

JEANNIE'S 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 %
Artichoke Salad	272	1	380	31	40	3.5	17	0	0	0	1040	45	25	9	8	27	7	4	9	6	0	0	110	8	4	23	1080	23
Artichoke Salad with Steak	506	1	710	46	60	7	36	1	135	46	2000	87	25	9	8	27	7	4	9	51	0	0	124	10	10	50	1090	25
Artichoke Salad with Roasted Chicken	414	1	590	41	52	6	29	0	115	38	1240	54	25	9	8	27	7	4	9	34	0	0	136	10	6	30	1370	30
Artichoke Salad with Wild Pacific Shrimp	405	1	510	37	47	4	20	0	170	56	1850	80	27	10	8	27	7	4	9	24	0	0	185	15	5	25	1230	25
Artichoke Salad with Alaskan Sockeye Salmon	388	1	570	39	51	4.5	23	0	65	21	1340	58	25	9	8	27	7	4	9	34	11	60	119	10	5	25	1080	25
Artichoke Salad with Tuscan Cauliflower	499	1	540	41	52	4.5	22	0	0	0	1440	62	41	15	16	56	15	4	9	13	0	0	194	15	6	35	1870	40
Baked Cauliflower Mac and Cheese	543	1	1140	77	99	42	211	0	285	96	3650	159	72	26	5	17	9	0	0	44	2	10	972	75	5	29	890	19
Baked Ziti and Meatballs	570	1	950	59	76	18	89	0	130	43	5190	226	78	28	7	25	17	0	0	34	1	2	696	54	10	55	1610	34
Broccoli Ziti	446	1	1390	67	86	7	33	0	0	0	1490	65	167	61	15	55	7	0	0	37	0	0	192	15	6	35	1100	23
Broccoli, Tofu & Quinoa	258	1	430	34	43	4.5	23	0	0	0	3130	136	29	10	4	14	10	0	0	8	0	0	205	16	2	14	480	10
Cauliflower pizza crust - Nutrition ONLY	300	1	780	6	8	0	0	0	0	0	1740	76	174	63	12	43	18	18	36	6	0	0	120	9	6	36	180	4
Chef Salad	369	1	540	39	50	11	54	0	30	11	750	32	31	11	9	32	11	3	6	21	1	1	478	37	5	27	1070	23
Chicken Lemon Campanelle	638	1	1300	96	122	27	136	0	255	85	3280	142	56	20	2	6	1	0	0	50	1	3	421	32	7	39	940	20
Chicken Parmesan	545	1	1260	77	99	21	107	0	475	158	2040	89	47	17	4	16	7	0	0	92	1	8	864	70	9	45	1270	25
Cilantro Lime Salad	211	1	280	21	27	5	27	0	20	6	410	18	18	6	3	11	6	3	5	10	0	0	40	3	2	11	510	11
Cilantro Lime Salad with Steak	416	1	580	35	45	9	43	1	135	45	1340	58	18	6	3	11	6	3	5	49	0	0	52	4	7	35	530	10
Cilantro Lime Salad with Roasted Chicken	353	1	490	31	39	8	39	0	135	45	620	27	18	6	3	11	6	3	5	38	0	0	65	5	4	20	810	17
Cilantro Lime Salad with Wild Pacific Shrimp	344	1	410	26	34	6	30	0	185	62	1220	53	19	7	3	11	6	3	5	29	0	1	115	9	2	13	670	14
Cilantro Lime Salad with Alaskan Sockeye Salmon	328	1	490	31	40	7	34	0	85	28	940	41	18	6	3	11	6	3	5	38	11	57	49	4	3	14	520	11
Cilantro Lime Salad with Tuscan Lemon Cauliflower	438	1	440	30	39	6	32	0	20	6	810	35	33	12	11	40	14	3	5	18	0	0	124	10	4	20	1310	30
Crisp Calamari - Peppers	304	1	630	41	53	6	32	0	475	159	790	34	28	10	2	5	6	0	0	36	1	5	150	12	3	17	760	16
Crispy Brussels Sprouts and Bacon	240	1	360	27	35	7	36	0	35	12	920	40	18	7	7	25	5	0	0	15	1	5	84	6	3	15	820	17
Crispy Panko Chicken Salad	467	1	820	57	73	13	63	0	380	127	2070	90	34	12	5	17	15	8	16	44	3	14	145	11	5	26	1010	22
Fresh Mozzarella Pie	425	1	1200	43	55	16	78	0	80	26	2090	91	158	57	9	33	10	0	0	46	1	2	672	52	8	43	860	18
Ginger Sesame Salad	227	1	370	21	27	2	9	0	5	2	900	39	40	15	4	15	14	7	14	7	0	0	141	11	4	22	510	11
Ginger Sesame Salad with Steak	433	1	830	52	67	10	49	1	135	44	1830	80	43	16	6	20	15	7	14	51	0	0	228	20	8	40	1270	25
Ginger Sesame Salad with Roasted Chicken	369	1	660	38	48	4.5	23	0	120	40	1120	49	43	16	6	20	15	7	14	37	0	0	200	15	6	33	900	19
Ginger Sesame Salad with Wild Pacific Shrimp	346	1	580	34	43	3	14	0	175	58	1730	75	44	16	6	20	15	7	14	28	0	1	250	19	5	27	760	16
Ginger Sesame Salad with Alaskan Sockeye Salmon	346	1	660	39	49	3.5	18	0	70	23	1440	63	43	16	6	20	15	7	14	38	11	57	184	14	5	28	610	13
Ginger Sesame Salad with Tuscan Cauliflower	454	1	610	38	48	3	16	0	5	2	1300	56	58	21	14	49	22	7	14	17	0	0	259	20	6	35	1400	30
Heirloom Tomatoes and Burrata	252	1	470	34	44	11	54	0	45	15	900	39	23	8	2	8	1	1	2	13	0	0	351	27	2	11	320	7
House Meatballs al Forno	310	1	360	27	35	10	48	0	40	13	2020	88	18	7	4	14	10	0	0	14	1	1	407	31	4	23	820	18
House Pepperoni Pie	431	1	1360	58	74	21	105	0	95	31	2790	122	157	57	10	35	9	0	0	51	0	2	688	53	8	43	970	21
Jeannie's Chef Salad	369	1	540	39	50	11	54	0	30	11	750	32	31	11	9	32	11	3	6	21	1	1	478	37	5	27	1070	23
Jeannie's Chef Salad with Steak	602	1	870	55	70	14	72	1	165	55	1290	56	31	11	9	32	11	3	6	65	1	2	492	49	10	60	1070	25
Jeannie's Chef Salad with Roasted Chicken	511	1	750	49	62	13	65	0	145	49	940	41	31	11	9	33	11	3	6	48	1	2	503	40	6	35	1360	30
Jeannie's Chef Salad with Wild Pacific Shrimp	503	1	670	44	57	11	57	0	200	67	1550	67	33	12	9	33	11	3	6	39	1	2	553	45	5	30	1220	25
Jeannie's Chef Salad with Alaskan Sockeye Salmon	484	1	720	46	59	12	60	0	95	32	1040	45	31	11	9	32	11	3	6	49	12	60	487	35	5	30	1070	25
Jeannie's Chef Salad with Tuscan Lemon Cauliflower	596	1	700	49	62	12	58	0	30	11	1140	49	47	17	17	62	18	3	6	28	1	2	562	45	7	35	1860	40
Kale Caesar	215	1	720	61	78	15	76	0	55	19	1010	44	18	6	4	14	1	0	0	30	1	2	830	60	3	15	820	15
Kale Caesar with Steak	450	1	1050	77	98	18	93	1	190	63	1570	68	18	6	4	14	1	0	0	74	1	2	845	70	8	45	820	15
Kale Caesar with Roasted Chicken	359	1	920	71	91	17	87	0	170	57	1220	53	18	7	4	14	1	0	0	57	1	2	857	70	4	25	910	20
Kale Caesar with Wild Pacific Shrimp	351	1	850	66	85	16	78	0	225	75	1820	79	19	7	4	15	1	0	0	48	0	2	906	70	3	15	770	15
Kale Caesar with Alaskan Sockeye Salmon	344	1	1000	80	103	17	86	0	120	40	1320	57	18	6	4	14	1	0	0	58	12	60	840	70	3	20	820	15
Kale Caesar with Tuscan Lemon Cauliflower	444	1	870	71	90	16	80	0	55	19	1420	62	33	12	12	43	9	0	0	37	1	2	916	70	5	25	1410	30
Little Gem Caesar	277	1	460	37	47	9	47	0	45	14	1000	44	15	6	4	14	6	0	0	20	1	2	518	40	4	25	730	16
Little Gem Caesar with Steak	491	1	780	51	65	12	62	1	160	53	1530	66	15	6	4	14	6	0	0	48	1	2	526	40	8	43	740	16
Little Gem Caesar with Roasted Chicken	433	1	660	46	59	12	58	0	160	53	1230	54	16	6	4	14	6	0	0	47	1	2	544	42	6	33	1030	22
Little Gem Caesar with Wild Pacific Shrimp	420	1	590	42	54	10	49	0	210	70	1800	78	17	6	4	14	6	0	0	38	0	2	592	46	5	26	890	19
Little Gem Caesar with Alaskan Sockeye Salmon	393	1	640	45	57	11	53	0	105	36	1310	57	15	6	4	14	6	0	0	48	12	58	526	40	5	28	740	16
Little Gem Caesar with Tuscan Lemon Cauliflower	513	1	610	46	59	10	51	0	45	14	1400	61	31	11	12	43	13	0	0	27	1	2	602	45	6	35	1530	30
Marinated Lacinato Kale	109	1	300	25	32	7	33	0	30	9	500	22	7	3	1	4	1	0	0	14	0	1	415	32	1	6	250	5
Nordstrom Double Beef Burger - Fries	643	1	1570	103	132	33	166	3.5	235	79	2710	118	95	35	7	24	14	4	8	60	1	6	521	40	9	48	1560	33
Nordstrom Double Beef Burger w/Beyond Burger patty - Fries	586	1	1410	88	113	25	124	0.5	75	25	3150	137	104	38	10	34	14	4	8	51	1	6	624	50	11	60	1050	20
Nordstrom Double Beef Burger - Side Salad	503	1	1210	83	106	28	141	3.5	230	76	2180	95	57	21	3	11	11	5	10	57	1	5	543	42	8	46	1080	23
Nordstrom Double Beef Burger w/Beyond Burger - Side Salad	446	1	1060	68	87	20	99	0.5	65	22	2620	114	66	24	6	21	11	5	10	48	1	5	645	50	11	59	560	12
Prime French Dip - Fries	549	1	1420	73	93	24	119	0	200	66	4220	183	117	43	9	30	9	4	7	67	1							