Name of Dish: _____

Prepared by: _____

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

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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