

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 %
Affogato	175	1	330	16	20	7	36	0	50	16	250	11	40	15	0	0	34	0	0	5	0	0	55	4	0	1	150	3
Baked Cauliflower Mac and Cheese	543	1	990	59	76	32	158	0	210	70	1260	55	74	27	5	16	16	0	0	43	4	18	935	72	5	29	970	21
Baked Ziti and Meatballs	570	1	1050	67	86	19	94	0	130	43	2360	103	84	30	9	33	19	0	0	35	1	2	768	59	12	69	1890	40
Beecher's Flagship Cheddar Toastie	512	1	1110	64	81	28	139	0	105	35	1300	57	102	37	7	26	4	0	0	32	1	3	551	42	6	34	910	19
Beecher's Flagship Cheddar Toastie w/side salad	412	1	970	66	84	26	131	0	105	36	1260	55	67	24	4	14	4	1	3	30	1	3	582	45	6	32	460	10
Chicken and Apple Salad	492	1	810	50	64	10	49	0	135	45	700	30	53	19	9	32	39	4	9	44	0	1	301	23	5	28	1360	29
Chicken Lemon Campanelle	638	1	1390	101	129	30	151	0	270	89	1410	62	58	21	2	8	2	0	0	57	1	3	607	47	7	41	990	21
Chicken Parmesan	545	1	1160	80	102	20	101	0	305	102	1620	70	46	17	7	24	12	0	0	64	1	4	736	57	9	49	1520	32
Chocolate Pudding	140	1	620	45	58	26	132	0	245	82	70	3	44	16	4	13	30	22	44	8	1	7	163	13	6	35	170	4
Crispy Brussels Sprouts and Bacon	240	1	360	27	35	7	36	0	35	12	520	23	18	7	7	25	5	0	0	15	1	5	85	7	3	16	810	17
Crispy Panko Chicken Salad	467	1	820	57	73	13	63	0	380	127	1190	52	34	12	5	17	15	8	16	44	3	14	146	11	5	26	1000	21
Eggplant Parmesan Toastie	629	1	1500	86	110	26	129	0	75	25	2110	92	146	53	14	50	13	0	0	39	1	3	668	51	10	56	1570	33
Eggplant Parmesan Toastie w/side salad	539	1	1370	89	114	25	123	0	75	26	2080	91	110	40	11	38	13	1	3	37	1	3	715	55	10	54	1120	24
Fennel Sausage Pie	591	1	1270	64	82	20	100	0	110	37	1900	83	117	42	10	36	14	4	9	62	1	5	969	75	11	60	1520	32
Fried Calamari	244	1	600	41	52	6	30	0	410	137	470	21	28	10	2	6	6	0	0	31	1	4	137	11	3	17	690	15
Heirloom Tomatoes	322	1	790	57	74	13	65	0	40	13	260	11	48	17	4	16	5	3	6	21	0	0	343	26	4	23	470	10
Homemade Cannoli	84	1	310	18	23	9	43	0	45	15	30	1	31	11	1	3	20	15	31	5	0	1	60	5	1	4	95	2
Hot Doughnuts	186	1	750	47	61	21	104	0	190	64	75	3	70	26	2	8	35	33	67	13	1	6	109	8	3	17	140	3
House Meatballs ai Forno	310	1	570	38	48	11	56	0	40	13	1040	45	43	16	5	18	11	1	2	19	1	1	414	32	6	31	840	18
House Pepperoni Pie	431	1	1210	70	89	23	114	0	95	31	2020	88	104	38	7	26	14	4	9	46	0	2	698	54	11	59	970	21
Iowa Prosciutto Pie	395	1	1120	59	76	12	59	0	55	19	1510	66	113	41	7	26	23	4	9	38	0	1	371	29	8	43	540	11
Jeannie's Chef Salad	369	1	540	42	54	11	56	0	30	11	490	21	27	10	8	29	10	3	6	19	1	1	474	36	4	24	980	21
Kids Cheese Pizza	396	1	1090	53	68	19	97	0	80	26	1400	61	119	43	8	29	28	4	9	41	0	2	702	54	9	51	1010	22
Lemon Curd Cheesecake	334	1	980	64	82	35	174	0	545	181	500	22	88	32	5	18	71	62	123	18	3	15	215	17	3	15	410	9
Little Gem Caesar	158	1	280	21	27	6	32	0	30	10	560	24	9	3	2	8	3	0	0	14	1	1	378	29	2	13	390	8
Little Gem Caesar with Wild Salmon	393	1	610	44	67	11	53	0	105	35	900	38	10	3	1	4	3	0	0	44	12	117	435	44	1	8	100	3
Little Gem Caesar with Roasted Chicken	433	1	660	46	59	12	58	0	155	52	960	42	16	6	4	14	5	0	0	47	1	2	545	42	6	31	1020	22
Margherita and Sausage Pasta	479	1	1040	66	85	15	76	0	135	46	1620	70	75	27	6	23	13	0	0	37	1	3	408	31	10	54	1530	32
Marinated Kale Side Salad for Toasties	77	1	250	21	27	5	25	0	20	6	330	14	6	2	1	5	0	0	0	10	0	1	272	21	1	5	220	5
Marinated Lacinato Kale	109	1	360	31	39	8	38	0	30	9	510	22	9	3	2	7	1	0	0	15	0	1	416	32	1	8	310	7
Mozzarella di Bufala Pie	425	1	1000	50	64	17	84	0	55	18	1000	43	102	37	7	24	13	4	9	33	0	0	465	36	10	56	790	17
Prime French Dip	622	1	1270	56	71	20	98	0	175	58	2710	118	117	42	9	32	7	3	6	67	1	1	441	34	9	51	1400	30
Prime French Dip w/side salad	588	1	1130	58	75	18	92	0	175	59	2710	118	82	30	6	20	8	4	9	66	1	2	489	38	9	50	950	20
Prosciutto and Fontina Toastie	503	1	1090	58	75	22	112	0	115	39	2310	100	102	37	7	26	4	0	0	37	0	2	265	20	6	33	840	18
Prosciutto and Fontina Toastie w/side salad	433	1	950	61	78	21	106	0	120	40	2290	99	66	24	4	14	4	1	3	35	0	2	311	24	6	31	390	8
Roasted Baby Beets	108	1	230	16	20	2.5	13	0	5	2	220	9	20	7	5	18	12	0	0	5	0	0	72	6	2	8	550	12
Roasted Oyster Mushroom Pie	463	1	1070	60	78	16	81	0	45	15	910	40	108	39	7	23	7	4	9	31	1	5	357	27	8	47	900	19
Roma Tomato Basil Soup Bowl	357	1	370	28	36	15	75	0	85	28	710	31	27	10	5	17	11	0	0	7	0	2	191	15	4	20	840	18
Roma Tomato Basil Soup - Cup	189	1	230	17	26	9	44	0	45	15	410	17	16	5	3	10	5	0	0	4	0	3	114	11	2	11	420	12
Shrimp and Artichoke Salad	415	1	350	22	28	1.5	9	0	170	56	1180	51	19	7	6	20	8	4	9	23	0	1	176	14	4	20	820	17
Simple Salad	139	1	120	8	10	1.5	7	0	5	2	180	8	10	4	2	6	1	0	0	4	0	0	90	7	1	6	290	6
Spicy Shrimp Putanesca	501	1	890	54	70	9	45	0	230	77	1750	76	67	24	5	18	4	0	0	36	0	1	257	20	5	27	440	9
Steak Frites	491	1	820	51	66	12	61	1	160	53	340	15	37	13	5	18	2	0	0	53	0	1	191	15	8	42	970	21
Triple Chocolate Chip Cookies	174	1	760	41	52	25	123	0	145	49	45	2	96	35	2	8	81	38	76	9	1	4	51	4	5	25	70	1
Turkey and Bacon Toastie	577	1	1200	68	88	21	105	0	115	38	1740	76	103	37	7	26	5	0	0	48	1	6	147	11	6	35	950	20
Turkey and Bacon Toastie w/side salad	505	1	1070	71	91	20	99	0	115	39	1710	75	67	25	4	14	6	1	3	47	1	6	193	15	6	33	500	11
Vegetable Minestrone Bowl	359	1	650	33	43	12	60	0	50	16	1040	45	57	21	14	51	6	0	0	32	1	1	665	51	5	30	1230	26
Vegetable Minestrone Cup	179	1	360	18	24	7	35	0	30	10	580	25	32	11	7	26	3	0	0	17	0	1	350	27	3	15	620	13
Waffle Bowl	21	1	80	0.5	1	0	0	0	0	0	35	2	18	7	0	0	5	0	0	1	0	0	20	2	1	4	0	0
Waffle Cone, Large	29	1	110	0.5	1	0	0	0	0	0	55	2	25	9	1	4	8	0	0	2	0	0	20	2	1	6	0	0
Wild Salmon and Cauliflower	524	1	680	37	47	8	39	0	115	39	840	37	38	14	5	19	13	8	15	52	17	86	227	17	3	19	490	10

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