

hg nutrition analysis

recommended menu item nutritional information

ingredients	calories	calories from fat	total fat	saturated fat	trans fat	cholesterol	sodium	total carbohydrate	dietary fiber	sugars	protein
cobb	900	990	66 g	16 g	0 g	320 mg	1640 mg	25 g	11 g	10 g	55 g
make it grain	640	250	29 g	5 g	0 g	15 mg	1110 mg	80 g	11 g	28 g	22 g
chicken salad	560	220	24 g	2.5 g	0 g	70 mg	1200 mg	100 g	3 g	15 g	0 g
white bean soup	300	280	33 g	4.5 g	0 g	210 mg	720 mg	22 g	0 g	7 g	22 g
seasonal - spiced beet Caesar	510	280	33 g	4.5 g	0 g	35 mg	1420 mg	56 g	11 g	19 g	19 g

seasoned curries

ingredients	calories	calories from fat	total fat	saturated fat	trans fat	cholesterol	sodium	total carbohydrate	dietary fiber	sugars	protein
red coconut curry	790	270	30 g	11 g	0 g	0 mg	1250 mg	95 g	0 g	14 g	16 g
sesame garlic	740	210	24 g	2.5 g	0 g	65 mg	1840 mg	89 g	2 g	8 g	41 g
spicy garlic	800	210	24 g	2.5 g	0 g	70 mg	1200 mg	100 g	3 g	15 g	0 g
sweet soy five spice	720	260	29 g	4.5 g	0 g	85 mg	1940 mg	86 g	3 g	21 g	30 g
seasonal - Philly roast pork	900	990	66 g	16 g	0 g	65 mg	1650 mg	85 g	3 g	2 g	18 g
100 % special - venison mussel marin	920	270	30 g	11 g	0 g	70 mg	1750 mg	92 g	4 g	5 g	49 g

CYO salad nutritional information

ingredients	calories	calories from fat	total fat	saturated fat	trans fat	cholesterol	sodium	total carbohydrate	dietary fiber	sugars	protein
all natural roast chicken	150	40	4.5 g	1 g	0 g	70 mg	350 mg	0 g	0 g	0 g	25 g
stacy bacon	180	130	14 g	4.5 g	0 g	35 mg	580 mg	0 g	0 g	0 g	13 g
hard boiled egg	60	50	7 g	1.5 g	0 g	180 mg	60 mg	0 g	0 g	0 g	6 g
roasted shrimp	80	30	3.5 g	0.5 g	0 g	110 mg	850 mg	1 g	0 g	0 g	12 g
roasted spicy tofu (non-GMO)	60	50	7 g	1.5 g	0 g	180 mg	25 mg	2 g	1 g	0 g	6 g
yellow corn	110	70	8 g	2 g	0 g	25 mg	0 mg	0 g	0 g	0 g	6 g

beans

ingredients	calories	calories from fat	total fat	saturated fat	trans fat	cholesterol	sodium	total carbohydrate	dietary fiber	sugars	protein
green lentils	50	5	0.5 g	0 g	0 g	0 mg	24 mg	6 g	2 g	1 g	1 g
organic navy beans	50	5	0.5 g	0 g	0 g	0 mg	5 mg	3 g	1 g	0 g	2 g
organic baby potatoes	50	0	0 g	0 g	0 g	0 mg	170 mg	8 g	5 g	0 g	5 g
organic chickpeas	50	5	0.5 g	0 g	0 g	0 mg	5 mg	2 g	4 g	2 g	5 g
red lentils	130	15	1.5 g	0 g	0 g	0 mg	10 mg	23 g	4 g	2 g	5 g
roasted lentils	20	5	0 g	0 g	0 g	0 mg	10 mg	4 g	3 g	2 g	2 g
chickpeas	110	5	0.5 g	0 g	0 g	0 mg	24 mg	2 g	1 g	0 g	2 g
fresh whole wheat noodles	185	10	1 g	0 g	0 g	0 mg	375 mg	38 g	0 g	0 g	6.5 g

vegetables

ingredients	calories	calories from fat	total fat	saturated fat	trans fat	cholesterol	sodium	total carbohydrate	dietary fiber	sugars	protein
apple	15	0	0 g	0 g	0 g	0 mg	0 mg	41 g	0 g	0 g	0 g
avocado	160	130	15 g	2.5 g	0 g	0 mg	5 mg	9 g	1 g	1 g	2 g
broccoli	5	0	0 g	0 g	0 g	0 mg	0 mg	6 g	1 g	0 g	0 g
cauliflower	5	0	0 g	0 g	0 g	0 mg	0 mg	6 g	1 g	0 g	0 g
diced cucumbers	60	0	0 g	0 g	0 g	0 mg	0 mg	17 g	1 g	15 g	0 g
edamame	25	10	1 g	0 g	0 g	0 mg	0 mg	2 g	0 g	0 g	2 g
grape tomatoes	10	0	0 g	0 g	0 g	0 mg	10 mg	4 g	1 g	1 g	1 g
hard boiled egg	60	50	7 g	1.5 g	0 g	180 mg	60 mg	0 g	0 g	0 g	6 g
herbed white beans	50	5	0 g	0 g	0 g	0 mg	160 mg	8 g	3 g	0 g	3 g
marinara	5	0	0 g	0 g	0 g	0 mg	0 mg	0 g	0 g	0 g	0 g
pickled peppers	10	0	0 g	0 g	0 g	0 mg	0 mg	2 g	0 g	2 g	0 g
red pepper	25	0	0 g	0 g	0 g	0 mg	0 mg	7 g	0 g	0 g	0 g
red onions	10	0	0 g	0 g	0 g	0 mg	0 mg	2 g	0 g	1 g	0 g
roasted lentils	30	5	0 g	0 g	0 g	0 mg	180 mg	6 g	1 g	4 g	1 g
roasted broccoli	20	10	1.5 g	0 g	0 g	0 mg	0 mg	7 g	1 g	1 g	1 g
roasted asofon beans	10	0	0 g	0 g	0 g	0 mg	20 mg	2 g	0 g	2 g	0 g

beans

ingredients	calories	calories from fat	total fat	saturated fat	trans fat	cholesterol	sodium	total carbohydrate	dietary fiber	sugars	protein
crispy blue cheese	100	70	8 g	1.5 g	0 g	24 mg	70 mg	0 g	0 g	0 g	0 g
eta cheese	80	50	5 g	1.5 g	0 g	15 mg	420 mg	1 g	0 g	0 g	0 g
local fresh mozzarella	130	90	9 g	4 g	0 g	35 mg	55 mg	2 g	0 g	1 g	0 g

peppers

ingredients	calories	calories from fat	total fat	saturated fat	trans fat	cholesterol	sodium	total carbohydrate	dietary fiber	sugars	protein
local asofon cheese	50	5	0 g	0 g	0 g	0 mg	85 mg	0 g	0 g	0 g	0 g
parmesan cheese	80	50	6 g	1.5 g	0 g	15 mg	140 mg	0 g	0 g	0 g	0 g
roasted asofon cheese	80	50	6 g	1.5 g	0 g	15 mg	140 mg	0 g	0 g	0 g	0 g
roasted asofon seeds	15	10	1.5 g	0 g	0 g	0 mg	0 mg	1 g	0 g	0 g	0 g
walnuts	180	90	10 g	2 g	0 g	0 mg	0 mg	5 g	0 g	0 g	2 g

dressings

ingredients	calories	calories from fat	total fat	saturated fat	trans fat	cholesterol	sodium	total carbohydrate	dietary fiber	sugars	protein
bacon vinaigrette	190	140	16 g	3 g	0 g	0 mg	0 mg	2 g	0 g	0 g	0 g
fresh lemon juice	5	0	0 g	0 g	0 g	0 mg	0 mg	2 g	0 g	1 g	0 g
honey sriracha vinaigrette	160	140	16 g	3 g	0 g	0 mg	0 mg	2 g	0 g	0 g	0 g
red wine vinaigrette	180	180	21 g	2 g	0 g	0 mg	35 mg	0 g	0 g	0 g	0 g
cremora parmesan dressing	100	40	4 g	1 g	0 g	0 mg	400 mg	2 g	0 g	2 g	0 g
cranberry tahini dressing	80	45	5 g	0.5 g	0 g	0 mg	630 mg	2 g	1 g	3 g	2 g
walnut lemon dressing	170	160	18 g	1.5 g	0 g	0 mg	15 mg	2 g	0 g	2 g	0 g
white balsamic vinaigrette	130	100	12 g	2 g	0 g	0 mg	0 mg	2 g	0 g	0 g	0 g

fruit

ingredients	calories	calories from fat	total fat	saturated fat	trans fat	cholesterol	sodium	total carbohydrate	dietary fiber	sugars	protein
apple	150	20	2.5 g	0 g	0 g	0 mg	0 mg	310 mg	2 g	1 g	0 g
banana	100	90	2 g	0 g	0 g	0 mg	0 mg	27 g	1 g	1 g	0 g
blueberry	100	90	2 g	0 g	0 g	0 mg	0 mg	27 g	1 g	1 g	0 g
orange	80	70	1 g	0 g	0 g	0 mg	0 mg	18 g	1 g	1 g	0 g
peach	100	90	2 g	0 g	0 g	0 mg	0 mg	27 g	1 g	1 g	0 g
raspberry	100	90	2 g	0 g	0 g	0 mg	0 mg	27 g	1 g	1 g	0 g
strawberry	100	90	2 g	0 g	0 g	0 mg	0 mg	27 g	1 g	1 g	0 g
vanilla frozen yogurt	170	160	18 g	1.5 g	0 g	0 mg	15 mg	2 g	0 g	2 g	0 g
white balsamic vinaigrette	130	100	12 g	2 g	0 g	0 mg	0 mg	2 g	0 g	0 g	0 g

CYO stir-fry nutritional information

ingredients	calories	calories from fat	total fat	saturated fat	trans fat	cholesterol	sodium	total carbohydrate	dietary fiber	sugars	protein
rice cake	25	0	0 g	0 g	0 g	0 mg	65 mg	200 mg	0 g	0 g	11 g
all natural roast chicken	150	40	4.5 g	1 g	0 g	70 mg	350 mg	0 g	0 g	0 g	25 g
all natural roast pork	190	100	11 g	4 g	0 g	60 mg	510 mg	1 g	0 g	0 g	20 g
orange rice cake	100	90	2 g	0 g	0 g	250 mg	120 mg	1 g	1 g	1 g	0 g
naturally raised beef	140	15	4 g	1 g	0 g	65 mg	280 mg	0 g	0 g	0 g	25 g
roasted shrimp	80	30	3.5 g	0.5 g	0 g	110 mg	850 mg	1 g	0 g	0 g	12 g
roasted spicy tofu (non-GMO)	60	50	7 g	1.5 g	0 g	180 mg	35 mg	2 g	1 g	0 g	6 g
roasted asofon turkey	180	90	10 g	2 g	0 g	85 mg	520 mg	1 g	0 g	0 g	22 g

beans

ingredients	calories	calories from fat	total fat	saturated fat	trans fat	cholesterol	sodium	total carbohydrate	dietary fiber	sugars	protein
fresh whole wheat noodles	180	10	1.5 g	0 g	0 g	0 mg	750 mg	75 g	0 g	1 g	11 g
fresh whole wheat noodles	170	15	1.5 g	0 g	0 g	0 mg	750 mg	75 g	0 g	1 g	11 g
rice noodles	130	5	0.5 g	0 g	0 g	0 mg	25 mg	0 g	0 g	0 g	0 g
herbed rice	160	10	1.5 g	0 g	0 g	0 mg	5 mg	33 g	1 g	0 g	4 g
herbed white beans	50	5	0 g	0 g	0 g	0 mg	160 mg	8 g	3 g	0 g	3 g
soybean sprouts	10	0	0 g	0 g	0 g	0 mg	0 mg	2 g	0 g	0 g	0 g
soybean sprouts - oil	130	130	15 g	3 g	0 g	0 mg	0 mg	2 g	0 g	0 g	0 g

vegetables

ingredients	calories	calories from fat	total fat	saturated fat	trans fat	cholesterol	sodium	total carbohydrate	dietary fiber	sugars	protein
bean sprouts	20	0	0 g	0 g	0 g	0 mg	0 mg	4 g	1 g	3 g	2 g
bell peppers	5	0	0 g	0 g	0 g	0 mg	0 mg	7 g	1 g	1 g	0 g
broccoli	5	0	0 g	0 g	0 g	0 mg	0 mg	5 g	1 g	1 g	1 g
carrots	50	0	0 g	0 g	0 g	0 mg	0 mg	9 g	0 g	0 g	1 g
celery	25	10	1 g	0 g	0 g	0 mg	0 mg	2 g	1 g	0 g	2 g
edamame	25	10	1 g	0 g	0 g	0 mg	0 mg	2 g	0 g	2 g	2 g
green beans	25	0	0 g	0 g	0 g	0 mg	0 mg	4 g	2 g	1 g	1 g
green lentils	15	0	0 g	0 g	0 g	0 mg	10 mg	2 g	1 g	1 g	1 g
green onions	5	0	0 g	0 g	0 g	0 mg	0 mg	0 g	0 g	0 g	0 g
marinara	5	0	0 g	0 g	0 g	0 mg	0 mg	2 g	0 g	1 g	1 g
organic baby potatoes	5	0	0 g	0 g	0 g	0 mg	0 mg	1 g			