Menu Report

Menu: St. Patrick's Day

Total Days: 7
Total Foods: 9
Avg. Daily Cals: 88.00

Day	Meal	Food	Amt/Portion	Wt
Day 1				869.821
		137 Irish Stew	1.000 SERVING	301.063
		45 Tossed Green Salad	3.000 OUNCE	92.988
		138 Reduced Fat Green Goddess Dressing	2.000 TBSP	19.220
		587 Broccoli	0.500 CUP	44.000
		3042 Peaches, Canned in Extra Light Syrup	0.500 CUP	123.500
		9004 Vanilla Wafer Cookie	2.000 ITEM	12.000
		4928 Whole Wheat Bread	1.000 SLICE	28.350
		116 Margarine, Soft	1.000 TSP	4.700
		51 Reduced Fat Milk, 2%	8.000 FL OZ	244.000
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

St. Patrick's Day

Menu Nutrient Analysis
Company:
Cycle Length: 1 week

Goal: DRI: RDA/AI-MALE-70+ YEARS
Days: 7
Foods: 9

Kcals / Day: 88
Feeding Figure: 100

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	619.113	2000.000	31%
Protein (gm)	44.550	70.000	64%
Carbohydrate (gm)	70.579	300.000	24%
Fat, total (gm)	18.894	65.000	29%
Alcohol (gm)			
Cholesterol (mg)	77.732	300.000	26%
Saturated Fat (gm)	6.540	20.000	33%
Monounsaturated Fat (gm)	7.340	25.000	29%
Polyunsaturated Fat (gm)	3.251	20.000	16%
MFA 18:1, Oleic (gm)			
PFA 18:2, Linoleic (gm)			
PFA 18:3, Linolenic (gm)			
PFA 20:5, EPA (gm)			
PFA 22:6, DHA (gm)			
Sodium (mg)	766.805	2400.000	32%
Potassium (mg)	1565.273	3500.000	45%
Vitamin A (RE)	757.802	900.000	84%
Vitamin A (IU)	6481.174	4500.000	144%
Beta-Carotene (µg)			
Vitamin C (mg)	72.631	90.000	81%
Calcium (mg)	404.040	1200.000	34%
Iron (mg)	6.123	8.000	77%
Vitamin D (ug)	2.817	15.000	19%
Vitamin D (IU)	112.680	600.000	19%
Vitamin E	2.841	15.000	19%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	0.565	1.100	51%
Riboflavin (mg)	0.880	1.100	80%
Niacin (mg)	9.259	14.000	66%
Pyridoxine/Vit B6 (mg)	0.786	1.500	52%
Folate (µg)	171.274	400.000	43%
Cobalamin/Vit B12 (µg)	2.876	2.400	120%
Biotin (µg)	8.501	30.000	28%
Pantothenic Acid (mg)	2.023	5.000	40%
Vitamin K (µg)	143.544	90.000	159%
Phosphorus (mg)	654.692	700.000	94%
Iodine (µg)		150.000	
Magnesium (mg)	127.112	420.000	30%

Nutrient	Value	Goal	% Goal
Zinc (mg)	6.709	11.000	61%
Copper (mg)	0.477	0.900	53%
Manganese (mg)	1.483	2.300	64%
Selenium (mg)	0.051	0.055	93%
Fluoride (µg)	119.037	4.000	2976%
Chromium (mg)	0.029	30.000	0%
Molybdenum (µg)	17.475	45.000	39%
Dietary Fiber, total (gm)	9.258	25.000	37%
Soluble Fiber (gm)			
Insoluble Fiber (gm)			
Crude Fiber (gm)			
Sugar, total (gm)			
Glucose (gm)			
Galactose (gm)			
Fructose (gm)			
Sucrose (gm)			
Lactose (gm)			
Maltose (gm)			
Tryptophan (mg)			
Threonine (mg)			
Isoleucine (mg)			
Leucine (mg)			
Lysine (mg)			
Methionine (mg)			
Cystine (mg)			
Phenylalanine (mg)			
Tyrosine (mg)			
Valine (mg)			
Arginine (mg)			
Histidine (mg)			
Alanine (mg)			
Aspartic Acid (mg)			
Glutamic Acid (mg)			
Glycine (mg)			
Proline (mg)			
Serine (mg)			
Moisture (gm)			
Ash (gm)			
Caffeine (mg)			

Day 1

% of Kcals

Protein	28%
Carbohydrate	45%
Fat, total	27%
Alcohol	0%

Exchanges

Bread/Starch	2.0
Fruit	1.0
Other Carbohydrate	.5
Milk - Skim	
Milk - Low Fat	1.0
Milk - Whole	
Vegetable	1.0
Meat - Very Lean	
Meat - Lean	4.0
Meat - Medium Fat	
Meat - High Fat	
Fat	1.0

Recipe Report - Irish Stew

Food ID: 137 Portion/Amount: 1.00 SERVING Servings: 100.00 Kcals / Serving: 245 No. Ingredients: 12
Source: Custom

Preparation

Simmered
Preparation Time: 0
Cooking Time: 1 hrs. 45 min.
Cooking Temp: deg F

Ingredient	Wt
Irish Stew	30106.330
19 POUND Beef Eye of Round, Separable Lean and Fat, 0in. Fat, Roasted	8613.333
.25 CUP Canola Oil	54.400
1 qt 1 1/4 cups (2 lb) quartered fresh onions	771.120
1 qt 1 1/2 cups (1 lb 8 oz) all purpose flour	680.400
3 Tbsp garlic powder	25.200
2 Tbsp paprika	12.600
1 Tbsp black pepper	6.300
2 tsp thyme	2.800
3 GALLON Low Sodium Beef Broth or Consomme, Canned	11520.000
1 1/4 No. 10 cans (5 lb 5 oz) drained sliced carrots	2409.977
1 1/2 No.10 cans (6 lb 12 oz) drain small potatoes	3061.800
1 1/2 No. 10 cans (6 lb 8 oz) drained green peas	2948.400

Instructions:

Cut beef into cubes and trim any visible fat from beef cubes. Brown beef cubes in cooking oil spray - will probably amount to about 1/4 cup oil total. Add onions, flour, garlic powder, paprika, pepper, and thyme. Add water or stock. Bring to a boil. Reduce heat and cover. Simmer for approximately 1-1/2 hours, or until meat is tender. Add carrots, potatoes, and peas. Cook until vegetables are heated through, approximately 15 minutes. Pour into serving pans. Portion with 8 oz ladle (1cup).

Recipe Report - Tossed Green Salad

Food ID: 45 Portion/Amount: 3.00 OUNCE Servings: 100.00 Kcals / Serving: 17 No. Ingredients: 9
Source: Custom

Preparation

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

Ingredient	Wt
Tossed Green Salad	9298.799
7 POUND Iceberg Lettuce	3175.200
7 POUND Romaine Lettuce, Shredded	3175.200
1 POUND Celery, Diced	453.600
1 POUND Zucchini Summer Squash	453.600
1 POUND Green Bell or Sweet Pepper	453.600
1 POUND Scallions, Green or Spring Onions	453.600
1 POUND Green Peas, Frozen	453.600
1 POUND Cucumber with Peel and Seeds	453.600
.5 POUND Parsley, Chopped	226.800

Instructions:

Instructions...Wash greens thoroughly and drain. Tear into bite-sized pieces. Add remaining salad ingredients to greens. Chill. Add dressing to salad just before serving and toss lightly. Portion into individual bowls, approximately 3 oz. weight per serving

Recipe Report - Reduced Fat Green Goddess Dressing

Food ID: 138 Portion/Amount: 2.00 TBSP Servings: 100.00 Kcals / Serving: 11 No. Ingredients: 4
Source: Custom

Preparation

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

Ingredient	Wt
Reduced Fat Green Goddess Dressing	1922.000
1 ITEM Avocado, Florida	304.000
1 CUP Lemon Juice	244.000
2.5 POUND KRAFT Fat Free Mayonnaise Dressing	1134.000
1.000 CUP Cider Vinegar	240.000

Instructions:

Instructions...