

WOLF NUTRITION

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 %
Bourke Street Bakery Baguette	194	1	1160	76	98	31	154	0	120	40	1620	71	106	39	6	21	6	5	9	19	0	0	303	23	3	16	690	15
Burrata	132	1	390	30	38	17	83	0	80	27	1010	44	5	2	0	1	0	0	0	17	0	0	601	46	0	0	15	0
Delicata Squash	381	1	360	30	38	5	27	0	10	3	1170	51	24	9	5	20	7	0	0	5	1	3	88	7	2	11	910	19
Gnocchetti	358	1	970	49	62	25	123	0	125	42	1150	50	108	39	9	33	3	0	0	27	1	4	301	23	3	17	680	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
King Salmon	453	1	870	76	98	27	137	0	195	65	1450	63	12	4	5	16	1	0	0	37	1	3	2595	200	71	396	2480	53
Lemon Zeppole	155	1	510	21	28	12	60	0	110	37	40	2	75	27	4	14	38	37	73	10	1	4	55	4	3	18	220	5
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	211	0	310	103	220	10	60	22	5	18	36	32	64	10	2	9	195	15	6	35	170	4
Mixed Salumi	264	1	2190	76	97	20	102	0	65	21	2490	108	316	115	14	49	14	0	0	57	3	17	580	45	20	113	820	17
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
Prime Burger	636	1	1520	78	100	35	174	2.5	235	78	2660	116	99	36	8	27	9	0	0	66	2	9	291	22	8	43	1570	33
Prime New York Strip	524	1	1300	104	133	44	221	0	260	87	4170	181	32	12	7	24	12	0	0	60	0	2	161	12	7	37	930	20
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
Seasonal 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
Spaghetti	409	1	1190	61	78	32	161	0	225	76	690	30	113	41	6	22	1	0	0	37	1	5	199	15	3	16	670	14
Strozzapreti	369	1	1070	62	80	34	169	0	225	75	1300	57	78	28	6	22	6	0	0	48	1	5	189	15	7	37	670	14
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
Yeast 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

Menus vary by region or season
2,000 calories a day is used for general nutrition advice, but calorie needs vary