

Recipes per Group with Nutrients

Recipe Group: AHF 2024

Recipe	Total Calories		Fat(Total)		Fat(Saturated)		Cholesterol		Sodium		Potassium		Dietary Fiber		Protein		Calcium		Vitamin A - Retinol	
	100g	Portion	100g	Portion	100g	Portion	100g	Portion	100g	Portion	100g	Portion	100g	Portion	100g	Portion	100g	Portion	100g	Portion
Harissa Crusted Catfish with Wheat Berry Salad (Bethany)	90.84	309.04	5.54	18.84	0.96	3.27	21.71	73.86	57.26	194.81	222.39	756.57	0.88	2.98	6.75	22.95	14.15	48.13	40.33	137.20
Seared Asparagus and Red Bell Peppers	28.69	22.77	0.24	0.19	0.04	0.03	0.00	0.00	3.38	2.68	232.32	184.42	2.36	1.88	1.79	1.42	17.44	13.84	109.69	87.07
Venison and Kale Salad over Herbed Polenta (Integris)	106.92	484.98	4.92	22.32	1.78	8.10	13.51	61.30	328.81	1,491.42	35.67	161.78	0.45	2.05	9.43	42.78	30.10	136.51	24.22	109.87
Honey Pecan Catfish over Hushpuppy Polenta Cakes (Endeavor)	104.96	356.44	4.92	16.72	0.80	2.71	22.96	77.96	191.80	651.32	180.18	611.85	1.01	3.44	7.06	23.98	14.46	49.12	16.43	55.79
Honey Lime Chicken Thigh with Mole and Spanish Rice (Adams)	172.11	572.00	4.25	14.12		0.00		0.00	203.10	675.00		0.00	0.78	2.60	9.75	32.41		0.00		0.00
Pan-seared Venison over Mirepoix Cowpea Cake (Geisinger)	114.64	519.99	3.46	15.70		0.00	22.71	103.00	130.95	593.99	215.39	976.99	11.11	50.40	7.10	32.20		0.00		0.00
Harissa Sauce	128.11	72.64	11.64	6.60	1.62	0.92	0.00	0.00	18.70	10.60	246.91	140.00	1.96	1.11	1.36	0.77	10.06	5.71	101.58	57.59
Mole Sauce	201.87	57.23	10.54	2.99	1.71	0.49	0.00	0.00	281.70	79.86	559.07	158.49	6.65	1.89	7.05	2.00	69.65	19.75	135.23	38.34
Bouillon Powder	226.77	10.43	0.93	0.04	0.37	0.02	0.00	0.00	8,639.67	397.43	874.20	40.21	9.63	0.44	9.30	0.43	145.33	6.69	1.34	0.06
Pickled Red Onion	54.43	33.95	0.04	0.02	0.01	0.01	0.00	0.00	625.64	390.20	84.87	52.93	0.53	0.33	0.37	0.23	14.13	8.81	0.47	0.29
Cilantro Lime Crema	64.13	10.00	4.39	0.68	2.61	0.41	13.79	2.15	51.46	8.02	288.54	44.99	1.11	0.17	2.24	0.35	83.62	13.04	163.95	25.56
Blue Corn Tortilla	244.61	34.67	3.42	0.48	0.00	0.00	0.00	0.00	5.37	0.76	256.03	36.29	5.64	0.80	5.88	0.83	13.39	1.90	0.00	0.00
Spanish Rice (Scratch)	81.25	69.10	1.41	1.20	0.15	0.13	0.00	0.00	102.36	87.05	95.76	81.44	0.83	0.71	1.62	1.38	20.32	17.28	10.14	8.62
Seasoned Black Beans	81.02	34.45	0.45	0.19	0.12	0.05	0.00	0.00	79.73	33.91	324.68	138.07	3.37	1.44	7.25	3.08	26.32	11.19	0.00	0.00
Cow Pea Cake	46.77	119.33	0.46	1.16		0.00	0.00	0.00	39.54	100.89	32.32	82.46	1.63	4.17	2.09	5.34		0.00		0.00
Blackberry Infused Bordelaise Sauce	53.61	125.99	1.63	3.84	0.91	2.15	3.80	8.93	76.05	178.71	74.14	174.24	1.10	2.59	0.38	0.89		0.00		0.00
Dandelion Greens Salad	138.27	21.01	8.64	1.31		0.00	4.94	0.75	102.47	15.57	206.17	31.33	1.73	0.26	3.33	0.51		0.00		0.00
Peach Vinegarette	302.93	42.94	26.13	3.70	1.93	0.27	0.00	0.00	42.72	6.06	85.71	12.15	1.18	0.17	0.43	0.06	4.25	0.60	9.62	1.36
Candied Fig (Garnish)	120.00	2.03	0.00	0.00		0.00	0.00	0.00	0.00	0.00	206.67	3.49	2.67	0.05	0.67	0.01		0.00		0.00
Low Sodium BBQ Seasoning	265.28	7.43	9.26	0.26	1.64	0.05	0.00	0.00	2,720.36	76.17	1,780.54	49.86	27.99	0.78	12.44	0.35	246.33	6.90	1,565.52	43.83
Hushpuppy Polenta Cakes	66.20	38.19	2.21	1.28	0.30	0.18	0.00	0.00	367.06	211.73	23.88	13.77	0.46	0.27	0.73	0.42	11.56	6.67	1.98	1.14
Blackberry Serrano Slaw	45.09	15.07	0.41	0.14	0.02	0.01	0.00	0.00	35.22	11.77	193.31	64.63	3.94	1.32	1.46	0.49	34.96	11.69	25.86	8.65
Cherry Smoke Peach Puree	19.31	17.79	0.03	0.03	0.00	0.00	0.00	0.00	1.23	1.13	26.75	24.65	0.40	0.37	0.13	0.12	1.18	1.09	2.86	2.64
Herbed Polenta	89.99	180.32	4.90	9.83	2.92	5.86	14.71	29.48	89.88	180.09	32.85	65.82	0.46	0.91	2.35	4.71	55.48	111.17	52.50	105.20
Balsamic Berry Reduction	53.02	48.09	0.17	0.15	0.01	0.01	0.00	0.00	3.92	3.56	64.93	58.90	1.61	1.46	0.51	0.47	14.61	13.26	2.89	2.62