

HABITANT 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 %
Ahi Tuna Poke	281	1	350	8	13	1	4	0	50	17	1270	53	32	11	4	16	4	1	0	35	0	19	100	10	5	25	780	22
Cilantro Lime Chicken Tacos	255	1	610	41	62	8	40	0	90	30	400	17	40	13	5	20	5	3	0	23	0	2	338	34	3	17	640	18
Crispy Cauliflower	298	1	450	34	53	7	37	0	25	8	530	22	26	9	10	39	10	0	0	16	0	1	283	28	4	23	860	25
Crispy Chicken Wings	291	1	830	41	63	4.5	24	0	145	48	870	36	57	19	3	10	21	21	0	56	0	3	45	5	3	15	590	17
Double Beef Burger	494	1	1190	75	116	27	135	3	210	69	1560	65	72	24	4	17	12	4	0	53	0	11	507	51	7	41	1170	33
Double Beef Burger with beyond burger patty	465	1	1110	66	101	21	104	0.5	65	22	2010	84	81	27	7	29	12	4	0	49	0	11	612	61	10	58	720	20
Habitant Burger - BZ	494	1	1150	71	109	26	132	3	205	69	1500	62	72	24	4	17	11	4	0	53	0	10	507	51	7	42	1170	33
Habitant Burger - BZ with beyond burger patty	465	1	1070	61	94	20	101	0.5	65	22	1950	81	81	27	7	29	11	4	0	49	0	10	612	61	10	58	710	20
Habitant Burger - MP, CN	450	1	1250	79	122	26	132	3	205	69	1670	70	77	26	4	16	11	5	0	54	0	10	513	51	8	44	900	26
Habitant Burger - MP, CN with beyond burger patty	422	1	1160	70	107	20	101	0.5	65	22	2120	88	86	29	7	28	11	5	0	50	0	10	618	62	11	60	450	13
Habitant Burger - R	479	1	1150	71	109	26	131	3	205	69	1500	63	72	24	4	17	11	4	0	53	0	10	507	51	7	41	1160	33
Habitant Burger - R with beyond burger patty	450	1	1070	61	94	20	101	0.5	65	22	1950	81	81	27	7	29	11	4	0	49	0	10	611	61	10	58	710	20
Housemade Chicken Meatballs	339	1	660	37	57	12	60	0	185	61	1010	42	42	14	3	12	4	0	0	40	0	5	348	35	4	23	570	16
Jumbo Lump Crab Dip	232	1	580	39	59	21	104	0	150	50	1000	42	29	10	1	5	2	0	0	29	0	6	341	34	1	7	290	8
Kung Pao Brussels Sprouts	260	1	350	21	32	3	15	0	35	12	550	23	31	10	7	28	13	9	0	14	0	0	98	10	3	19	850	24
Maple Bacon Deviled Eggs	139	1	320	26	39	7	37	0	515	172	400	17	6	2	0	2	4	2	0	16	0	28	86	9	2	9	230	7
Polenta Fries	291	1	880	74	114	23	117	0	115	39	820	34	43	14	4	14	6	0	0	13	0	9	327	33	3	18	340	10
Ricotta Meatballs	349	1	660	39	60	15	73	1	200	66	1090	45	39	13	3	12	5	0	0	37	0	7	417	42	5	29	650	19
Roasted Mushroom Bruschetta	172	1	380	30	47	4.5	23	0	15	4	300	12	23	8	3	10	3	0	0	9	0	7	50	5	2	9	580	16
Smoked Wild Salmon Toast	151	1	260	13	19	6	30	0	60	20	840	35	26	9	1	4	2	0	0	18	14	137	69	7	2	12	290	8
Wild Pacific Shrimp Cocktail	217	1	160	1.5	2	0	1	0	160	53	1510	63	19	6	2	6	13	0	0	19	0	1	94	9	1	5	430	12

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