

Johnson County 4-H welcomes you to

4-H Food Fare: Restaurant Copycats



Johnson County
K-STATE
Research and Extension

Index

Bakery & Coffee Shop - Great Plains

Mini Maple Cinnamon Rolls	page 3
Pumpkin Tie Die Cake Pops	page 4

Cheesecake Factory - Blue River Wranglers

Chocolate Chip Cookie Dough Cheesecake	page 5
Cool Lime Cheesecake	page 6
Family Favorite Cheesecake	page 7
Oreo No Bake Cheesecake	page 8

Chipotle - Master Food Volunteers

Chipotle Chicken	page 9
Chipotle Grill Inspired tomatillo	page 10
Chipotle Guacamole	page 11
Chipotle Steak	page 12
Cilantro Lime Rice	page 13
Garlic Cilantro Lime Rice	page 14
Kid Friendly Fresh Salsa	page 15
Salsa Roja	page 16

IHOP - Oxford Hustlers

IHOP Pancakes	page 17
---------------	---------

New York Dawg Pound - Frontier Family

Doberman Dawg	page 18
Goofy Dawg	page 18
Mad Dawg	page 19
Ole Blue Dawg	page 19

Olive Garden - Stanley Buccaneers

Cannoli Filling	page 20
Olive Garden Alfredo Sauce	page 21
Olive Garden Bruschetta	page 22
Olive Garden Marinara Sauce	page 23

Panera - Sharon

Panera Egg Soufflés	page 24
---------------------	---------

Bakery & Coffee Shop

Great Plains

Mini Maple Cinnamon Rolls

DOUGH:

- 2/3 cup milk
- 1/3 cup maple syrup
- 1/3 cup butter, softened
- 1 egg
- 3/4 teaspoon salt
- 3 cups bread flour
- 1 package (1/4 ounce) active dry yeast

TOPPING:

- 1/2 cup packed brown sugar
- 2 tablespoons bread flour
- 4 teaspoons ground cinnamon
- 6 tablespoons cold butter

MAPLE ICING:

- 1 cup confectioners' sugar
- 3 tablespoons butter, melted
- 3 tablespoons maple syrup
- 1 to 2 teaspoons milk

Nutrition Facts

Serving Size 1 Roll	
Servings Per Container 24	
Amount Per Serving	
Calories 190	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 80mg	3%
Total Carbohydrate 28g	9%
Dietary Fiber 1g	4%
Sugars 14g	
Protein 3g	
Vitamin A 4%	• Vitamin C 0%
Calcium 2%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

In bread machine pan, place the first seven ingredients. Select dough setting (check dough after 5 minutes of mixing; add 1 to 2 tablespoons of water or bread flour if needed). When the cycle is completed, turn dough onto a lightly floured surface. Roll into two 12-in. x 7-in. rectangles. In a small bowl, combine the brown sugar, flour and cinnamon; cut in butter until mixture resembles coarse crumbs. Sprinkle half over each rectangle. Roll up jelly-roll style, starting from a long side; pinch seam to seal. Cut each roll into 12 slices. Place cut side down in one greased 13-in. x 9-in. baking pan. Cover and let rise in a warm place until doubled, about 20 minutes. Bake at 375° for 20-25 minutes or until golden brown. Cool on a wire rack for 5 minutes. Meanwhile, in a small bowl, combine the confectioners' sugar, butter, syrup and enough milk to achieve desired consistency. Spread over warm rolls.

Makes 24 servings, 1 roll each
Source: www.tasteofhome.com

Bakery & Coffee Shop

Great Plains

Pumpkin Tie Dye Cake Pops

For Cake:

- 1 spice cake mix
- 3 eggs
- 1 (15 ounce) can pumpkin

For Frosting:

- 2 cups powdered sugar
- 1/4 cup butter
- 1/4 cup Crisco or vegetable shortening
- 1 tablespoon milk as needed, for consistency

To Decorate:

- 4 bags candy melts
- Crisco as needed for consistency

Preheat oven to 350 °F. Grease 9 x 13 baking pan. Blend cake mix, pumpkin, and eggs until moistened. Bake at 350 °F for 34-38 minutes. Cool completely.

While cake is cooling, make buttercream frosting. Blend butter and shortening until combined. Beat in powdered sugar on low until incorporated. Add milk 1 tablespoon at a time until desired consistency.

Crumble cake into fine crumbs using hands. Add 1 1/3 cup frosting and mix well. Form into balls and place on wax paper. Place in the refrigerator for 20 minutes.

Melt candy melts according to package directions. Add Crisco if it is too thick to dip. Dip lollipop stick into candy melt and then press into cake ball. Dip cake ball into one color then swirl other colors on top. Tap against bowl turning in one direction until smooth. Let dry on cake pop stand for about 5 minutes.

Makes approximately 24 cake balls, 1 per serving

Nutrition Facts	
Serving Size 1 Cake Pop	
Servings Per Container 24	
Amount Per Serving	
Calories 250	Calories from Fat 120
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 65mg	3%
Total Carbohydrate 30g	10%
Dietary Fiber 1g	4%
Sugars 28g	
Protein 3g	
Vitamin A 60%	• Vitamin C 2%
Calcium 6%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Cheesecake Factory

Blue River Wranglers

Chocolate Chip Cookie Dough Cheesecake

Crust:

1-3/4 cups crushed chocolate chip cookies
1/4 cup sugar
1/3 cup butter, melted

Filling:

3 (8 ounce packages) PHILADELPHIA cream cheese, softened
1 cup sugar
3 eggs, lightly beaten
1 cup sour cream
1/2 teaspoon vanilla extract

Cookie Dough:

1/4 cup butter, softened
1/4 cup sugar
1/4 cup packed brown sugar
1 tablespoon water
1 teaspoon vanilla extract
1/2 cup all-purpose flour
1-1/2 cups miniature semisweet chocolate chips, divided

For Crust:

In a small bowl, combine cookie crumbs and sugar; stir in butter. Press onto the bottom and 1 in up the sides of a greased 9-in spring form pan; set aside.

For Filling:

In a large mixing bowl, beat the cream cheese and sugar until smooth.
Add eggs; beat on low just until combined.
Add sour cream and vanilla; beat just until blended.
Pour over crust; set aside.

For Cookie Dough:

In another large mixing bowl, cream butter and sugars until light & fluffy.
Add water and vanilla. Gradually add flour.
Stir in filling, gently pushing dough below surface (dough should be completely covered by filling).
Place pan on a baking sheet.
Bake at 350°F for 45-55 minutes or until center is almost set. Cool pan on a wire rack for 10 minutes. Carefully run a knife around edge of pan to loosen: cool 1 hour longer.
Refrigerate overnight. Remove sides of pan. Sprinkle with remaining chips. Refrigerate leftovers.

Makes 12-14 servings, 1 slice each

Nutrition Facts	
Serving Size 1 Slice	
Servings Per Container 12	
Amount Per Serving	
Calories 770	Calories from Fat 450
<hr/>	
% Daily Value*	
Total Fat 50g	77%
Saturated Fat 26g	130%
Trans Fat 3.5g	
Cholesterol 150mg	50%
Sodium 430mg	18%
Total Carbohydrate 78g	26%
Dietary Fiber 3g	12%
Sugars 57g	
Protein 9g	
Vitamin A 25%	• Vitamin C 0%
Calcium 10%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Cheesecake Factory

Blue River Wranglers

Cool Lime Cheesecake

Crust:

2-1/4 cups graham cracker crumbs (about 36 squares)
1/3 cup sugar
1/2 cup butter, melted

FILLING:

20 ounces cream cheese softened
3/4 cup sugar
3 tablespoons all-purpose flour
3 eggs, lightly beaten
2/3 cup lime juice
1 teaspoon vanilla extract
1 drop green food coloring, optional
Whipped cream and lime slices

In a bowl combine cookie crumbs and sugar. Stir in butter. Press onto the bottom and 1 in. up the sides of a greased 10-in. spring form pan. Place pan on a baking sheet. Bake at 375°F for 8 minutes. Place pan on a wire rack. Reduce heat to 325°F.

In a large mixing bowl, beat cream cheese and sugar until smooth. Add sour cream and flour; beat well. Add eggs; beat on low speed just until combined. Stir in the lime juice, vanilla and food coloring if desired just until mixed. Pour into crust. Return pan to baking sheet.

Bake for 50-55 minutes or until center is almost set. Cool pan on a wire rack for 10 minutes. Carefully run a knife around edge of pan to loosen; cool 1 hour longer. Refrigerate overnight. Remove sides of pan.

Garnish with whipped cream and lime. Refrigerate leftovers.

Makes 14-16 servings, 1 slice each

Nutrition Facts	
Serving Size 1 Slice	
Servings Per Container 14	
Amount Per Serving	
Calories 370	Calories from Fat 210
% Daily Value*	
Total Fat 23g	35%
Saturated Fat 13g	65%
Trans Fat 0.5g	
Cholesterol 110mg	37%
Sodium 300mg	13%
Total Carbohydrate 37g	12%
Dietary Fiber 1g	4%
Sugars 24g	
Protein 5g	
Vitamin A 15%	• Vitamin C 2%
Calcium 6%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Cheesecake Factory

Blue River Wranglers

Family Favorite Cheesecake

CRUST:

2 1/2 cups graham cracker crumbs (about 40 squares)

1/3 cup sugar

1/2 teaspoon ground cinnamon

1/2 cup butter or margarine, melted

FILLING:

3 (8 ounce packages) cream cheese, softened

1 1/2 cups sugar

1 teaspoon vanilla extract

4 eggs, separated

TOPPING:

1/2 cup sour cream

2 tablespoons sugar

1/2 teaspoon vanilla extract

1/2 cup whipping cream, whipped

In a small bowl, combine the cracker crumbs, sugar and cinnamon; stir in butter. Press on to the bottom and 2 inches up the sides of a greased 9 inch spring form pan. Bake at 350°F for 5 minutes. Cool on a wire rack. Reduce heat to 325°F. In a mixing bowl, beat cream cheese, sugar and vanilla until smooth. Add egg yolks: beat on low just until combined.

In a small mixing bowl, beat egg whites until soft peaks form; fold into cream cheese mixture. Pour over crust.

Bake for 1 hour or until center is almost set. Cool on a wire rack for 10 minutes. Carefully run a knife around edge of pan to loosen; cool 1 hour longer. Refrigerate until completely cooled.

Combine the sour cream, sugar and vanilla; fold in whipped cream. Spread over cheesecake. Refrigerate overnight. Remove sides of pan.

Makes 12 servings, 1 slice each

Nutrition Facts

Serving Size 1 Slice
Servings Per Container 12

Amount Per Serving

Calories 540 Calories from Fat 300

% Daily Value*

Total Fat 33g **51%**

Saturated Fat 18g **90%**

Trans Fat 1g

Cholesterol 160mg **53%**

Sodium 390mg **16%**

Total Carbohydrate 55g **18%**

Dietary Fiber 1g **4%**

Sugars 43g

Protein 7g

Vitamin A 25% • Vitamin C 0%

Calcium 8% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Cheesecake Factory

Blue River Wranglers

Oreo No-Bake Cheesecake

- 1 (1pound-2 ounce) OREO chocolate sandwich cookies, divided
- 1/4 cup butter, melted
- 4 (8 ounce packages) PHILADELPHIA Cream Cheese, softened
- 1/2 cup sugar
- 1teaspoon vanilla
- 1 (8 ounce container) COOL WHIP whipped topping thawed

Line 13 x 9 inch pan with foil, with ends of foil extending over sides of pan.

Coarsely chop 15 of the cookies; mix with butter. Press firmly onto bottom of prepared pan.

Refrigerate while preparing filling.

Beat cream cheese, sugar, and vanilla in large bowl with electric mixer on medium speed until well blended. Gently stir in whipped topping and chopped cookies. Spoon mixture over crust and cover.

Refrigerate 4 hours or until firm. Store leftover cheesecake in refrigerator.

Makes 12 servings, 1 slice each

Recipe as stated:

Nutrition Facts	
Serving Size 1 Slice	
Servings Per Container 12	
Amount Per Serving	
Calories 580	Calories from Fat 370
<hr/>	
	% Daily Value*
Total Fat 42g	65%
Saturated Fat 22g	110%
Trans Fat 4g	
Cholesterol 95mg	32%
Sodium 500mg	21%
Total Carbohydrate 46g	15%
Dietary Fiber 1g	4%
Sugars 29g	
Protein 6g	
<hr/>	
Vitamin A 25%	• Vitamin C 0%
Calcium 8%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Using Fat Free ingredients:

Nutrition Facts	
Serving Size 1 Slice	
Servings Per Container 12	
Amount Per Serving	
Calories 380	Calories from Fat 110
<hr/>	
	% Daily Value*
Total Fat 13g	20%
Saturated Fat 4.5g	23%
Trans Fat 3.5g	
Cholesterol 25mg	8%
Sodium 810mg	34%
Total Carbohydrate 50g	17%
Dietary Fiber 1g	4%
Sugars 29g	
Protein 12g	
<hr/>	
Vitamin A 25%	• Vitamin C 0%
Calcium 40%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Chipotle

Master Food Volunteers

Chipotle Chicken

1 (2 ounce) package dried ancho chiles, soaked at least 12 hours*

1 (7 ounce) can chipotle peppers in adobo sauce

1 red onion, coarsely chopped

6 cloves garlic

2 teaspoon cumin

2 teaspoon dried oregano

1/2 cup canola oil, divided

5 pounds boneless, skinless chicken thighs, trimmed

5 teaspoons salt

2 teaspoons pepper

Split open each softened ancho chile and rinse the inside to the stem and all seeds (wearing gloves is recommended). Place in the bowl of a food processor or blender.

Strain adobo sauce into a small bowl, discarding peppers or reserving for another use. Press down on the peppers to extract as much liquid as possible (you should have at least 1/4 cup). For an especially spicy dish, add chipotle pepper seeds to taste. Add strained liquid to the food processor.

Add onion, garlic, cumin, oregano, 5 teaspoons salt, and 2 teaspoon pepper to the food processor. Pulse several times until a coarse paste develops.

With the motor running, pour 1/4 cup canola oil through the feeding tube and continue to process until smooth. You should have 2 cups of marinade. Reserve one cup for immediate use and freeze the remaining for future use.

Meanwhile, place half the chicken in a large freezer-safe plastic bag. Spoon in half the marinade, close the bag, and mash around to distribute. Add in remaining chicken, remaining 1/2 cup marinade, and repeat the mashing until all chicken is evenly coated. Place the plastic bag in a dish and refrigerate at least 8 hours or overnight.

To cook, preheat a grill, indoor grill pan, or cast iron skillet over medium-high heat. Coat with 2 tablespoons canola oil. Grill the chicken in batches, turning occasionally until the internal temperature reaches 160°F on a thermometer and bits of caramelized fond have begun to cling to the outside of the chicken, 10 to 15 minutes. Add 1-2 tablespoons oil to your grilling surface between batches.

Remove to a cutting board and chop into small pieces. Season to taste with salt. Serve on tortillas or in bowls with additional toppings as desired.

*Note: 1/4 cup ancho chili pepper powder (such as McCormick brand) may be substituted for the dried ancho chiles. Skip step 1 and add the powder with the other spices in step 3.

Makes 12 servings, 3/4 cup each

Source: www.culinaryhill.com

Nutrition Facts	
Serving Size 3/4 Cup	
Servings Per Container 12	
Amount Per Serving	
Calories 340	Calories from Fat 140
<hr/>	
% Daily Value*	
Total Fat 16g	25%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 120mg	40%
Sodium 2220mg	93%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 41g	
Vitamin A 20%	Vitamin C 6%
Calcium 4%	Iron 10%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
<small>Calories: 2,000 2,500</small>	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	

Chipotle

Master Food Volunteers

Chipotle Grill Inspired Tomatillo-Green Chili Salsa

- 2 medium tomatoes, quartered
- 6 medium tomatillos (use 12 if they are very tiny)
- 1 small red onion, quartered (for a milder taste use a Vidalia onion)
- 2 garlic cloves, pressed or minced
- 2 jalapeno peppers (seeded, roasted (or broiled)
- 2 limes, juice of (approximately 1/4 cup)
- 1/4-1/2 cup fresh cilantro
- 2 tablespoons ground cumin
- 1 pinch red pepper flakes (add more if more heat is desired)
- 1/2 teaspoon ground coriander
- 1 teaspoon TABASCO® brand Chipotle Pepper Sauce (more for a hotter salsa)
- Sea salt and fresh ground pepper to taste

Combine the above ingredients into a food processor. Pulse until desired consistency is reached. I gave it about 4 pulses to reach a small sized chunk, perfect for scooping with chips.

Yields approximately 1 quart

Makes 6-8 servings, 1/3 cup each

Source: www.food.com

Nutrition Facts	
Serving Size 1/3 Cup	
Servings Per Container 6	
Amount Per Serving	
Calories 40	Calories from Fat 10
<hr/>	
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 1g	
Vitamin A 6%	Vitamin C 35%
Calcium 4%	Iron 6%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	
<small>Calories: 2,000 2,500</small>	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	

Chipotle

Master Food Volunteers

Chipotle Guacamole

- 3 large avocados, halved and pitted
- 1 tablespoon lemon juice
- 1 tablespoon lime juice
- 1 cup cilantro leaves
- 1/2 cup red onion, coarsely chopped
- 4 jalapeño peppers, halved, seeded, and coarsely chopped
- 3/4 teaspoon salt

Mash the avocados in a medium bowl. Add lemon and lime juices, mashing until evenly distributed.

Meanwhile, process cilantro leaves, red onion, and Serrano peppers in a food processor until finely chopped.

Stir onion mixture into mashed avocados. Add ¾ tsp. salt or more to taste.

To refrigerate, place in a bowl and press plastic wrap directly on top of the entire surface of the guacamole so no part is exposed to air.

Makes 4 servings, 1/3 cup each

Source: www.culinaryhill.com

Nutrition Facts			
Serving Size 1/3 Cup			
Servings Per Container 6			
Amount Per Serving			
Calories 170		Calories from Fat 130	
<hr/>			
% Daily Value*			
Total Fat 15g			23%
Saturated Fat 2g			10%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 300mg			13%
Total Carbohydrate 11g			4%
Dietary Fiber 7g			28%
Sugars 2g			
Protein 2g			
<hr/>			
Vitamin A 8%		Vitamin C 40%	
Calcium 2%		Iron 4%	
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
<small>Calories per gram:</small>			
Fat 9 • Carbohydrate 4 • Protein 4			

Chipotle

Master Food Volunteers

Chipotle's Steak Burrito

1 teaspoon dried oregano
1/2 teaspoon cumin powder
1/4 teaspoon garlic powder
1/4 teaspoon onion powder
1/4 teaspoon crushed red pepper or scant 1/8 teaspoon cayenne pepper
pinch of salt and pepper
2 teaspoons vegetable oil
1 pound skirt steak

Combine oregano, cumin, garlic powder, onion powder, crushed red pepper, salt and pepper.

Rub spice mixture over both sides of steak, along with the vegetable oil. Refrigerate for 1 hour

Heat a grill to medium-high. Coat grill grates with oil or nonstick spray. Cook steak for about 4 minutes per side, or to your liking.
Transfer to a cutting board and let rest for 5 minutes. Slice thinly against the grain.

Makes 4 servings, 2-3 slices each

Nutrition Facts			
Serving Size 2 - 3 slices			
Servings Per Container 4			
Amount Per Serving			
Calories 200		Calories from Fat 100	
% Daily Value*			
Total Fat 11g			17%
Saturated Fat 3.5g			18%
Trans Fat 0g			
Cholesterol 70mg			23%
Sodium 220mg			9%
Total Carbohydrate 1g			0%
Dietary Fiber 0g			0%
Sugars 0g			
Protein 25g			
Vitamin A 0%		Vitamin C 0%	
Calcium 2%		Iron 15%	
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

Chipotle

Master Food Volunteers

Cilantro Lime Rice

2 cups long grain white rice

4 cups water

1 teaspoon salt

Juice of 1 lime

6 tablespoons chopped fresh cilantro

6 teaspoons canola or vegetable oil

In a medium pot, add rice, water, 2 teaspoons oil and salt.

Boil on high until the water is just covering the rice.

Reduce heat to low, cover and continue to cook for 10-15 minutes or until rice is cooked. Remove from heat and keep covered for 5 minutes.

Meanwhile, in a large serving bowl, combine lime juice, cilantro, and remaining oil.

Add rice when it has finished cooking and toss until mixed, fluffing rice with a fork as needed.

Makes 8 servings, 1/3 cup each

Source: Rachel Cooks; www.rachelcooks.com

Nutrition Facts			
Serving Size Approximately 1/3 Cup			
Servings Per Container 8			
Amount Per Serving			
Calories 180	Calories from Fat 30		
% Daily Value*			
Total Fat 3.5g			5%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 300mg			13%
Total Carbohydrate 36g			12%
Dietary Fiber 0g			0%
Sugars 0g			
Protein 3g			
Vitamin A 2%		Vitamin C 4%	
Calcium 0%		Iron 8%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
		Calories:	2,000 2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Chipotle

Master Food Volunteers

Garlic Cilantro Lime Rice

- 1 tablespoon canola oil
- 3 cloves garlic, minced
- 1 large onion, chopped
- 2 cups long grain rice
- 1 teaspoon kosher salt
- 3-4 cups low-sodium chicken broth
- Juice of 3 limes and zest of 2 limes (reserve juice of 1 lime)
- Chopped fresh cilantro, for garnish

Heat the oil in a large skillet over medium heat. Add the garlic and onions and cook for 3-4 minutes. Reduce the heat to low and add the rice and salt.

Cook over low heat for 3 minutes, stirring constantly to make sure the rice doesn't burn. Add 2 cups of the broth and the juice and zest of 2 limes and bring it to a boil.

Reduce the heat to low, cover and simmer for 10-15 minutes or until the rice is done. Add more liquid as needed. The rice shouldn't be sticky.

Just before serving, stir through the juice of 1 lime and lots of chopped cilantro.

Makes 8 servings, 1/3 cup each

Source: www.food.com

Brown Rice

Nutrition Facts	
Serving Size Approximately 1/3 Cup	
Servings Per Container 8	
Amount Per Serving	
Calories 90	Calories from Fat 20
%	
Total Fat 2g 3%	
Saturated Fat 0g 0%	
Trans Fat 0g	
Cholesterol 0mg 0%	
Sodium 470mg 20%	
Total Carbohydrate 15g 5%	
Dietary Fiber 1g 4%	
Sugars 1g	
Protein 2g	
Vitamin A 0% • Vitamin C 15%	
Calcium 2% • Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

White Rice

Nutrition Facts	
Serving Size Approximately 1/3 Cup	
Servings Per Container 8	
Amount Per Serving	
Calories 180	Calories from Fat 15
%	
Total Fat 2g 3%	
Saturated Fat 0g 0%	
Trans Fat 0g	
Cholesterol 0mg 0%	
Sodium 470mg 20%	
Total Carbohydrate 39g 13%	
Dietary Fiber 0g 0%	
Sugars 1g	
Protein 4g	
Vitamin A 0% • Vitamin C 15%	
Calcium 0% • Iron 8%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Chipotle

Master Food Volunteers

Kid Friendly Fresh Salsa (very mild)

10 or 11 medium tomatoes (cut in half)

3 tablespoons fresh cilantro

3/4 teaspoon sea salt

1/2 large white onion (chopped)

1/2 teaspoon ground cayenne pepper

1/3 cup lime juice

Remove the seeds from the tomatoes, and then place them in a food processor and dice. (you can do this by pulsing the food processor a few times for no longer than a second or two).

Remove the tomatoes and set aside in a bowl.

Place the chopped onion into the food processor along with the cilantro and dice. (use the pulsing method).

Add the onions and cilantro to the tomatoes in the bowl. Sprinkle with sea salt, red pepper, and lime juice.

Stir together, and cover the bowl with an airtight lid. Refrigerate the salsa for approximately 2 hours before serving.

Makes 8 servings, 1/4 cup each

Source: www.jadelouisedesigns.com

Nutrition Facts	
Serving Size 1/4 Cup	
Servings Per Container	
Approximately 8	
Amount Per Serving	
Calories 50	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	8%
Sugars 6g	
Protein 2g	
Vitamin A 4%	• Vitamin C 60%
Calcium 4%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Chipotle

Master Food Volunteers

Salsa Roja (medium to hot)

16 full sized tomatoes, or 1 full produce bag Roma tomatoes

2 or 3 yellow onions

20–25 serrano peppers

8–10 garlic cloves (chopped)

1 or 2 tablespoons salt

1 or 2 cilantro bunches

Cut the tomatoes and onions in half, and then lay them on a cookie sheet along with the garlic and peppers with the cut-side facing upwards, and bake them in the oven at 375°F.

Once the tomatoes begin to look soft and the peppers have darkened, remove the cookie sheet and allow it to cool.

Once the ingredients are no longer hot to the touch, place them, along with the salt and cilantro, into a food processor and blend it until it reached the desired consistency (you may have too many ingredients to fit them all into the food processor, so be prepared to break the recipe up into two batches).

Makes 8-10 servings, 1/4 cup each

Source: www.oneparticularkitchen.com

Nutrition Facts	
Serving Size 1/4 Cup	
Servings Per Container 8-10	
Amount Per Serving	
Calories 45	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1320mg	55%
Total Carbohydrate 11g	4%
Dietary Fiber 3g	12%
Sugars 7g	
Protein 2g	
Vitamin A 25%	• Vitamin C 50%
Calcium 4%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

IHOP

Oxford Hustlers

IHOP Pancakes

- 1 cup flour
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1 egg
- 1 1/8 cup buttermilk
- 2 tablespoons butter, melted

Preheat and lightly grease a large skillet or electric griddle.

Mix the flour, salt, and baking soda together in a bowl. Add the egg, buttermilk and butter. Stir together lightly but keep it lump. The batter should look thick, spongy and puffy.

Drop 1/3 cup of the batter onto the cooking surface. Cook until lightly browned, about 1-2 minutes per side.

Serve with butter, warm syrup, or whipped topping.

Makes 4 servings, 2 pancakes each

Optional "mix-ins": Blue berries, chocolate chips, or granola to the batter.

To make pancake designs:

Thin the batter with water.

Pour into a clean squirt bottle.

Pour the design such as numbers or letters onto a hot griddle.

Fill in the rest of the pancake around the design and cook as usual.

To decorate an IHOP "Smiley Face" pancake:

Banana slices to make the smile

Strawberries, blueberries or chocolate chips for eyes

Whipped topping for hair and nose.



Nutrition Facts

Serving Size 2 Pancakes	
Servings Per Container 4	
Amount Per Serving	
Calories 220	Calories from Fat 80
<hr/>	
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 1040mg	43%
Total Carbohydrate 28g	9%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 8g	
Vitamin A 6%	Vitamin C 2%
Calcium 10%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

New York Dawg Pound

Frontier Family

Doberman Dawg

- 1 hot dog
- 1 hot dog bun
- 1/8 cup sauerkraut, canned, low sodium, drained
- 1 tablespoon spicy mustard

Nutrition Facts

Serving Size 1 Hot Dog
Servings Per Container 1

Amount Per Serving

Calories 280 **Calories from Fat 140**

% Daily Value*

Total Fat 15g **23%**

Saturated Fat 6g **30%**

Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 1090mg **45%**

Total Carbohydrate 26g **9%**

Dietary Fiber 1g **4%**

Sugars 4g

Protein 9g

Vitamin A 0% • Vitamin C 6%

Calcium 8% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Goofy Dawg

- 1 hot dog
- 1 hot dog bun
- 1 tablespoon peanut butter
- 1 teaspoon crumbled bacon

Nutrition Facts

Serving Size 1 Hot Dog
Servings Per Container 1

Amount Per Serving

Calories 380 **Calories from Fat 220**

% Daily Value*

Total Fat 25g **38%**

Saturated Fat 8g **40%**

Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 820mg **34%**

Total Carbohydrate 26g **9%**

Dietary Fiber 2g **8%**

Sugars 4g

Protein 14g

Vitamin A 0% • Vitamin C 0%

Calcium 8% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Olive Garden

Stanley Buccaneers

Cannoli Filling

3/4 cup ricotta cheese, whole milk (drained overnight w/ cheesecloth & squeezed dry)
3/4 cup mascarpone cheese
1/4 cup powdered sugar
1/2 tsp vanilla
1/2 tsp ground cinnamon
Pinch of salt

Mix filling ingredients together.

Cover and refrigerate until ready to use (at least a couple of hours).

Use a pastry bag to pipe into the shells.

Let the filling smooch out of each end of the shells, just a tad.

Keep the cannoli refrigerated until time to serve.

If desired, sprinkle with powdered sugar or dip the ends in mini chocolate chips, pistachios, candies, or sprinkles.

Makes filling for 12 standard size cannoli shells or 24 small cannoli shells

Nutrition Facts			
Serving Size 1 Standard size Cannoli, Filled			
Servings Per Container 12			
Amount Per Serving			
Calories 120	Calories from Fat 90		
% Daily Value*			
Total Fat 10g			15%
Saturated Fat 6g			30%
Trans Fat 0g			
Cholesterol 35mg			12%
Sodium 75mg			3%
Total Carbohydrate 4g			1%
Dietary Fiber 0g			0%
Sugars 3g			
Protein 3g			
Vitamin A 8%		Vitamin C 0%	
Calcium 6%		Iron 0%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

Olive Garden

Stanley Buccaneers

Olive Garden Alfredo Sauce

- 1/2 cup butter
- 2 cups heavy cream
- 1/8 teaspoon garlic powder
- 1/8 teaspoon ground black pepper
- 1/4 cup grated parmesan cheese

Melt the butter in a medium saucepan over medium heat
Add the cream, garlic powder, and pepper. Simmer for 10-12 minutes or until thick
When sauce reaches desired consistency, stir in the parmesan cheese
Serve over cooked pasta

Makes 4 servings, approximately 1/2 cup each

With Heavy Cream

With Fat Free Half & Half

Nutrition Facts			
Serving Size 1/2 Cup			
Servings Per Container 4			
Amount Per Serving			
Calories 650	Calories from Fat 620		
% Daily Value*			
Total Fat 69g			106%
Saturated Fat 43g			215%
Trans Fat 2.5g			
Cholesterol 230mg			77%
Sodium 370mg			15%
Total Carbohydrate 3g			1%
Dietary Fiber 0g			0%
Sugars 0g			
Protein 6g			
Vitamin A 50%	•	Vitamin C 2%	
Calcium 20%	•	Iron 0%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Nutrition Facts			
Serving Size 1/2 Cup			
Servings Per Container 4			
Amount Per Serving			
Calories 300	Calories from Fat 240		
% Daily Value*			
Total Fat 27g			42%
Saturated Fat 17g			85%
Trans Fat 1g			
Cholesterol 70mg			23%
Sodium 440mg			18%
Total Carbohydrate 11g			4%
Dietary Fiber 0g			0%
Sugars 6g			
Protein 6g			
Vitamin A 15%	•	Vitamin C 2%	
Calcium 20%	•	Iron 0%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Olive Garden

Stanley Buccaneers

Olive Garden Bruschetta

- 3 firm Roma tomatoes, finely diced (approximately 1 1/2 cups)
- 1 tablespoon minced fresh basil
- 2 teaspoons minced garlic
- 2 teaspoons marinated sun-dried tomatoes, diced
- 2 teaspoons extra virgin olive oil
- 1 teaspoon balsamic vinegar
- 1/4 teaspoon salt
- 9-10 slices ciabatta bread (or Italian bread)
- 1 tablespoon grated parmesan cheese
- Pinch dried parsley flakes

Toss diced tomatoes with basil, garlic, sun-dried tomatoes, olive oil, vinegar, and salt in a medium bowl. Cover and chill for 1 hour.

When you are ready to serve the dish, preheat oven to 450° F.

Combine parmesan cheese with dried parsley in a small bowl. Arrange the bread slices on a baking sheet. Sprinkle a couple pinches of the parmesan cheese mixture over each slice of bread. Bake for 5 minutes or until the bread starts to crisp.

Pour tomato mixture into a serving dish (strain off liquid), and serve alongside baked bread.

Makes 5 servings, 2 slices each

Nutrition Facts			
Serving Size 2 Slices			
Servings Per Container 5			
Amount Per Serving			
Calories 250	Calories from Fat 40		
% Daily Value*			
Total Fat 4.5g			7%
Saturated Fat 1.5g			8%
Trans Fat 0g			
Cholesterol 5mg			2%
Sodium 550mg			23%
Total Carbohydrate 46g			15%
Dietary Fiber 2g			8%
Sugars 3g			
Protein 9g			
Vitamin A 8%		Vitamin C 40%	
Calcium 6%		Iron 15%	
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>			
<small>Calories: 2,000 2,500</small>			
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>			

Olive Garden

Stanley Buccaneers

Olive Garden Marinara Sauce

- 1/4 cup extra virgin olive oil
- 3 garlic cloves, peeled
- 1 tablespoon tomato paste
- 1 (35 ounce) can whole peeled Italian tomatoes
- 5-6 basil leaves
- 1 teaspoon Italian seasoning
- 1 tablespoon fresh oregano leaves
- Salt and pepper to taste

In a large sauce pan, warm extra virgin olive oil on medium heat. Add the garlic and cook. Do not burn the garlic! Add the tomato paste and the entire can of whole tomatoes. Crush the tomatoes with a wooden spoon.

Mix in basil (whole), oregano, Italian seasoning, salt and pepper.

Bring to a boil, then turn heat down and allow to simmer and reduce for about 30 minutes.

Remove as much basil and garlic as possible. Serve immediately over pasta or cool and store in an air-tight jar in the fridge.

Makes 6 servings, 1/2 cup each

Nutrition Facts			
Serving Size 1/2 Cup			
Servings Per Container 6			
Amount Per Serving			
Calories 140	Calories from Fat 80		
% Daily Value*			
Total Fat 9g			14%
Saturated Fat 1.5g			8%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 350mg			15%
Total Carbohydrate 12g			4%
Dietary Fiber 2g			8%
Sugars 10g			
Protein 2g			
Vitamin A 15%		Vitamin C 20%	
Calcium 6%		Iron 8%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

Panera

Sharon

Panera Egg Soufflés

1 sheet puff pastry, thawed
4 eggs
3/4 cup chopped fresh spinach
1 roasted tomato, diced
1/4 cup feta cheese
1/4 cup half and half, fat free
Salt and pepper to taste

Preheat the oven to 375°F

Mix the eggs, half and half, feta cheese, chopped spinach, and salt and pepper. Set aside.

Prepare a muffin pan by spraying each cup with cooking spray.

Cut the puff pastry into six rectangles. Position each one in a muffin cup.

Pour egg mixture into puff pastry cups. Fold the corners to the center. Top with roasted tomato.

Bake for 18-20 minutes (until lightly golden brown and eggs are firm). Remove from pan and enjoy!

(Makes 6 soufflés)

Source: <http://joyunspeakableandfulofglory.blogspot.com/2013/11/egg-souffles-panera-bread-copycat-recipe.html>

Nutrition Facts	
Serving Size 1 Souffle	
Servings Per Container 6	
Amount Per Serving	
Calories 110	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 150mg	50%
Sodium 210mg	9%
Total Carbohydrate 6g	2%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 6g	
Vitamin A 10%	Vitamin C 8%
Calcium 6%	Iron 6%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
<small>Calories: 2,000 2,500</small>	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	