

# Valentine's Day

Menu Nutrient Analysis

Company:

Cycle Length: 1 week

Goal: DRI: RDA/AI-MALE-70+ YEARS

Days: 7

Foods: 7

Kcals / Day: 99

Feeding Figure: 100

Nutrient	Value	Goal	% Goal	Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	689.743	2000.000	34%	Zinc (mg)	4.171	11.000	38%
Protein (gm)	39.167	70.000	56%	Copper (mg)	0.565	0.900	63%
Carbohydrate (gm)	95.460	300.000	32%	Manganese (mg)	2.281	2.300	99%
Fat, total (gm)	17.927	65.000	28%	Selenium (mg)	0.038	0.055	69%
Alcohol (gm)				Fluoride (µg)	171.720	4.000	4293%
Cholesterol (mg)	79.061	300.000	26%	Chromium (mg)	0.020	30.000	0%
Saturated Fat (gm)	5.315	20.000	27%	Molybdenum (µg)	37.247	45.000	83%
Monounsaturated Fat (gm)	5.475	25.000	22%	Dietary Fiber, total (gm)	8.802	25.000	35%
Polyunsaturated Fat (gm)	5.447	20.000	27%	Soluble Fiber (gm)			
MFA 18:1, Oleic (gm)				Insoluble Fiber (gm)			
PFA 18:2, Linoleic (gm)				Crude Fiber (gm)			
PFA 18:3, Linolenic (gm)				Sugar, total (gm)			
PFA 20:5, EPA (gm)				Glucose (gm)			
PFA 22:6, DHA (gm)				Galactose (gm)			
Sodium (mg)	764.541	2400.000	32%	Fructose (gm)			
Potassium (mg)	1757.386	3500.000	50%	Sucrose (gm)			
Vitamin A (RE)	3497.271	900.000	389%	Lactose (gm)			
Vitamin A (IU)	33503.543	4500.000	745%	Maltose (gm)			
Beta-Carotene (µg)				Tryptophan (mg)			
Vitamin C (mg)	41.702	90.000	46%	Threonine (mg)			
Calcium (mg)	530.369	1200.000	44%	Isoleucine (mg)			
Iron (mg)	10.624	8.000	133%	Leucine (mg)			
Vitamin D (ug)	3.377	15.000	23%	Lysine (mg)			
Vitamin D (IU)	135.074	600.000	23%	Methionine (mg)			
Vitamin E	3.187	15.000	21%	Cystine (mg)			
Vitamin E (IU)				Phenylalanine (mg)			
Alpha-Tocopherol (mg)				Tyrosine (mg)			
Thiamin (mg)	0.762	1.100	69%	Valine (mg)			
Riboflavin (mg)	1.347	1.100	122%	Arginine (mg)			
Niacin (mg)	10.811	14.000	77%	Histidine (mg)			
Pyridoxine/Vit B6 (mg)	1.424	1.500	95%	Alanine (mg)			
Folate (µg)	208.242	400.000	52%	Aspartic Acid (mg)			
Cobalamin/Vit B12 (µg)	1.313	2.400	55%	Glutamic Acid (mg)			
Biotin (µg)	16.108	30.000	54%	Glycine (mg)			
Pantothenic Acid (mg)	3.033	5.000	61%	Proline (mg)			
Vitamin K (µg)	0.993	90.000	1%	Serine (mg)			
Phosphorus (mg)	612.510	700.000	88%	Moisture (gm)			
Iodine (µg)		150.000		Ash (gm)			
Magnesium (mg)	188.546	420.000	45%	Caffeine (mg)			

## Day 1

### % of Kcals

Protein	22%
Carbohydrate	55%
Fat, total	23%
Alcohol	0%

### Exchanges

Bread/Starch	3.0
Fruit	
Other Carbohydrate	2.0
Milk - Skim	
Milk - Low Fat	1.0
Milk - Whole	
Vegetable	.5
Meat - Very Lean	5.0
Meat - Lean	
Meat - Medium Fat	
Meat - High Fat	
Fat	1.0



# Recipe Report - Oven Crisp Chicken

Food ID: 88      Portion/Amount: 3.00 OUNCE      Servings: 100.00      Kcals / Serving: 185      No. Ingredients: 7  
Source: Custom

## Preparation

None  
Preparation Time: 0  
Cooking Time:  
Cooking Temp:            deg F

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Ingredient	Wt
Oven Crisp Chicken	12675.401
19 POUND Chicken, Meat Only, Raw	8618.400
2 QUART Nonfat, Skim or Fat Free Milk	1960.000
4.5 POUND KELLOGG'S CORN FLAKES Crumbs	2041.200
4 TBSP Paprika	25.200
2 TBSP Garlic Powder	16.800
4 TSP Ground Black Pepper	8.400
6 TBSP Dried Parsley	5.400

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## **Instructions:**

Instructions...Combine corn flake crumbs, paprika, garlic powder, black pepper, and dried parsley. Dip each piece chicken in milk, then dredge in seasoned crumbs. Put chicken on greased sheet pans. Do not crowd. Bake at 350 degrees for one hour or until done.



# Recipe Report - Love at First Sight Brownies

Food ID: 126      Portion/Amount: 1.00 SERVING      Servings: 100.00      Kcals / Serving: 136      No. Ingredients: 9  
 Source: Custom

## Preparation

Baked  
 Preparation Time: 0  
 Cooking Time: 0 hrs. 20 min.  
 Cooking Temp: 350 deg F

Ingredient	Wt
Love at First Sight Brownies	3737.300
1.000 POUND Margarine, Soft	453.600
2.5 POUND White Granulated Sugar	1134.000
1.000 TSP Table Salt	6.000
1 Tbsp vanilla	12.600
1.75 POUND Egg Substitute, Liquid	793.800
1 qt 2 3/4 cups (1 lb 14 oz) all purpose flour	850.500
1 qt (12 oz) cocoa	340.200
2 Tbsp baking powder	21.600
1 CUP Dried Black Walnuts, Chopped	125.000

## **Instructions:**

For 100 servings: cream margarine, sugar, salt, and vanilla for 2 minutes in mixer on medium speed. Add egg substitute (may use egg whites) and beat for 3 minutes on medium speed. Add flour, cocoa, and baking powder. Mix for 30 seconds on low speed, then mix for 1 minute on medium speed. Batter will be very thick. Spread 8 lb 6 oz (1 gal) batter in 1 sheet pan (18"x26"x1"), which has been lightly sprayed with cooking oil spray. Sprinkle nuts over batter. (Nuts are optional.) Bake in a conventional oven at 350 degrees F for 20-30 minutes. Cool. If desired, lightly dust with powdered sugar. Cut sheet pan 10x10 (100 pieces per pan).



# Recipe Report - Whole Wheat Roll

Food ID: 128  
Source: Custom

Portion/Amount: 1.00 ITEM

Servings: 100.00 Kcals / Serving: 100

No. Ingredients: 8

## Preparation

Baked

Preparation Time: 0

Cooking Time: 0 hrs. 15 min.

Cooking Temp: 400 deg F

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Ingredient	Wt
Whole Wheat Roll	3749.752
2 qt 1/2 cup (2 lb 4 oz) whole wheat flour	1020.600
2 qt (2 lb 3 1/2 oz) white flour	1006.539
1/2 cup (3 1/2 oz) sugar	99.225
4 pkg (1/4 oz ea) active dry yeast	28.350
2 Tbsp salt	36.000
1 qt 1/2 cup skim milk	1102.500
1 cup (7 1/2 oz) oil	205.538
1 CUP Egg Substitute, Liquid	251.000

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## **Instructions:**

For 100 servings: mix flours together, and then mix 2 quarts flour with sugar, yeast, and salt. Heat milk and oil until warm. Stir into flour mixture. Add egg substitute; beat well. Mix in remaining flour, making a soft dough that leaves the sides of the bowl. Knead until dough is smooth and elastic. (Kneading may be done in mixing machine.) Place dough in lightly greased bowl and turn over once to grease upper side of dough. Cover and let rise in warm place until double in size, about 1-1/2 hours. Punch down dough to remove air bubbles. Shape into rolls about 1-1/4 oz each. Place rolls on sheet pans. Let rise until double in size, about 1 hour. Bake at 400 degrees F for 15 minutes, or until lightly browned. Serving size: 1 roll.