

SJ Lentil Soup with Spinach

July 16, 2009

Total Weight: 171.18 oz-wt
 Serving Size: 28.53 oz-wt
 Serves: 6.00

**Amount for
6 servings**

	Food Item	Foodlist ESHA Code
1 lb	Green Lentils-Raw AMI	7379
10 oz-wt	Fresh Red Tomatoes YearRoundAvg-Chpd/Slc	5170
2 oz-wt	Fresh Sliced White Onions	5102
1 each	Fresh Garlic Cloves	26005
4 oz-wt	Fresh Spinach Bunch	6862
4 quart	Chicken Broth-rts Can CAM-HR	50555
1 each	Fresh Jalapeno Peppers	7931
4 each	Fresh Cilantro-Sprigs	92177

Nutrients per Serving

Calories	316.15	Fat - Total	0.86 g
Protein	26.17 g	Saturated Fat	0.22 g
Carbohydrates	51.75 g	Vitamin A RE	228.46 mcg
Dietary Fiber	15.63 g	Vitamin C	59.33 mg
Cholesterol	0 mg	Sodium	1075.93 mg
% Calories from fat	2 %	% Calories from carbs	65 %

Multi-Column

Basic Components

Calories	316.15
Calories from Fat	7.70
Carbohydrates	51.75 g
Protein	26.17 g
Dietary Fiber	15.63 g

Sugar - Total	5.18 g
Fat - Total	0.86 g
Saturated Fat	0.22 g
Trans Fatty Acids	0 g
Cholesterol	0 mg
Vitamins	

Vitamin A IU	2284.65 IU
Vitamin C	59.33 mg
Minerals	
Calcium	134.14 mg
Iron	6.55 mg
Sodium	1075.93 mg

SJ Vegetable Soup

July 16, 2009

Total Weight: 128.01 oz-wt
 Serving Size: 21.34 oz-wt
 Serves: 6.00

Amount for 6 servings	Food Item	Foodlist ESHA Code
0.5 oz-wt	Vegetable Oil Crisco	
0.5 lb	Meas Raw: Peeled Potato Cooked-1.75" to 2.5"	5135
0.5 lb	AP Uncooked: Green Peas Ckd f/Fzn Drnd	5118
0.5 lb	Meas Raw-Trimmed: Chayote Squash 1" Pieces Cooked-Drnd	5414
4 each	AP Whole: White Sweet Corn Cob Cooked f/Fzn-Drnd	5567
0.5 lb	Meas Raw: Steamed Zucchini Squash Slices	5667
10 each	Fresh Cilantro-Sprigs	92177
1 each	Fresh Garlic Cloves	26005
8 oz-wt	Fresh Red Tomatoes YearRoundAvg-Chpd/Slc	5170
2 quart	Chicken Broth-rts Can CAM-HR	50555
0.5 lb	Meas Raw-Trimmed: Steamed Carrot Slices	5655
1 each	Fresh White Onions Medium Whole-2 1/2"	5104

Nutrients per Serving

Calories	184.37	Fat - Total	3.52 g
Protein	8.60 g	Saturated Fat	0.58 g
Carbohydrates	32.57 g	Vitamin A RE	1034.16 mcg
Dietary Fiber	8.06 g	Vitamin C	46.07 mg
Cholesterol	0 mg	Sodium	562.96 mg
% Calories from fat	16 %	% Calories from carbs	66 %

Multi-Column

Basic Components

Calories	184.37
Calories from Fat	31.72
Carbohydrates	32.57 g
Protein	8.60 g
Dietary Fiber	8.06 g

Sugar - Total	7.70 g
Fat - Total	3.52 g
Saturated Fat	0.58 g
Trans Fatty Acids	0 g
Cholesterol	0 mg

Vitamins

Vitamin A IU	10344.79 IU
Vitamin C	46.07 mg
Minerals	
Calcium	62.48 mg
Iron	2.16 mg
Sodium	562.96 mg

Notes

Salt not included in analysis

Total Weight: 127.54 oz-wt
 Serving Size: 21.26 oz-wt
 Serves: 6.00

**Amount for
6 servings**

	Food Item
0.5 oz-wt	Vegetable Oil Crisco
2 lb	Cactus Pad/Nopales-Raw-Each
2 quart	Chicken Broth-rts Can CAM-HR
1 oz-wt	Corn Salad/Cooking Oil
1 each	Fresh Garlic Cloves
2 oz-wt	Fresh White Onions-Chpd
0.01 oz-wt	Seasoned Pepper UNI-LA
10 each	Fresh Cilantro-Sprigs
20 oz-wt	1% Milk w/Add VitA & VitD
2 oz-wt	Creme Fraiche

**Foodlist
ESHA
Code**

5523
50555
8009
26005
5101
26651
92177
4

Nutrients per Serving

Calories	188.67	Fat - Total	12.09 g
Protein	8.84 g	Saturated Fat	3.89 g
Carbohydrates	12.52 g	Vitamin A RE	142.76 mcg
Dietary Fiber	5.06 g	Vitamin C	45.90 mg
Cholesterol	11.66 mg	Sodium	605.59 mg
% Calories from fat	56 %	% Calories from carbs	26 %

Multi-Column

Basic Components

Calories	188.67
Calories from Fat	108.84
Carbohydrates	12.52 g
Protein	8.84 g
Dietary Fiber	5.06 g

Sugar - Total	5.24 g
Fat - Total	12.09 g
Saturated Fat	3.89 g
Trans Fatty Acids	0.03 g
Cholesterol	11.66 mg

Vitamins

Vitamin A IU	1071.32 IU
Vitamin C	45.90 mg
Minerals	
Calcium	387.85 mg
Iron	1.82 mg
Sodium	605.59 mg

Notes

Salt not included in analysis

SJ Mushroom Soup

July 16, 2009

Total Weight: 192.27 oz-wt
 Serving Size: 19.23 oz-wt
 Serves: 10.00

**Amount for
10 servings**

Food Item

2 lb	Fresh Red Tomatoes YearRoundAvg-Chpd/Slc
3 lb	Fresh Mushroom Pieces/Slices
2 oz-wt	Olive Salad/Cooking Oil
6 oz-wt	Fresh White Onions-Chpd
3 quart	Chicken Broth-rts Can CAM-HR
1 each	Fresh Epazote-Sprig
1 each	Fresh Jalapeno Peppers

Foodlist

**ESHA
Code**

5170
5090
8008
5101
50555
7936
7931

Nutrients per Serving

Calories	128.34	Fat - Total	6.62 g
Protein	7.89 g	Saturated Fat	0.96 g
Carbohydrates	11.97 g	Vitamin A RE	76.73 mcg
Dietary Fiber	4.23 g	Vitamin C	37.12 mg
Cholesterol	0 mg	Sodium	475.39 mg
% Calories from fat	43 %	% Calories from carbs	34 %

Multi-Column

Basic Components

Calories	128.34
Calories from Fat	59.59
Carbohydrates	11.97 g
Protein	7.89 g
Dietary Fiber	4.23 g

Sugar - Total	5.06 g
Fat - Total	6.62 g
Saturated Fat	0.96 g
Trans Fatty Acids	0 g
Cholesterol	0 mg

Vitamins

Vitamin A IU	767.34 IU
Vitamin C	37.12 mg
Minerals	
Calcium	38.18 mg
Iron	2.33 mg
Sodium	475.39 mg

Notes

Salt not included in analysis

SJ Cream of Beans

July 16, 2009

Total Weight: 63.94 oz-wt
 Serving Size: 10.66 oz-wt
 Serves: 6.00

**Amount for
6 servings**

	Food Item	Foodlist ESHA Code
1 lb	Mash Mexico/Calico PintoBeans-Ckd SVY	7082
40 oz-wt	Stewed Kidney Bean Broth	9530
1 oz-wt	Dried Guajillo Chile Peppers FSP	9623
0.5 oz-wt	Dried Arbol Chile Pepper FSP	9598
2 oz-wt	Fresh White Onions-Chpd	5101
0.5 each	Fresh Garlic Cloves	26005
4 each	Corn Tortilla rtb	42023
1 oz-wt	Corn Oil ACH	44890

Nutrients per Serving

Calories	279.49	Fat - Total	11.47 g
Protein	10.68 g	Saturated Fat	3.01 g
Carbohydrates	33.66 g	Vitamin A RE	503.46 mcg
Dietary Fiber	7.32 g	Vitamin C	3.86 mg
Cholesterol	7.56 mg	Sodium	36.36 mg
% Calories from fat	37 %	% Calories from carbs	48 %

Multi-Column

Basic Components

Calories	279.49
Calories from Fat	103.21
Carbohydrates	33.66 g
Protein	10.68 g
Dietary Fiber	7.32 g

Sugar - Total	1.76 g
Fat - Total	11.47 g
Saturated Fat	3.01 g
Trans Fatty Acids	0 g
Cholesterol	7.56 mg
Vitamins	

Vitamin A IU	5034.65 IU
Vitamin C	3.86 mg
Minerals	
Calcium	93.59 mg
Iron	5.57 mg
Sodium	36.36 mg

Notes

Salt and cotija cheese not included in analysis

SJ Stuffed Zucchini

July 16, 2009

Total Weight: 31.58 oz-wt
Serving Size: 5.26 oz-wt
Serves: 6.00

Amount for 6 servings		Food Item	Foodlist ESHA Code
2 lb		Meas Raw: Steamed Zucchini Squash Slices	5667
1 tbs		Mexican Oaxacan Style String Cheese SVY	1148
0.5 oz-wt		Cotija Cheese	
3 oz-wt		Meas Raw-Trimmed: Steamed Chopped Onions	5649
0.5 each		Fresh Garlic Cloves	26005
1 tsp		Ground Oregano	26009

Nutrients per Serving

Calories	37.12	Fat - Total	1.25 g
Protein	2.60 g	Saturated Fat	0.68 g
Carbohydrates	5.22 g	Vitamin A RE	45.93 mcg
Dietary Fiber	1.95 g	Vitamin C	11.02 mg
Cholesterol	2.92 mg	Sodium	48.68 mg
% Calories from fat	26 %	% Calories from carbs	49 %

Multi-Column

Basic Components

Calories	37.12
Calories from Fat	11.21
Carbohydrates	5.22 g
Protein	2.60 g
Dietary Fiber	1.95 g

Sugar - Total	2.94 g
Fat - Total	1.25 g
Saturated Fat	0.68 g
Trans Fatty Acids	0 g
Cholesterol	2.92 mg
Vitamins	

Vitamin A IU	454.44 IU
Vitamin C	11.02 mg
Minerals	
Calcium	35.33 mg
Iron	0.73 mg
Sodium	48.68 mg

Notes

Salt not included in analysis

SJ Guacamole

July 16, 2009

Total Weight: 30.17 oz-wt
Serving Size: 5.03 oz-wt
Serves: 6.00

Amount for 6 servings		Food Item	Foodlist ESHA Code
2 each		All Varieties Fresh Avocado	3016
8 oz-wt		Fresh White Onions-Chpd	5101
2 each		Fresh Jalapeno Peppers	7931
4 oz-wt		Fresh Radishes FDA	7333
2 tbs		Fresh Cilantro-Leaves	92175
1 oz-wt		Olive Salad/Cooking Oil	8008
2 oz-wt		Fresh Lemon Juice	3068

Nutrients per Serving

Calories	170.75	Fat - Total	15.06 g
Protein	1.84 g	Saturated Fat	2.30 g
Carbohydrates	10.24 g	Vitamin A RE	45.09 mcg
Dietary Fiber	4.38 g	Vitamin C	18.52 mg
Cholesterol	0 mg	Sodium	20.69 mg
% Calories from fat	74 %	% Calories from carbs	22 %

Multi-Column

Basic Components

Calories	170.75
Calories from Fat	135.51
Carbohydrates	10.24 g
Protein	1.84 g
Dietary Fiber	4.38 g

Sugar - Total	3.03 g
Fat - Total	15.06 g
Saturated Fat	2.30 g
Trans Fatty Acids	0 g
Cholesterol	0 mg

Vitamins

Vitamin A IU	452.22 IU
Vitamin C	18.52 mg
Minerals	
Calcium	21.71 mg
Iron	0.91 mg
Sodium	20.69 mg

Notes

Salt not included in analysis

SJ Uncooked Tomato Sauce

July 16, 2009

Total Weight: 30.68 oz-wt
 Serving Size: 30.68 oz-wt
 Serves: 1.00

Amount for	Food Item	Foodlist
1 serving		ESHA Code
1.5 lb	Fresh Red Tomatoes YearRoundAvg-Chpd/Slc	5170
4 oz-wt	Fresh White Onions-Chpd	5101
3 each	Fresh Serrano Peppers	7928
1 tbs	Fresh Cilantro-Leaves	92175
2 tbs	Fresh Lemon Juice	3068
2 tbs	Olive Salad/Cooking Oil	8008

Nutrients per Serving

Calories	420.02	Fat - Total	28.56 g
Protein	7.67 g	Saturated Fat	3.98 g
Carbohydrates	41.13 g	Vitamin A RE	585.43 mcg
Dietary Fiber	10.82 g	Vitamin C	117.08 mg
Cholesterol	0 mg	Sodium	41.28 mg
% Calories from fat	57 %	% Calories from carbs	36 %

Multi-Column

Basic Components

Calories	420.02
Calories from Fat	257.00
Carbohydrates	41.13 g
Protein	7.67 g
Dietary Fiber	10.82 g

Sugar - Total	24.06 g
Fat - Total	28.56 g
Saturated Fat	3.98 g
Trans Fatty Acids	0 g
Cholesterol	0 mg
Vitamins	

Vitamin A IU	5854.32 IU
Vitamin C	117.08 mg
Minerals	
Calcium	98.61 mg
Iron	2.39 mg
Sodium	41.28 mg

Notes

Salt not included in analysis
 Yield 2 cups
 Analysis is for 2 cups

SJ Guajillo Chili Mushrooms

July 16, 2009

Total Weight: 19.48 oz-wt
 Serving Size: 4.87 oz-wt
 Serves: 4.00

**Amount for
4 servings**

Food Item
1 lb Fresh Mushroom Pieces/Slices
1 tbs Fresh Lemon Juice
2 tbs Fresh Parsley-Chpd
0.5 oz-wt Dried Guajillo Chile Peppers FSP
0.5 tsp Paprika
2 tbs Chicken Broth-rts Can CAM-HR
2 tbs Olive Salad/Cooking Oil
1 each Fresh Garlic Cloves

Foodlist

**ESHA
Code**

5090
3068
26012
9623
26010
50555
8008
26005

Nutrients per Serving

Calories	104.57	Fat - Total	7.18 g
Protein	4.02 g	Saturated Fat	1.00 g
Carbohydrates	7.50 g	Vitamin A RE	267.42 mcg
Dietary Fiber	1.58 g	Vitamin C	8.75 mg
Cholesterol	0 mg	Sodium	19.34 mg
% Calories from fat	58 %	% Calories from carbs	27 %

Multi-Column

Basic Components

Calories	104.57
Calories from Fat	64.66
Carbohydrates	7.50 g
Protein	4.02 g
Dietary Fiber	1.58 g

Sugar - Total	1.73 g
Fat - Total	7.18 g
Saturated Fat	1.00 g
Trans Fatty Acids	0 g
Cholesterol	0 mg

Vitamins

Vitamin A IU	2674.25 IU
Vitamin C	8.75 mg
Minerals	
Calcium	15.91 mg
Iron	1.70 mg
Sodium	19.34 mg

Notes

Salt not included in analysis

SJ Fish Ceviche

July 16, 2009

Total Weight: 28.12 oz-wt
 Serving Size: 7.03 oz-wt
 Serves: 4.00

Amount for	Food Item	Foodlist
4 servings		ESHA Code
1 lb	AP Raw Fillet: Walleye PollockFish Fillet-Bkd/Brd	17096
0.5 lb	Fresh Tomatillos-Chpd/Diced	5444
4 oz-wt	Fresh White Onions-Chpd	5101
12 each	Fresh Peppermint Leaves	26629
4 each	Fresh Serrano Peppers	7928
4 oz-wt	Fresh Lemon Juice	3068
1 oz-wt	Olive Salad/Cooking Oil	8008

Nutrients per Serving

Calories	183.29	Fat - Total	8.54 g
Protein	18.14 g	Saturated Fat	1.24 g
Carbohydrates	8.84 g	Vitamin A RE	31.58 mcg
Dietary Fiber	1.89 g	Vitamin C	24.56 mg
Cholesterol	69.67 mg	Sodium	86.97 mg
% Calories from fat	42 %	% Calories from carbs	19 %

Multi-Column

Basic Components

Calories	183.29
Calories from Fat	76.82
Carbohydrates	8.84 g
Protein	18.14 g
Dietary Fiber	1.89 g

Sugar - Total	4.32 g
Fat - Total	8.54 g
Saturated Fat	1.24 g
Trans Fatty Acids	0 g
Cholesterol	69.67 mg

Vitamins

Vitamin A IU	194.64 IU
Vitamin C	24.56 mg
Minerals	
Calcium	17.93 mg
Iron	0.72 mg
Sodium	86.97 mg

Notes

Salt not included in analysis

SJ Scrambled Eggs with Cactus

July 16, 2009

Total Weight: 25.30 oz-wt
 Serving Size: 6.32 oz-wt
 Serves: 4.00

Amount for	Food Item	Foodlist
4 servings		ESHA Code
2 cup	Nopales Cactus-Ckd	7263
3 each	Whole Eggs Raw-Lrg	19501
3 each	Egg Whites Raw-Lrg	19506
0.5 cup	Fresh Red Tomatoes YearRoundAvg-Chpd/Slc	5170
0.25 cup	Steamed Chopped Onions	5649
1 each	Fresh Jalapeno Peppers	7931
1 tbs	Corn Oil ADM	8664

Nutrients per Serving

Calories	117.22	Fat - Total	7.33 g
Protein	8.82 g	Saturated Fat	1.63 g
Carbohydrates	5.14 g	Vitamin A RE	107.19 mcg
Dietary Fiber	2.09 g	Vitamin C	8.99 mg
Cholesterol	158.63 mg	Sodium	110.04 mg
% Calories from fat	54 %	% Calories from carbs	17 %

Multi-Column

Basic Components

Calories	117.22
Calories from Fat	65.99
Carbohydrates	5.14 g
Protein	8.82 g
Dietary Fiber	2.09 g

Sugar - Total	2.82 g
Fat - Total	7.33 g
Saturated Fat	1.63 g
Trans Fatty Acids	0.05 g
Cholesterol	158.63 mg

Vitamins

Vitamin A IU	728.05 IU
Vitamin C	8.99 mg
Minerals	
Calcium	149.01 mg
Iron	1.19 mg
Sodium	110.04 mg

Notes

Salt not included in analysis

SJ Scrambled Eggs Salsa Verde

July 16, 2009

Total Weight: 40.11 oz-wt
 Serving Size: 6.69 oz-wt
 Serves: 6.00

**Amount for
6 servings**

Food Item	Foodlist ESHA Code
1 lb Fresh Tomatillos-Med	5445
3 each Whole Eggs Raw-Lrg	19501
3 each Egg Whites Raw-Lrg	19506
4 oz-wt Fresh White Onions-Chpd	5101
1 each Fresh Serrano Peppers	7928
1 each Fresh Garlic Cloves	26005
2 tbs Fresh Cilantro-Leaves	92175
1 oz-wt Corn Oil ADM	8664
10 oz-wt Municipal Tap Water	20041

Nutrients per Serving

Calories	118.36	Fat - Total	8.04 g
Protein	5.93 g	Saturated Fat	1.50 g
Carbohydrates	6.73 g	Vitamin A RE	45.08 mcg
Dietary Fiber	1.80 g	Vitamin C	10.87 mg
Cholesterol	105.75 mg	Sodium	65.52 mg
% Calories from fat	59 %	% Calories from carbs	22 %

Multi-Column

Basic Components

Calories	118.36
Calories from Fat	72.32
Carbohydrates	6.73 g
Protein	5.93 g
Dietary Fiber	1.80 g

Sugar - Total	4.12 g
Fat - Total	8.04 g
Saturated Fat	1.50 g
Trans Fatty Acids	0.07 g
Cholesterol	105.75 mg

Vitamins

Vitamin A IU	220.09 IU
Vitamin C	10.87 mg
Minerals	
Calcium	26.50 mg
Iron	1.00 mg
Sodium	65.52 mg

Notes

Salt not included in analysis

SJ Egg Stuffed Enchiladas w/Tom Sauce

July 16, 2009

Total Weight: 55.73 oz-wt
 Serving Size: 9.29 oz-wt
 Serves: 6.00

Amount for	Food Item	Foodlist
6 servings		ESHA Code
4 oz-wt	Fresh Red Tomatoes YearRoundAvg-Chpd/Slc	5170
4 each	Whole Eggs Raw-Lrg	19501
4 oz-wt	Fresh White Onions-Chpd	5101
1 each	Fresh Garlic Cloves	26005
2 oz-wt	Corn Oil ADM	8664
4 oz-wt	Queso Fresco Cheese SVY	1151
1 quart	Chicken Broth-rts Can CAM-HR	50555

Nutrients per Serving

Calories	182.00	Fat - Total	14.56 g
Protein	8.50 g	Saturated Fat	3.30 g
Carbohydrates	4.60 g	Vitamin A RE	85.26 mcg
Dietary Fiber	1.21 g	Vitamin C	15.39 mg
Cholesterol	147.13 mg	Sodium	331.33 mg
% Calories from fat	71 %	% Calories from carbs	10 %

Multi-Column

Basic Components

Calories	182.00
Calories from Fat	131.04
Carbohydrates	4.60 g
Protein	8.50 g
Dietary Fiber	1.21 g

Sugar - Total	1.56 g
Fat - Total	14.56 g
Saturated Fat	3.30 g
Trans Fatty Acids	0.14 g
Cholesterol	147.13 mg

Vitamins

Vitamin A IU	406.09 IU
Vitamin C	15.39 mg
Minerals	
Calcium	88.72 mg
Iron	1.12 mg
Sodium	331.33 mg

Notes

Jalapeno pepper and salt not included in analysis

SJ Green Beans Stew

July 16, 2009

Total Weight: 33.97 oz-wt
 Serving Size: 8.49 oz-wt
 Serves: 4.00

**Amount for
4 servings**

Food Item

2 oz-wt Olive Salad/Cooking Oil
 1 lb Meas Raw-Trimmed: Steamed Chopped Onions
 2 oz-wt Roasted Pumpkin Seeds-Unsalted
 1 tsp Paprika
 1 tbs Minced Garlic RF
 16 oz-wt Municipal Tap Water

Foodlist

**ESHA
Code**

8008
 5649
 4563
 26010
 26641
 20041

Nutrients per Serving

Calories	233.64	Fat - Total	17.15 g
Protein	4.19 g	Saturated Fat	2.51 g
Carbohydrates	17.77 g	Vitamin A RE	28.56 mcg
Dietary Fiber	1.97 g	Vitamin C	5.09 mg
Cholesterol	0 mg	Sodium	9.85 mg
% Calories from fat	64 %	% Calories from carbs	29 %

Multi-Column

Basic Components

Calories 233.64
 Calories from Fat 154.32
 Carbohydrates 17.77 g
 Protein 4.19 g
 Dietary Fiber 1.97 g

Sugar - Total 6.03 g
 Fat - Total 17.15 g
 Saturated Fat 2.51 g
 Trans Fatty Acids 0 g
 Cholesterol 0 mg
Vitamins

Vitamin A IU 285.65 IU
 Vitamin C 5.09 mg
Minerals
 Calcium 33.23 mg
 Iron 0.94 mg
 Sodium 9.85 mg

SJ Chiapas Style Beef

July 16, 2009

Total Weight: 48.69 oz-wt
 Serving Size: 8.11 oz-wt
 Serves: 6.00

Amount for	Food Item	Foodlist
6 servings		ESHA Code
2 lb	Meas Raw Boneless: Beef Round Eye Roast All Lean 0"Trm-Rstd	11257
0.5 lb	Fresh White Onions Large-Whole	90458
4 oz-wt	Fresh Red Tomatoes YearRoundAvg-Chpd/Slc	5170
8 tsp	Fresh Parsley-Chpd	26012
8 oz-wt	Fresh Lemon Juice	3068
2 each	Fresh Serrano Peppers	7928
2 oz-wt	Beef Broth-14.5oz rts Can	14092
2 oz-wt	Olive Salad/Cooking Oil	8008

Nutrients per Serving

Calories	300.90	Fat - Total	14.88 g
Protein	33.66 g	Saturated Fat	3.26 g
Carbohydrates	7.78 g	Vitamin A RE	32.71 mcg
Dietary Fiber	1.14 g	Vitamin C	25.74 mg
Cholesterol	77.92 mg	Sodium	105.00 mg
% Calories from fat	45 %	% Calories from carbs	10 %

Multi-Column

Basic Components

Calories	300.90
Calories from Fat	133.89
Carbohydrates	7.78 g
Protein	33.66 g
Dietary Fiber	1.14 g

Sugar - Total	3.09 g
Fat - Total	14.88 g
Saturated Fat	3.26 g
Trans Fatty Acids	0 g
Cholesterol	77.92 mg

Vitamins

Vitamin A IU	327.08 IU
Vitamin C	25.74 mg
Minerals	
Calcium	22.09 mg
Iron	2.54 mg
Sodium	105.00 mg

Notes

Salt not included in the analysis
 Used half of onions and tomatoes

SJ Mexican Style Tuna Tostadas

July 17, 2009

Total Weight: 60.02 oz-wt
 Serving Size: 15.01 oz-wt
 Serves: 4.00

**Amount for
4 servings**

Food Item

Foodlist

**ESHA
Code**

2 lb	White Tuna Fish w/Water Drained-Can	17151
6 tbs	Fresh Cilantro-Leaves	92175
12 oz-wt	Fresh Red Tomatoes YearRoundAvg-Chpd/Slc	5170
4 oz-wt	Jalapenos Whole-Pickled GML-EP	6417
2 oz-wt	Fresh Lemon Juice	3068
2 oz-wt	Olive Salad/Cooking Oil	8008
6 oz-wt	Fresh White Onions-Chpd	5101
2 oz-wt	Distilled Vinegar	92153

Nutrients per Serving

Calories	459.51	Fat - Total	21.12 g
Protein	54.84 g	Saturated Fat	3.80 g
Carbohydrates	9.63 g	Vitamin A RE	85.84 mcg
Dietary Fiber	1.80 g	Vitamin C	20.51 mg
Cholesterol	95.26 mg	Sodium	1276.11 mg
% Calories from fat	42 %	% Calories from carbs	9 %

Multi-Column

Basic Components

Calories	459.51
Calories from Fat	190.12
Carbohydrates	9.63 g
Protein	54.84 g
Dietary Fiber	1.80 g

Sugar - Total	4.39 g
Fat - Total	21.12 g
Saturated Fat	3.80 g
Trans Fatty Acids	0 g
Cholesterol	95.26 mg
Vitamins	

Vitamin A IU	767.63 IU
Vitamin C	20.51 mg
Minerals	
Calcium	52.12 mg
Iron	2.61 mg
Sodium	1276.11 mg

Notes

Salt and pepper not included in the analysis

SJ Mexican Style Zucchini

July 16, 2009

Total Weight: 63.86 oz-wt
 Serving Size: 10.64 oz-wt
 Serves: 6.00

Amount for	Food Item	Foodlist
6 servings		ESHA Code
2 oz-wt	Vegetable Oil Crisco	
8 oz-wt	Fresh White Onions-Chpd	5101
1 each	Fresh Garlic Cloves	26005
1 lb	Fresh Red Tomatoes YearRoundAvg-Chpd/Slc	5170
1 each	Fresh Serrano Peppers	7928
2 lb	Meas Raw-Trimmed: All Types Summer Squash Slc Cooked-Drnd	5152
2 each	Dried Poblano Chile Pepper	9597
8 oz-wt	Queso Fresco Cheese SVY	1151
2 each	Fresh Epazote-Sprig	7936
1 oz-wt	Table Salt	26014

Nutrients per Serving

Calories	207.57	Fat - Total	13.66 g
Protein	7.51 g	Saturated Fat	3.48 g
Carbohydrates	17.27 g	Vitamin A RE	252.06 mcg
Dietary Fiber	4.64 g	Vitamin C	20.22 mg
Cholesterol	12.26 mg	Sodium	1890.42 mg
% Calories from fat	55 %	% Calories from carbs	31 %

Multi-Column

Basic Components

Calories	207.57
Calories from Fat	122.94
Carbohydrates	17.27 g
Protein	7.51 g
Dietary Fiber	4.64 g

Sugar - Total	6.96 g
Fat - Total	13.66 g
Saturated Fat	3.48 g
Trans Fatty Acids	0 g
Cholesterol	12.26 mg

Vitamins

Vitamin A IU	2242.91 IU
Vitamin C	20.22 mg
Minerals	
Calcium	166.62 mg
Iron	1.59 mg
Sodium	1890.42 mg

SJ Almond Chicken

July 16, 2009

Total Weight: 72.18 oz-wt
 Serving Size: 14.44 oz-wt
 Serves: 5.00

Amount for	Food Item	Foodlist
5 servings		ESHA
		Code
4 lb	AP Raw w/Bone: Chicken Broil/Fry Leg w/oSkin-Stwd	15122
4 each	Fresh Garlic Cloves	26005
1 lb	Fresh White Onions-Chpd	5101
2 oz-wt	Table Salt	26014
12 oz-wt	Fresh Red Tomatoes YearRoundAvg-Chpd/Slc	5170
1 oz-wt	Dried Guajillo Chile Peppers FSP	9623
2 oz-wt	Corn Salad/Cooking Oil	8009
0.01 oz-wt	Seasoned Pepper UNI-LA	26651
2 oz-wt	Dinner Roll Small-2" x 2"	42157
1 each	Fresh Jalapeno Peppers	7931
4 oz-wt	Dried Almonds-Slivered	4503

Nutrients per Serving

Calories	676.66	Fat - Total	38.65 g
Protein	56.39 g	Saturated Fat	6.60 g
Carbohydrates	25.57 g	Vitamin A RE	472.24 mcg
Dietary Fiber	5.50 g	Vitamin C	18.79 mg
Cholesterol	162.89 mg	Sodium	4606.59 mg
% Calories from fat	51 %	% Calories from carbs	15 %

Multi-Column

Basic Components

Calories	676.66
Calories from Fat	347.85
Carbohydrates	25.57 g
Protein	56.39 g
Dietary Fiber	5.50 g

Sugar - Total	6.84 g
Fat - Total	38.65 g
Saturated Fat	6.60 g
Trans Fatty Acids	0 g
Cholesterol	162.89 mg
Vitamins	

Vitamin A IU	4502.96 IU
Vitamin C	18.79 mg
Minerals	
Calcium	132.87 mg
Iron	4.79 mg
Sodium	4606.59 mg

Notes

Bay leaves, cloves and cinnamon stick not included in the analysis

SJ Fish Mandarin Bell Pepper Sauce

July 16, 2009

Total Weight: 38.89 oz-wt
 Serving Size: 9.72 oz-wt
 Serves: 4.00

**Amount for
4 servings**

Food Item

2 lb	AP Raw Fillet: Walleye PollockFish Fillet-Bkd/Brd
12 oz-wt	Fresh Tangerine Juice
1 each	Fresh Sweet Red Bell Peppers-Med
2 each	Fresh Garlic Cloves
2 oz-wt	Fresh White Onions-Chpd

Foodlist

**ESHA
Code**

17096
3347
6989
26005
5101

Nutrients per Serving

Calories	217.72	Fat - Total	1.91 g
Protein	35.10 g	Saturated Fat	0.37 g
Carbohydrates	12.20 g	Vitamin A RE	150.98 mcg
Dietary Fiber	1.04 g	Vitamin C	65.87 mg
Cholesterol	139.35 mg	Sodium	171.24 mg
% Calories from fat	8 %	% Calories from carbs	24 %

Multi-Column

Basic Components

Calories	217.72
Calories from Fat	17.16
Carbohydrates	12.20 g
Protein	35.10 g
Dietary Fiber	1.04 g

Sugar - Total	10.23 g
Fat - Total	1.91 g
Saturated Fat	0.37 g
Trans Fatty Acids	0 g
Cholesterol	139.35 mg

Vitamins

Vitamin A IU	1267.41 IU
Vitamin C	65.87 mg
Minerals	
Calcium	32.08 mg
Iron	0.76 mg
Sodium	171.24 mg

Notes

Salt and pepper not included in the analysis

SJ Jicama Popsicle

July 17, 2009

Total Weight: 33.14 oz-wt
Serving Size: 3.31 oz-wt
Serves: 10.00

Amount for 10 servings

	Food Item
2 lb	Fresh Jicama-Chpd
2 tbs	Fresh Lemon Juice
1 tsp	Crushed Red Chili Pepper Flakes

Foodlist

ESHA Code

9181
3068
4330

Nutrients per Serving

Calories	35.81	Fat - Total	0.11 g
Protein	0.69 g	Saturated Fat	0.02 g
Carbohydrates	8.37 g	Vitamin A RE	9.46 mcg
Dietary Fiber	4.51 g	Vitamin C	19.87 mg
Cholesterol	0 mg	Sodium	3.71 mg
% Calories from fat	3 %	% Calories from carbs	90 %

Multi-Column

Basic Components

Calories	35.81
Calories from Fat	1.01
Carbohydrates	8.37 g
Protein	0.69 g
Dietary Fiber	4.51 g

Sugar - Total	1.72 g
Fat - Total	0.11 g
Saturated Fat	0.02 g
Trans Fatty Acids	0 g
Cholesterol	0 mg

Vitamins

Vitamin A IU	94.56 IU
Vitamin C	19.87 mg
Minerals	
Calcium	11.37 mg
Iron	0.56 mg
Sodium	3.71 mg

Notes

Salt not included in the analysis

SJ Watermelon Lemon Beverage

July 16, 2009

Total Weight: 146.88 oz-wt
 Serving Size: 12.24 oz-wt
 Serves: 12.00

Amount for 12 servings	Food Item	Foodlist ESHA Code
4 lb	Fresh Diced Watermelon	3142
2 quart	Municipal Tap Water	20041
12 oz-wt	White Granulated Sugar	25006
4 oz-wt	Fresh Lemon Juice	3068

Nutrients per Serving

Calories	157.44	Fat - Total	0.23 g
Protein	0.96 g	Saturated Fat	0.02 g
Carbohydrates	40.58 g	Vitamin A RE	84.86 mcg
Dietary Fiber	0.64 g	Vitamin C	16.59 mg
Cholesterol	0 mg	Sodium	6.35 mg
% Calories from fat	1 %	% Calories from carbs	97 %

Multi-Column

Basic Components

Calories	157.44
Calories from Fat	2.04
Carbohydrates	40.58 g
Protein	0.96 g
Dietary Fiber	0.64 g

Sugar - Total	37.93 g
Fat - Total	0.23 g
Saturated Fat	0.02 g
Trans Fatty Acids	0 g
Cholesterol	0 mg
Vitamins	

Vitamin A IU	862.22 IU
Vitamin C	16.59 mg
Minerals	
Calcium	16.27 mg
Iron	0.37 mg
Sodium	6.35 mg

Notes

Lemon wedges and mint leaves not included in the analysis

SJ Sunny Side Up Pico de Gallo

July 16, 2009

Total Weight: 56.43 oz-wt
 Serving Size: 9.41 oz-wt
 Serves: 6.00

**Amount for
6 servings**

Food Item	Foodlist ESHA Code
24 oz-wt NonFat Plain Yogurt CCM	2446
5 oz-wt Honey	25001
1 tbs Vanilla Extract	26624
6 each Peach Halves w/Juice-Cnd	3176
2 oz-wt Fresh Kiwi	3638
2 oz-wt Fresh Strawberries Slices	3135
2 oz-wt Fresh Pear Cubes	15293
4 each Fresh Peppermint Leaves	26629
1 tbs Dried Pecans-Chopped	4577

Nutrients per Serving

Calories	193.08	Fat - Total	0.94 g
Protein	6.00 g	Saturated Fat	0.08 g
Carbohydrates	44.30 g	Vitamin A RE	138.53 mcg
Dietary Fiber	2.20 g	Vitamin C	24.38 mg
Cholesterol	2.50 mg	Sodium	72.98 mg
% Calories from fat	4 %	% Calories from carbs	83 %

Multi-Column

Basic Components

Calories	193.08
Calories from Fat	8.43
Carbohydrates	44.30 g
Protein	6.00 g
Dietary Fiber	2.20 g

Sugar - Total	38.51 g
Fat - Total	0.94 g
Saturated Fat	0.08 g
Trans Fatty Acids	0 g
Cholesterol	2.50 mg

Vitamins

Vitamin A IU	886.76 IU
Vitamin C	24.38 mg
Minerals	
Calcium	163.85 mg
Iron	0.48 mg
Sodium	72.98 mg

SJ Cactus Salad

July 16, 2009

Total Weight: 232.97 oz-wt
 Serving Size: 58.24 oz-wt
 Serves: 4.00

Amount for	Food Item	Foodlist
4 servings		ESHA Code
2 lb	Nopales Cactus-Ckd	7263
6 oz-wt	Fresh White Onions-Chpd	5101
12 lb	Fresh Red Tomatoes YearRoundAvg-Chpd/Slc	5170
2 each	Fresh Serrano Peppers	7928
2 tbs	Fresh Cilantro-Leaves	92175
2 oz-wt	Olive Salad/Cooking Oil	8008
0.0625 tsp	Dried Oregano Leaves	93509
1 tbs	White Distilled Vinegar-Tbsp DLM-SW	27202

Nutrients per Serving

Calories	422.32	Fat - Total	17.07 g
Protein	15.56 g	Saturated Fat	2.37 g
Carbohydrates	64.97 g	Vitamin A RE	1236.73 mcg
Dietary Fiber	21.70 g	Vitamin C	189.38 mg
Cholesterol	0 mg	Sodium	115.71 mg
% Calories from fat	32 %	% Calories from carbs	55 %

Multi-Column

Basic Components

Calories	422.32
Calories from Fat	153.61
Carbohydrates	64.97 g
Protein	15.56 g
Dietary Fiber	21.70 g

Sugar - Total	40.24 g
Fat - Total	17.07 g
Saturated Fat	2.37 g
Trans Fatty Acids	0 g
Cholesterol	0 mg

Vitamins

Vitamin A IU	12374.07 IU
Vitamin C	189.38 mg
Minerals	
Calcium	518.57 mg
Iron	5.01 mg
Sodium	115.71 mg

Notes

Salt not included in the analysis

SJ Stuffed Chayote Squash

July 17, 2009

Total Weight: 64.28 oz-wt
 Serving Size: 10.71 oz-wt
 Serves: 6.00

Amount for	Food Item	Foodlist
6 servings		ESHA Code
6 each	Fresh Chayote Squash-5.75"	5413
4 oz-wt	Fresh Celery-Diced	5054
8 oz-wt	USDA Fresh Pear Cubes	15294
4 oz-wt	Real Mayonnaise Dressing KFT	8503
1 tbs	Fresh Lemon Juice	3068
1 tbs	Yellow Mustard-Prep	435
4 oz-wt	NonFat Plain Yogurt CCM	2446
0.5 tsp	Table Salt	26014
1 tsp	Black Pepper	26016
1 tsp	Paprika	26010

Nutrients per Serving

Calories	211.06	Fat - Total	15.35 g
Protein	2.98 g	Saturated Fat	2.11 g
Carbohydrates	17.92 g	Vitamin A RE	44.76 mcg
Dietary Fiber	5.20 g	Vitamin C	20.33 mg
Cholesterol	7.17 mg	Sodium	354.51 mg
% Calories from fat	62 %	% Calories from carbs	32 %

Multi-Column

Basic Components

Calories	211.06
Calories from Fat	138.14
Carbohydrates	17.92 g
Protein	2.98 g
Dietary Fiber	5.20 g

Sugar - Total	8.57 g
Fat - Total	15.35 g
Saturated Fat	2.11 g
Trans Fatty Acids	0.00 g
Cholesterol	7.17 mg

Vitamins

Vitamin A IU	364.34 IU
Vitamin C	20.33 mg
Minerals	
Calcium	74.35 mg
Iron	1.02 mg
Sodium	354.51 mg

SJ Cilantro Potatoes

July 17, 2009

Total Weight: 34.07 oz-wt
 Serving Size: 5.68 oz-wt
 Serves: 6.00

**Amount for
6 servings**

	Food Item
2 lb	Meas Raw w/Skin: Potatoes Ckd In Skin Peeled Salted-2.5"
4 oz-wt	Olive Salad/Cooking Oil
4 each	Fresh Garlic Cloves
1 oz-wt	Dried Arbol Chile Pepper FSP
6 tbs	Fresh Cilantro-Leaves
1 oz-wt	Fresh Lemon Juice
0.25 oz-wt	Table Salt

Foodlist

**ESHA
Code**

5952
8008
26005
9598
92175
3068
26014

Nutrients per Serving

Calories	300.45	Fat - Total	19.04 g
Protein	3.23 g	Saturated Fat	2.65 g
Carbohydrates	29.77 g	Vitamin A RE	374.49 mcg
Dietary Fiber	2.65 g	Vitamin C	20.84 mg
Cholesterol	0 mg	Sodium	770.71 mg
% Calories from fat	56 %	% Calories from carbs	39 %

Multi-Column

Basic Components

Calories	300.45
Calories from Fat	171.36
Carbohydrates	29.77 g
Protein	3.23 g
Dietary Fiber	2.65 g

Sugar - Total	1.26 g
Fat - Total	19.04 g
Saturated Fat	2.65 g
Trans Fatty Acids	0 g
Cholesterol	0 mg

Vitamins

Vitamin A IU	3744.91 IU
Vitamin C	20.84 mg
Minerals	
Calcium	17.62 mg
Iron	0.55 mg
Sodium	770.71 mg

SJ Cucumbers a la Oregano Salad

July 17, 2009

Total Weight: 38.04 oz-wt
 Serving Size: 9.51 oz-wt
 Serves: 4.00

Amount for	Food Item	Foodlist
4 servings		ESHA Code
2 lb	Fresh Cucumber Whole 8.25" Long	5070
2 oz-wt	Fresh White Onions-Chpd	5101
2 oz-wt	Fresh Lemon Juice	3068
1 tsp	Dried Oregano Leaves	93509
2 oz-wt	Olive Salad/Cooking Oil	8008

Nutrients per Serving

Calories	164.77	Fat - Total	14.51 g
Protein	1.80 g	Saturated Fat	2.05 g
Carbohydrates	8.97 g	Vitamin A RE	49.67 mcg
Dietary Fiber	2.22 g	Vitamin C	19.71 mg
Cholesterol	0 mg	Sodium	5.57 mg
% Calories from fat	75 %	% Calories from carbs	21 %

Multi-Column

Basic Components

Calories	164.77
Calories from Fat	130.59
Carbohydrates	8.97 g
Protein	1.80 g
Dietary Fiber	2.22 g

Sugar - Total	5.40 g
Fat - Total	14.51 g
Saturated Fat	2.05 g
Trans Fatty Acids	0 g
Cholesterol	0 mg

Vitamins

Vitamin A IU	508.00 IU
Vitamin C	19.71 mg
Minerals	
Calcium	40.09 mg
Iron	0.81 mg
Sodium	5.57 mg

Notes

Salt not included in the analysis