad | 353 | 1 | 180 | 15 | 20 | 4.5 | 22 | 0 | 30 | 10 | 740 | 32 | 11 | 4 | 4 | 16 | 5 | 0 | 0 | 7 | 1 | 4 | 115 | 9 | 2 | 13 | 770 | 16 |
| Marinated Olives | 142 | 1 | 450 | 42 | 53 | 5 | 27 | 0 | 0 | 0 | 1150 | 50 | 22 | 8 | 6 | 23 | 3 | 0 | 0 | 3 | 0 | 0 | 219 | 17 | 5 | 30 | 160 | 3 |
| Milk Chocolate Budino | 185 | 1 | 910 | 69 | 89 | 42 | 212 | 0 | 310 | 103 | 210 | 9 | 60 | 22 | 5 | 18 | 36 | 32 | 64 | 10 | 2 | 9 | 195 | 15 | 6 | 35 | 170 | 4 |
| Paccheri | 439 | 1 | 1070 | 65 | 84 | 32 | 159 | 0 | 250 | 83 | 1880 | 82 | 90 | 33 | 8 | 30 | 7 | 0 | 0 | 28 | 1 | 5 | 185 | 14 | 4 | 24 | 890 | 19 |
| Potato Gnocchi | 589 | 1 | 880 | 50 | 64 | 24 | 119 | 0 | 160 | 54 | 1860 | 81 | 73 | 26 | 9 | 31 | 7 | 0 | 0 | 33 | 1 | 4 | 715 | 55 | 6 | 34 | 1700 | 36 |
| Prime Burger | 636 | 1 | 1590 | 84 | 107 | 37 | 185 | 3 | 255 | 85 | 2680 | 116 | 99 | 36 | 8 | 27 | 9 | 0 | 0 | 70 | 2 | 9 | 294 | 23 | 8 | 46 | 1630 | 35 |
| Prosciutto di Parma | 227 | 1 | 2400 | 85 | 109 | 24 | 120 | 0 | 190 | 63 | 5370 | 233 | 311 | 113 | 12 | 41 | 13 | 0 | 0 | 97 | 3 | 17 | 519 | 40 | 20 | 112 | 790 | 17 |
| Rigatoni | 446 | 1 | 710 | 30 | 39 | 11 | 55 | 0 | 90 | 30 | 1580 | 69 | 72 | 26 | 8 | 30 | 7 | 0 | 0 | 38 | 1 | 5 | 555 | 43 | 9 | 51 | 1090 | 23 |
| Salmon | 453 | 1 | 770 | 64 | 82 | 26 | 128 | 0 | 180 | 59 | 1500 | 65 | 12 | 4 | 5 | 16 | 1 | 0 | 0 | 41 | 16 | 80 | 2535 | 195 | 71 | 392 | 2480 | 53 |
| Spaghetti | 420 | 1 | 1200 | 61 | 78 | 32 | 161 | 0 | 235 | 78 | 740 | 32 | 113 | 41 | 6 | 22 | 1 | 0 | 0 | 40 | 1 | 5 | 206 | 16 | 3 | 16 | 720 | 15 |
| Tonnarelli Cacio e Pepe | 337 | 1 | 1010 | 50 | 65 | 24 | 121 | 0 | 135 | 45 | 840 | 36 | 108 | 39 | 5 | 19 | 1 | 0 | 0 | 33 | 1 | 4 | 504 | 39 | 5 | 27 | 310 | 7 |
| Wolf Salad | 305 | 1 | 580 | 47 | 61 | 15 | 73 | 0 | 80 | 27 | 1240 | 54 | 16 | 6 | 5 | 18 | 3 | 1 | 3 | 26 | 1 | 7 | 330 | 25 | 3 | 15 | 800 | 17 |
| Yeastied Polenta Fritters | 193 | 1 | 320 | 13 | 16 | 5 | 26 | 0 | 25 | 9 | 840 | 36 | 44 | 16 | 5 | 19 | 7 | 6 | 12 | 10 | 0 | 1 | 263 | 20 | 5 | 25 | 230 | 5 |
| Zeppole | 155 | 1 | 630 | 35 | 44 | 13 | 65 | 0 | 110 | 37 | 40 | 2 | 75 | 27 | 4 | 14 | 38 | 37 | 73 | 10 | 1 | 4 | 55 | 4 | 3 | 18 | 220 | 5 |

2,000 calories a day is used for general nutrition advice, but calorie needs vary