

REMOVE THIS PAGE AND INCLUDE ALONGSIDE YOUR POT-LUCK DISH

Name of Dish: _____

Prepared by: _____

Recipe / Ingredients List makes # Servings _____ / Serving Size _____

Nutritional Analysis **Total Recipe:** **Per Serving:**

Calories: _____ _____

Total Carbohydrates: _____ _____

Total Fat: _____ _____

 Saturated Fat: _____ _____

 Cholesterol: _____ _____

Protein: _____ _____

Example

Name of Dish: **What-Ya-Got Casserole**

Prepared by: **Eugene Crabs**

Ingredients: _____ makes 4–5 Servings / Serving Size: 1 cup

2 cups Flour	3 Large Carrots
1 cup Milk (whole)	1 Small Tomato
0.5 lbs Chicken Breast (skinned)	2 Eggs
16 oz Noodles	12 oz Creamed Corn

Nutritional Analysis: **Total Casserole:** **Per Serving:**

Calories:	1760 Cal	440
Total Carbohydrates:	288 grams	72 grams
Total Fat:	56 grams	14 grams
Protein:	240 grams	60 gram