Nutrition Facts

This section is an update to the book not found in the first edition. I've always wanted to add a Nutrition Facts-style label to my recipes, and even mocked up a similar table in Google Docs before I transcribed them in this book. It is my hope that this section is useful for readers who are health-conscious and trying to plan their meals a little better.

The word "facts" is used here with a little bit of creative freedom, but to explain this section, here's a list of important things to know:

1. **These are only guidelines, and are not as accurate as the label on ultra-processed foods. Every dish prepared at home has high variation compared to mass-produced snacks or simple raw foods.**
2. **All ingredients' nutritional information was sourced from the USDA's official database of foods, FoodData Central.**
3. **Recipes were analyzed programmatically using software I wrote myself. There may be slight errors or omissions.**
4. **Each Nutrition Facts label has three columns; the first represents the entire recipe, the second represents a serving (per the book's iconography on each recipe), and the third represents an estimation of a 100g serving after cooking has finished. This last column is the least accurate since evaporation varies between every cook.**
5. **Nutrition values vary wildly depending on brand or subtype of ingredient. My guidelines reflect "typical" ingredients. For example, "soy sauce" in the U.S. is most commonly Kikkoman Soy Sauce, not a low-sodium variant or other brand.**
6. **"Salt, to taste" is assumed to be 3 grams. Nondescript volumes of oil are assumed to be 45ml.**
7. **Labels are typically overestimates. If I had to choose between two similar ingredients' sets of information, I more often took the one that used larger values.**

I hope the following tables are helpful to you in some way.

If you'd like to know more about how I calculated all of the nutritional information, I kept a full "development blog" of my process, challenges, and concessions. I originally intended for it to be included as part of the epilogue, but ultimately decided it was too dry, and not up to my content standards for publication. It's closer to "engineer's stream of consciousness" than any other content found between these covers.

If you're still interested, you can find a digital version of it here:

https://willmaynard.com/downloads/nutrition-facts-blog.pdf

Agedashi Tofu (p. 184)

Servings 4

Calories	Whole Recipe 904	Per Serving 226	Per 100g 135
Total Fat *59g | 15g | 9g*	76%	19%	11%
Saturated Fat *3.4g | 0.8g | 0.5g*	17%	4%	2.5%
Cholesterol *0.7mg | 0.2mg | 0.1mg*	0.2%	0.1%	0%
Sodium *1158mg | 289mg | 173mg*	50%	13%	8%
Protein *30g | 8g | 4.5g*	57%	15%	9%
Total Carbohydrate *57g | 14g | 9g*	21%	5%	3.1%
Dietary Fiber *6g | 1.5g | 0.9g*	22%	5%	3.2%
Sugars *1.6g | 0.4g | 0.2g*	3.2%	0.8%	0.5%
Vitamin D *0µg | 0µg | 0µg*	0%	0%	0%
Calcium *329mg | 82mg | 49mg*	25%	6%	3.8%
Iron *6mg | 1.5mg | 0.9mg*	33%	8%	5%
Potassium *1117mg | 279mg | 167mg*	24%	6%	3.5%

Aperol Spritz (p. 238)

Servings 1

Calories	Whole Recipe 302	Per Serving 302	Per 100g 208
Total Fat *0g | 0g | 0g*	0%	0%	0%
Saturated Fat *0g | 0g | 0.1g*	0%	0%	0%
Cholesterol *0mg | 0mg | 0mg*	0%	0%	0%
Sodium *3.4mg | 3.4mg | 2.3mg*	0.2%	0.2%	0.1%
Protein *0g | 0g | 0g*	0%	0%	0%
Total Carbohydrate *32g | 32g | 22g*	12%	12%	8%
Dietary Fiber *0g | 0g | 0g*	0%	0%	0%
Sugars *30g | 30g | 21g*	60%	60%	42%
Vitamin D *0µg | 0µg | 0µg*	0%	0%	0%
Calcium *4.8mg | 4.8mg | 3.3mg*	0.4%	0.4%	0.3%
Iron *0.4mg | 0.4mg | 0.2mg*	1.8%	1.8%	1.2%
Potassium *78mg | 78mg | 54mg*	1.6%	1.6%	1.1%

Béchamel (p. 253)

Servings 4

Calories	Whole Recipe 922	Per Serving 231	Per 100g 177
Total Fat *67g | 17g | 13g*	86%	21%	17%
Saturated Fat *42g | 11g | 8g*	209%	52%	40%
Cholesterol *207mg | 52mg | 40mg*	69%	17%	13%
Sodium *615mg | 154mg | 118mg*	27%	7%	5%
Protein *22g | 5g | 4.1g*	43%	11%	8%
Total Carbohydrate *59g | 15g | 11g*	22%	5%	4.1%
Dietary Fiber *0g | 0g | 0g*	0%	0%	0%
Sugars *21g | 5g | 4g*	41%	10%	8%
Vitamin D *2.8µg | 0.7µg | 0.5µg*	14%	3.5%	2.7%
Calcium *573mg | 143mg | 110mg*	44%	11%	9%
Iron *2.7mg | 0.7mg | 0.5mg*	15%	3.8%	2.9%
Potassium *464mg | 116mg | 89mg*	10%	2.5%	1.9%

Beef Jerky (p. 191)

Servings 12

Calories	Whole Recipe 3908	Per Serving 326	Per 100g 682
Total Fat *213g | 18g | 37g*	274%	23%	48%
Saturated Fat *74 | 6g | 13g*	371%	31%	65%
Cholesterol *1204mg | 100mg | 210mg*	401%	33%	70%
Sodium *6835mg | 570mg | 1193mg*	297%	25%	52%
Protein *418g | 35g | 53g*	836%	70%	146%
Total Carbohydrate *86g | 7g | 15g*	32%	2.6%	6%
Dietary Fiber *21g | 1.7g | 3.7g*	75%	6%	13%
Sugars *27g | 2.2g | 4.6g*	53%	4.4%	9%
Vitamin D *0µg | 0µg | 0µg*	0%	0%	0%
Calcium *346mg | 29mg | 60mg*	27%	2.2%	4.6%
Iron *50mg | 4.2mg | 9mg*	278%	23%	49%
Potassium *9742mg | 812mg | 1701mg*	207%	17%	36%

Beef Stroganoff (p. 207)

Servings 3

Calories	Whole Recipe 2627	Per Serving 876	Per 100g 191
Total Fat *128g | 43g | 9g*	164%	55%	12%
Saturated Fat *44g | 15g | 3.2g*	222%	74%	16%
Cholesterol *365mg | 122mg | 27mg*	122%	41%	9%
Sodium *1306mg | 435mg | 95mg*	57%	19%	4.1%
Protein *119g | 40g | 9g*	238%	80%	17%
Total Carbohydrate *245g | 82g | 18g*	89%	30%	7%
Dietary Fiber *18g | 6g | 1.3g*	66%	22%	4.8%
Sugars *34g | 11g | 2.5g*	68%	23%	4.9%
Vitamin D *0µg | 0µg | 0µg*	0%	0%	0%
Calcium *316mg | 105mg | 23mg*	24%	8%	1.8%
Iron *10mg | 3.4mg | 0.7mg*	57%	19%	4.1%
Potassium *2288mg | 763mg | 167mg*	49%	16%	3.5%

Bikini Martini (p. 238)

Servings 1

Calories	Whole Recipe 326	Per Serving 326	Per 100g 156
Total Fat *0g | 0g | 0g*	0%	0%	0%
Saturated Fat *0g | 0g | 0g*	0%	0%	0%
Cholesterol *0mg | 0mg | 0mg*	0%	0%	0%
Sodium *4.6mg | 4.6mg | 2.2mg*	0.2%	0.2%	0.1%
Protein *0.4g | 0.4g | 0.2g*	0.7%	0.7%	0.3%
Total Carbohydrate *18g | 18g | 9g*	7%	7%	3.1%
Dietary Fiber *0.3g | 0.3g | 0.1g*	1%	1%	0.5%
Sugars *12g | 12g | 5.5g*	23%	23%	11%
Vitamin D *0µg | 0µg | 0µg*	0%	0%	0%
Calcium *8mg | 8mg | 3.9mg*	0.6%	0.6%	0.3%
Iron *0.1mg | 0.1mg | 0mg*	0.3%	0.3%	0.2%
Potassium *43mg | 43mg | 21mg*	0.9%	0.9%	0.4%

Bœuf Bourguignon (p. 199)

Servings 5

Calories	Whole Recipe 2889	Per Serving 578	Per 100g 123
Total Fat *142g | 28g | 6g*	182%	36%	8%
Saturated Fat *58g | 12g | 2.5g*	292%	58%	12%
Cholesterol *626mg | 125mg | 27mg*	209%	42%	9%
Sodium *1817mg | 363mg | 77mg*	79%	16%	3.4%
Protein *224g | 45g | 10g*	448%	90%	19%
Total Carbohydrate *116g | 23g | 4.9g*	42%	8%	1.8%
Dietary Fiber *19g | 3.9g | 0.8g*	69%	14%	2.9%
Sugars *34g | 7g | 1.5g*	69%	14%	2.9%
Vitamin D *0.3µg | 0.1µg | 0µg*	1.6%	0.3%	0.1%
Calcium *295mg | 59mg | 13mg*	23%	4.5%	1%
Iron *24mg | 4.9mg | 1mg*	136%	27%	6%
Potassium *5885mg | 1177mg | 251mg*	125%	25%	5%

Bolognese (p. 208)

Servings 8

Calories	Whole Recipe 4106	Per Serving 513	Per 100g 212
Total Fat *133g | 17g | 7g*	171%	21%	9%
Saturated Fat *38g | 4.8g | 2g*	192%	24%	10%
Cholesterol *356mg | 45mg | 18mg*	119%	15%	6%
Sodium *2397mg | 300mg | 124mg*	104%	13%	5%
Protein *169g | 21g | 9g*	339%	42%	18%
Total Carbohydrate *510g | 64g | 26g*	185%	23%	10%
Dietary Fiber *36g | 4.5g | 1.9g*	129%	16%	7%
Sugars *53g | 7g | 2.7g*	105%	13%	5%
Vitamin D *0.3µg | 0µg | 0µg*	1.6%	0.2%	0.1%
Calcium *526mg | 66mg | 27mg*	41%	5%	2.1%
Iron *10mg | 1.3mg | 0.5mg*	57%	7%	2.9%
Potassium *4345mg | 543mg | 224mg*	93%	12%	4.8%

Caipirinha (p. 239)

Servings 1

Calories	Whole Recipe 152	Per Serving 152	Per 100g 188
Total Fat *0.1g | 0.1g | 0.1g*	0.1%	0.1%	0.1%
Saturated Fat *0g | 0g | 0g*	0%	0%	0%
Cholesterol *0mg | 0mg | 0mg*	0%	0%	0%
Sodium *1mg | 1mg | 1.3mg*	0%	0%	0.1%
Protein *0.2g | 0.2g | 0.2g*	0.3%	0.3%	0.4%
Total Carbohydrate *6g | 6g | 8g*	2.3%	2.3%	2.9%
Dietary Fiber *0.6g | 0.6g | 0.8g*	2.3%	2.3%	2.8%
Sugars *8g | 8g | 11g*	18%	18%	22%
Vitamin D *0µg | 0µg | 0µg*	0%	0%	0%
Calcium *7.5mg | 7.5mg | 9.3mg*	0.6%	0.6%	0.7%
Iron *0.2mg | 0.2mg | 0.2mg*	0.9%	0.9%	1.1%
Potassium *24mg | 24mg | 30mg*	0.5%	0.5%	0.6%

Carbonara (p. 209)

Servings 3

Calories	Whole Recipe 1664	Per Serving 555	Per 100g 423
Total Fat *98g | 33g | 25g*	126%	42%	32%
Saturated Fat *31g | 10g | 8g*	156%	52%	40%
Cholesterol *128mg | 43mg | 33mg*	43%	14%	11%
Sodium *4180mg | 1393mg | 1061mg*	182%	61%	46%
Protein *52g | 17g | 13g*	104%	35%	27%
Total Carbohydrate *143g | 48g | 36g*	52%	17%	13%
Dietary Fiber *7g | 2.4g | 1.8g*	26%	9%	7%
Sugars *7g | 2.4g | 1.8g*	14%	4.8%	3.6%
Vitamin D *0µg | 0µg | 0µg*	0%	0%	0%
Calcium *611mg | 204mg | 155mg*	47%	16%	12%
Iron *0mg | 0mg | 0mg*	0%	0%	0%
Potassium *0mg | 0mg | 0mg*	0%	0%	0%

Castella (p. 245)

Servings 8

Calories	Whole Recipe 2407	Per Serving 301	Per 100g 263
Total Fat *42g | 5g | 4.6g*	54%	7%	6%
Saturated Fat *14g | 1.8g | 1.5g*	70%	9%	8%
Cholesterol *1485mg | 186mg | 163mg*	495%	62%	54%
Sodium *1714mg | 214mg | 188mg*	75%	9%	8%
Protein *78g | 10g | 9g*	157%	20%	17%
Total Carbohydrate *419g | 52g | 46g*	152%	19%	17%
Dietary Fiber *7g | 0.8g | 0.7g*	24%	3%	2.6%
Sugars *268g | 34g | 29g*	536%	67%	59%
Vitamin D *10µg | 1.3µg | 1.1µg*	51%	6%	6%
Calcium *274mg | 34mg | 30mg*	21%	2.6%	2.3%
Iron *17mg | 2.1mg | 1.8mg*	93%	12%	10%
Potassium *625mg | 78mg | 68mg*	14%	1.7%	1.5%

Celadon Sea (p. 239)

Servings 1

Calories	Whole Recipe 243	Per Serving 243	Per 100g 180
Total Fat *0.1g | 0.1g | 0g*	0.1%	0.1%	0.1%
Saturated Fat *0g | 0g | 0g*	0.2%	0.2%	0.2%
Cholesterol *0mg | 0mg | 0mg*	0%	0%	0%
Sodium *2mg | 2mg | 1.4mg*	0.1%	0.1%	0.1%
Protein *0.2g | 0.2g | 0.2g*	0.4%	0.4%	0.3%
Total Carbohydrate *24g | 24g | 18g*	9%	9%	7%
Dietary Fiber *0g | 0g | 0g*	0%	0%	0%
Sugars *24g | 24g | 18g*	48%	48%	35%
Vitamin D *0µg | 0µg | 0µg*	0%	0%	0%
Calcium *4.5mg | 4.5mg | 3.3mg*	4.5%	4.5%	3.3%
Iron *0mg | 0mg | 0mg*	0.2%	0.2%	0.1%
Potassium *1.7mg | 1.7mg | 1.2mg*	0%	0%	0%

Chicha (p. 244)

Servings 8

	Whole Recipe	Per Serving	Per 100g
Calories	**1552**	**194**	**67**
Total Fat *38g | 4.8g | 1.7g*	49%	6%	2.1%
Saturated Fat *25g | 3.1g | 1.1g*	124%	16%	5%
Cholesterol *49mg | 18mg | 6mg*	49%	6%	2.1%
Sodium *1659mg | 207mg | 72mg*	72%	9%	3.1%
Protein *43g | 5g | 1.9g*	86%	11%	3.7%
Total Carbohydrate *250g | 31g | 11g*	91%	11%	3.9%
Dietary Fiber *0g | 0g | 0g*	0%	0%	0%
Sugars *190g | 24g | 8g*	381%	48%	16%
Vitamin D *2.8µg | 0.4µg | 0.1µg*	14%	1.8%	0.6%
Calcium *1334mg | 167mg | 58mg*	103%	13%	4.5%
Iron *0.4mg | 0.1mg | 0mg*	2.3%	0.3%	0.1%
Potassium *456mg | 57mg | 20mg*	10%	1.2%	0.4%

Chicken Chili (p. 210)

Servings 10

	Whole Recipe	Per Serving	Per 100g
Calories	**6039**	**604**	**154**
Total Fat *384g | 38g | 10g*	492%	49%	13%
Saturated Fat *168g | 17g | 4.3g*	841%	84%	21%
Cholesterol *1375mg | 138mg | 35mg*	458%	46%	12%
Sodium *16722mg | 1672mg | 425mg*	727%	73%	19%
Protein *310g | 31g | 8g*	621%	62%	16%
Total Carbohydrate *332g | 33g | 8g*	121%	12%	3.1%
Dietary Fiber *40g | 4g | 1g*	144%	14%	3.7%
Sugars *33g | 3.3g | 0.8g*	66%	7%	1.7%
Vitamin D *0.2µg | 0µg | 0µg*	1.1%	0.1%	0%
Calcium *3648mg | 365mg | 93mg*	281%	28%	7%
Iron *39mg | 3.9mg | 1mg*	217%	22%	6%
Potassium *4847mg | 485mg | 123mg*	103%	10%	2.6%

Chicken Piccata (p. 211)

Servings 2

	Whole Recipe	Per Serving	Per 100g
Calories	**1479**	**739**	**187**
Total Fat *88g | 44g | 11g*	112%	56%	14%
Saturated Fat *36g | 18g | 4.6g*	181%	90%	23%
Cholesterol *565mg | 282mg | 71mg*	188%	94%	24%
Sodium *1311mg | 656mg | 166mg*	57%	29%	7%
Protein *140g | 70g | 18g*	279%	140%	35%
Total Carbohydrate *30g | 15g | 3.8g*	11%	6%	1.4%
Dietary Fiber *1.4g | 0.7g | 0.2g*	5%	2.5%	0.6%
Sugars *1.3g | 0.6g | 0.2g*	2.6%	1.3%	0.3%
Vitamin D *888µg | 888µg | 888µg*	888%	888%	8888%
Calcium *55mg | 28mg | 7mg*	4.3%	2.1%	0.5%
Iron *4.3mg | 2.1mg | 0.5mg*	24%	12%	3%
Potassium *2139mg | 1069mg | 271mg*	46%	23%	6%

Chili con Carne (p. 200)

Servings 8

	Whole Recipe	Per Serving	Per 100g
Calories	**3854**	**482**	**128**
Total Fat *169g | 21g | 6g*	216%	27%	7%
Saturated Fat *44g | 6g | 1.4g*	219%	27%	7%
Cholesterol *365mg | 48mg | 12mg*	122%	15%	4%
Sodium *8264mg | 1033mg | 274mg*	359%	45%	12%
Protein *200g | 25g | 7g*	400%	50%	13%
Total Carbohydrate *384g | 44g | 12g*	127%	16%	4%
Dietary Fiber *90g | 11g | 3g*	320%	40%	11%
Sugars *74g | 9g | 2.4g*	147%	18%	4.9%
Vitamin D *0µg | 0µg | 0µg*	0%	0%	0%
Calcium *1177mg | 147mg | 39mg*	91%	11%	3%
Iron *34mg | 4.3mg | 1.1mg*	191%	24%	6%
Potassium *6143mg | 768mg | 203mg*	131%	16%	4.3%

Chili sin Carne (p. 201)

Servings 8

	Whole Recipe	Per Serving	Per 100g
Calories	**4651**	**581**	**151**
Total Fat *247g | 31g | 8g*	317%	40%	10%
Saturated Fat *107g | 13g | 3.5g*	533%	67%	17%
Cholesterol *446mg | 56mg | 15mg*	143%	18%	4.6%
Sodium *8416mg | 1018mg | 265mg*	354%	44%	12%
Protein *223g | 28g | 7g*	446%	56%	15%
Total Carbohydrate *352g | 44g | 12g*	128%	16%	4.2%
Dietary Fiber *91g | 11g | 3g*	324%	41%	11%
Sugars *76g | 10g | 2.5g*	153%	19%	5%
Vitamin D *0µg | 0µg | 0µg*	0%	0%	0%
Calcium *3841mg | 480mg | 125mg*	295%	37%	10%
Iron *25mg | 3.2mg | 0.8mg*	141%	18%	4.6%
Potassium *4706mg | 588mg | 153mg*	100%	13%	3.3%

Chocolate Croissants (p. 246)

Servings 5

	Whole Recipe	Per Serving	Per 100g
Calories	**2209**	**442**	**361**
Total Fat *118g | 24g | 19g*	118%	24%	19%
Saturated Fat *69g | 14g | 11g*	345%	69%	57%
Cholesterol *267mg | 53mg | 44mg*	89%	18%	15%
Sodium *2437mg | 488mg | 399mg*	106%	21%	17%
Protein *47g | 9g | 8g*	93%	19%	15%
Total Carbohydrate *250g | 50g | 41g*	91%	18%	15%
Dietary Fiber *6g | 1.2g | 1g*	21%	4.2%	3.4%
Sugars *55g | 11g | 9g*	110%	22%	18%
Vitamin D *1µg | 0.2µg | 0.2µg*	5%	1%	0.8%
Calcium *289mg | 58mg | 47mg*	22%	4.4%	3.6%
Iron *18mg | 3.7mg | 3mg*	103%	21%	17%
Potassium *551mg | 110mg | 90mg*	12%	2.3%	1.9%

Cinnamon Rolls (p. 247)

Servings 10

Calories	Whole Recipe 2897	Per Serving 290	Per 100g 351
Total Fat *119g | 12g | 14g*	119%	12%	14%
Saturated Fat *70g | 7g | 8g*	348%	35%	42%
Cholesterol *311mg | 31mg | 38mg*	104%	10%	13%
Sodium *2454mg | 245mg | 298mg*	107%	11%	13%
Protein *46g | 4.6g | 6g*	92%	9%	11%
Total Carbohydrate *415g | 42g | 50g*	151%	15%	18%
Dietary Fiber *7g | 0.7g | 0.9g*	26%	2.6%	3.1%
Sugars *218g | 22g | 26g*	435%	44%	53%
Vitamin D *1.3µg | 0.1µg | 0.2µg*	7%	0.7%	0.8%
Calcium *427mg | 43mg | 52mg*	33%	3.3%	4%
Iron *14.7mg | 1.5mg | 1.8mg*	81%	8%	10%
Potassium *649mg | 65mg | 79mg*	14%	1.4%	1.7%

Clam Chowder (p. 202)

Servings 8

Calories	Whole Recipe 2709	Per Serving 339	Per 100g 115
Total Fat *141g | 18g | 6g*	180%	23%	8%
Saturated Fat *84g | 11g | 3.5g*	418%	52%	18%
Cholesterol *568mg | 71mg | 24mg*	189%	24%	8%
Sodium *6055mg | 757mg | 257mg*	263%	33%	11%
Protein *81g | 10g | 3.4g*	162%	20%	7%
Total Carbohydrate *268g | 34g | 11g*	98%	12%	4.1%
Dietary Fiber *18g | 2.2g | 0.7g*	63%	8%	2.7%
Sugars *9g | 1.1g | 0.4g*	18%	2.3%	0.8%
Vitamin D *888µg | 888µg | 888µg*	888%	888%	8888%
Calcium *391mg | 49mg | 17g*	30%	3.8%	1.3%
Iron *23mg | 2.9mg | 1mg*	130%	16%	6%
Potassium *3500mg | 438mg | 148mg*	75%	9%	3.2%

Couscous

Servings 2

Calories	Whole Recipe 1234	Per Serving 617	Per 100g 114
Total Fat *43g | 22g | 4g*	55%	28%	5%
Saturated Fat *18g | 9g | 1.6g*	88%	44%	8%
Cholesterol *64mg | 32mg | 6mg*	21%	11%	2%
Sodium *377mg | 188mg | 35mg*	16%	8%	1.5%
Protein *54g | 27g | 5g*	109%	54%	10%
Total Carbohydrate *153g | 76g | 14g*	56%	28%	5%
Dietary Fiber *15g | 7g | 1.3g*	52%	26%	4.8%
Sugars *14g | 7g | 1.3g*	28%	14%	2.5%
Vitamin D *888µg | 888µg | 888µg*	888%	888%	8888%
Calcium *560mg | 280mg | 52mg*	43%	22%	4%
Iron *9mg | 4.4mg | 0.8mg*	49%	25%	4.5%
Potassium *1783mg | 892mg | 164mg*	38%	19%	3.5%

Cranberry Sauce (p. 253)

Servings 8

Calories	Whole Recipe 1093	Per Serving 137	Per 100g 139
Total Fat *1.3g | 0.2g | 0.2g*	1.7%	0.2%	0.2%
Saturated Fat *0.1g | 0g | 0g*	0.6%	0.1%	0.1%
Cholesterol *0mg | 0mg | 0mg*	0%	0%	0%
Sodium *608mg | 76mg | 78mg*	27%	3.3%	3.4%
Protein *4.3g | 0.5g | 0.5g*	9%	1.1%	1.1%
Total Carbohydrate *273g | 34g | 35g*	99%	12%	13%
Dietary Fiber *14g | 1.8g | 1.8g*	51%	6%	6%
Sugars *238g | 30g | 30g*	475%	59%	60%
Vitamin D *0µg | 0µg | 0µg*	0%	0%	0%
Calcium *81mg | 10mg | 10mg*	6%	0.8%	0.8%
Iron *1.5mg | 0.2mg | 0.2mg*	8.3%	1%	1.1%
Potassium *828mg | 104mg | 106mg*	18%	2.2%	2.2%

Creole Spice Blend (p. 254)

Servings 8

Calories	Whole Recipe 211	Per Serving 26	Per 100g 227
Total Fat *8g | 0.9g | 8g*	10%	1.2%	10%
Saturated Fat *0.7g | 0.1g | 0.8g*	3.7%	0.5%	4%
Cholesterol *0mg | 0mg | 0mg*	0%	0%	0%
Sodium *9377mg | 1172mg | 10,070mg*	408%	51%	434%
Protein *10g | 1.2g | 10g*	19%	2.4%	21%
Total Carbohydrate *38g | 4.7g | 40g*	14%	1.7%	15%
Dietary Fiber *14g | 1.8g | 15g*	50%	6%	54%
Sugars *2.8g | 0.3g | 3g*	6%	0.7%	6%
Vitamin D *0µg | 0µg | 0µg*	0%	0%	0%
Calcium *586mg | 73mg | 629mg*	45%	6%	48%
Iron *28mg | 3.5mg | 30mg*	157%	20%	169%
Potassium *1034mg | 129mg | 1110mg*	22%	2.7%	24%

Croissant Dough (p. 260)

Servings 7

Calories	Whole Recipe 1892	Per Serving 270	Per 100g 356
Total Fat *96g | 14g | 18g*	123%	18%	23%
Saturated Fat *58g | 8g | 11g*	291%	42%	55%
Cholesterol *258g | 37g | 49g*	86%	12%	16%
Sodium *2417mg | 345mg | 455mg*	105%	15%	20%
Protein *41g | 6g | 8g*	81%	12%	15%
Total Carbohydrate *218g | 31g | 41g*	79%	11%	15%
Dietary Fiber *1.9g | 0.3g | 0.4g*	7%	1%	1.3%
Sugars *32g | 5g | 6g*	64%	9%	12%
Vitamin D *0.9µg | 0.1µg | 0.1µg*	4.7%	0.7%	0.9%
Calcium *244mg | 35mg | 46mg*	19%	2.7%	3.5%
Iron *14mg | 2mg | 2.6mg*	76%	11%	14%
Potassium *537mg | 77mg | 101mg*	11%	1.6%	2.2%

Croissants (p. 184)

Servings 7

Calories	Whole Recipe 1959	Per Serving 280	Per 100g 348
Total Fat *101g | 15g | 18g*	130%	19%	23%
Saturated Fat *59g | 8g | 10g*	293%	42%	52%
Cholesterol *260mg | 37mg | 46mg*	87%	12%	15%
Sodium *2424mg | 346mg | 431mg*	105%	15%	19%
Protein *44g | 6g | 8g*	88%	13%	16%
Total Carbohydrate *219g | 31g | 39g*	80%	11%	14%
Dietary Fiber *1.9g | 0.3g | 0.3g*	7%	1%	1.2%
Sugars *33g | 4.7g | 6g*	65%	9%	12%
Vitamin D *1µg | 0.1µg | 0.2µg*	5%	0.7%	0.9%
Calcium *263mg | 38mg | 47mg*	20%	2.9%	3.6%
Iron *14mg | 2mg | 2.4mg*	76%	11%	14%
Potassium *551mg | 79mg | 98mg*	12%	1.7%	2.1%

Croque Monsieurs (p. 213)

Servings 2

Calories	Whole Recipe 1559	Per Serving 779	Per 100g 214
Total Fat *60g | 30g | 8g*	77%	39%	11%
Saturated Fat *34g | 17g | 4.7g*	172%	86%	24%
Cholesterol *235mg | 118mg | 32mg*	78%	39%	11%
Sodium *4328mg | 2164mg | 594mg*	188%	94%	26%
Protein *90g | 45g | 12g*	180%	90%	25%
Total Carbohydrate *155g | 78g | 21g*	56%	28%	8%
Dietary Fiber *10g | 5g | 1.4g*	37%	18%	5%
Sugars *12g | 6g | 1.6g*	23%	12%	3.2%
Vitamin D *2µg | 1µg | 0.3µg*	10%	4.9%	1.4%
Calcium *1146mg | 573mg | 157mg*	88%	44%	12%
Iron *9mg | 4mg | 1.2mg*	48%	24%	7%
Potassium *452mg | 226mg | 62mg*	10%	4.8%	1.3%

Curaçake Spritz (p. 240)

Servings 1

Calories	Whole Recipe 228	Per Serving 228	Per 100g 210
Total Fat *0g | 0g | 0g*	0%	0%	0%
Saturated Fat *0g | 0g | 0g*	0%	0%	0%
Cholesterol *0mg | 0mg | 0mg*	0%	0%	0%
Sodium *1.4mg | 1.4mg | 1.3mg*	0.1%	0.1%	0.1%
Protein *0.3g | 0.3g | 0.3g*	0.6%	0.6%	0.5%
Total Carbohydrate *30g | 30g | 27g*	11%	11%	10%
Dietary Fiber *0g | 0g | 0g*	0%	0%	0%
Sugars *27g | 27g | 25g*	54%	54%	50%
Vitamin D *0µg | 0µg | 0µg*	0%	0%	0%
Calcium *2.8mg | 2.8mg | 2.6mg*	0.2%	0.2%	0.2%
Iron *0.1mg | 0.1mg | 0.1mg*	0.4%	0.4%	0.3%
Potassium *15mg | 15mg | 13mg*	0.3%	0.3%	0.3%

Garlic Mashed Potatoes (p. 185)

Servings 10

Calories	Whole Recipe 1590	Per Serving 159	Per 100g 120
Total Fat *95g | 9g | 7g*	121%	12%	9%
Saturated Fat *59g | 6g | 4.4g*	293%	29%	22%
Cholesterol *266mg | 27mg | 20mg*	89%	9%	7%
Sodium *2766mg | 277mg | 208mg*	120%	12%	9%
Protein *61g | 6g | 4.6g*	123%	12%	9%
Total Carbohydrate *137g | 14g | 10g*	50%	5%	3.7%
Dietary Fiber *26g | 2.6g | 1.9g*	92%	9%	7%
Sugars *8g | 0.8g | 0.6g*	17%	1.7%	1.2%
Vitamin D *1.1µg | 0.1µg | 0.1µg*	6%	0.6%	0.4%
Calcium *1314mg | 131mg | 99mg*	101%	10%	8%
Iron *33mg | 3.3mg | 2.4mg*	181%	18%	14%
Potassium *4309mg | 431mg | 324mg*	92%	9%	7%

Gin Buck (p. 240)

Servings 1

Calories	Whole Recipe 181	Per Serving 181	Per 100g 171
Total Fat *0g | 0g | 0g*	0%	0%	0.1%
Saturated Fat *0g | 0g | 0g*	0%	0%	0%
Cholesterol *0mg | 0mg | 0mg*	0%	0%	0%
Sodium *0.6mg | 0.6mg | 1mg*	0%	0%	0%
Protein *0.1g | 0.1g | 0.1g*	0.2%	0.2%	0.3%
Total Carbohydrate *22g | 22g | 21g*	8%	8%	7%
Dietary Fiber *0.3g | 0.3g | 0.4g*	1%	1%	1.6%
Sugars *21g | 21g | 20g*	42%	42%	39%
Vitamin D *0µg | 0µg | 0µg*	0%	0%	0%
Calcium *2.6mg | 2.6mg | 4.1mg*	0.2%	0.2%	0.3%
Iron *0.2mg | 0.2mg | 0.4mg*	1.4%	1.4%	2.1%
Potassium *15mg | 15mg | 23mg*	0.3%	0.3%	0.5%

Gin Sour (p. 241)

Servings 1

Calories	Whole Recipe 224	Per Serving 224	Per 100g 154
Total Fat *0g | 0g | 0g*	0%	0%	0%
Saturated Fat *0g | 0g | 0g*	0%	0%	0%
Cholesterol *0mg | 0mg | 0mg*	0%	0%	0%
Sodium *71mg | 71mg | 48mg*	3.1%	3.1%	2.1%
Protein *4.6g | 4.6g | 3.2g*	9%	9%	6%
Total Carbohydrate *19g | 19g | 13g*	7%	7%	4.9%
Dietary Fiber *0.3g | 0.3g | 0.2g*	1%	1%	0.7%
Sugars *18g | 18g | 12g*	36%	36%	25%
Vitamin D *0µg | 0µg | 0µg*	0%	0%	0%
Calcium *6mg | 6mg | 3.8mg*	0.4%	0.4%	0.3%
Iron *0.4mg | 0.4mg | 0.3mg*	2%	2%	1.4%
Potassium *83mg | 83mg | 57mg*	1.8%	1.8%	1.2%

Gong Bao Chicken (p. 214)

Servings 4

Calories	Whole Recipe 2134	Per Serving 533	Per 100g 214
Total Fat *138g | 34g | 14g*	177%	44%	18%
Saturated Fat *20g | 4.9g | 2g*	99%	25%	10%
Cholesterol *550mg | 138mg | 55mg*	183%	46%	18%
Sodium *3666mg | 916mg | 367mg*	159%	40%	16%
Protein *129g | 32g | 13g*	257%	64%	26%
Total Carbohydrate *98g | 24g | 10g*	35%	9%	3.5%
Dietary Fiber *8g | 2g | 0.8g*	28%	7%	2.8%
Sugars *36g | 9g | 3.6g*	71%	18%	7%
Vitamin D *0µg | 0µg | 0µg*	0%	0%	0%
Calcium *43mg | 11mg | 4.3mg*	3.3%	0.8%	0.3%
Iron *4.4mg | 1.1mg | 0.4mg*	24%	6%	2.4%
Potassium *2022mg | 505mg | 202mg*	43%	11%	4.3%

Gorgonzola Gnocchi (p. 215)

Servings 4

Calories	Whole Recipe 1982	Per Serving 496	Per 100g 166
Total Fat *78g | 20g | 7g*	100%	25%	8%
Saturated Fat *49g | 12g | 4.1g*	245%	61%	21%
Cholesterol *221mg | 55mg | 19mg*	74%	18%	6%
Sodium *1691mg | 423mg | 142mg*	74%	18%	6%
Protein *67g | 17g | 6g*	133%	33%	11%
Total Carbohydrate *259g | 65g | 22g*	94%	24%	8%
Dietary Fiber *18g | 4.4g | 1.5g*	63%	16%	5%
Sugars *12g | 2.9g | 1g*	23%	6%	1.9%
Vitamin D *1.4µg | 0.4µg | 0.1µg*	7%	1.8%	0.6%
Calcium *845mg | 211mg | 71mg*	65%	16%	6%
Iron *33mg | 8mg | 2.8mg*	183%	46%	15%
Potassium *3227mg | 807mg | 271mg*	69%	17%	6%

Gougères (p. 192)

Servings 12

Calories	Whole Recipe 1808	Per Serving 151	Per 100g 228
Total Fat *123g | 10g | 16g*	158%	13%	20%
Saturated Fat *64g | 5g | 8g*	320%	27%	40%
Cholesterol *1100mg | 92mg | 139mg*	367%	31%	46%
Sodium *2192mg | 183mg | 277mg*	95%	8%	12%
Protein *81g | 7g | 10g*	163%	14%	21%
Total Carbohydrate *93g | 8g | 12g*	34%	2.8%	4.2%
Dietary Fiber *1g | 0.1g | 0.1g*	3.5%	0.3%	0.4%
Sugars *0g | 0g | 0g*	0.1%	0%	0%
Vitamin D *6.5µg | 0.5µg | 0.8µg*	32%	2.7%	4.1%
Calcium *1007mg | 84mg | 127mg*	78%	7%	10%
Iron *11mg | 0.9mg | 1.3mg*	59%	4.9%	8%
Potassium *507mg | 42mg | 64mg*	11%	0.9%	1.4%

Gruyère Risotto (p. 216)

Servings 6

Calories	Whole Recipe 2814	Per Serving 469	Per 100g 165
Total Fat *98g | 16g | 6g*	126%	21%	7%
Saturated Fat *59g | 10g | 3.5g*	296%	49%	17%
Cholesterol *267mg | 45mg | 16mg*	89%	15%	5%
Sodium *3611mg | 602mg | 211mg*	157%	26%	9%
Protein *67g | 11g | 3.9g*	135%	22%	8%
Total Carbohydrate *374g | 62g | 22g*	136%	23%	8%
Dietary Fiber *14g | 2.4g | 0.8g*	51%	9%	3%
Sugars *97g | 16g | 6g*	194%	32%	11%
Vitamin D *0.9µg | 0.1µg | 0.1µg*	4.4%	0.7%	0.3%
Calcium *1012mg | 169mg | 59mg*	78%	13%	4.6%
Iron *7mg | 1.1mg | 0.4mg*	36%	6%	2.1%
Potassium *610mg | 102mg | 36mg*	13%	2.2%	0.8%

Gyoza (p. 193)

Servings 10

Calories	Whole Recipe 2260	Per Serving 226	Per 100g 227
Total Fat *131g | 13g | 13g*	168%	17%	17%
Saturated Fat *21g | 2.1g | 2.1g*	104%	10%	10%
Cholesterol *188mg | 19mg | 19mg*	63%	6%	6%
Sodium *3339mg | 334mg | 335mg*	145%	15%	15%
Protein *92g | 9g | 9g*	184%	18%	18%
Total Carbohydrate *182g | 18g | 18g*	66%	7%	7%
Dietary Fiber *12g | 1.2g | 1.2g*	44%	4.4%	4.4%
Sugars *15g | 1.5g | 1.5g*	30%	3%	3%
Vitamin D *0µg | 0µg | 0µg*	0%	0%	0%
Calcium *166mg | 17mg | 17mg*	13%	1.3%	1.3%
Iron *7mg | 0.7mg | 0.7mg*	39%	3.9%	3.9%
Potassium *1882mg | 188mg | 189mg*	40%	4%	4%

Habañero Salsa (p. 254)

Servings 10

Calories	Whole Recipe 292	Per Serving 29	Per 100g 40
Total Fat *2.5g | 0.3g | 0.4g*	3.3%	0.3%	0.4%
Saturated Fat *0.1g | 0g | 0g*	0.7%	0.1%	0.1%
Cholesterol *0mg | 0mg | 0mg*	0%	0%	0%
Sodium *2975mg | 298mg | 410mg*	129%	13%	18%
Protein *10g | 1g | 1.4g*	21%	2.1%	2.9%
Total Carbohydrate *60g | 6g | 8g*	22%	2.2%	3%
Dietary Fiber *14g | 1.4g | 1.9g*	49%	4.9%	7%
Sugars *11g | 1.1g | 1.6g*	23%	2.3%	3.1%
Vitamin D *888µg | 888µg | 888µg*	888%	888%	8888%
Calcium *157mg | 16mg | 22mg*	12%	1.2%	1.7%
Iron *12mg | 1.2mg | 1.6mg*	66%	7%	9%
Potassium *2070mg | 207mg | 285mg*	44%	4.4%	6%

Hot & Sour Soup (p. 203)

Servings 12

Calories	Whole Recipe 2994	Per Serving 250	Per 100g 69
Total Fat *65g | 5g | 1.5g*	83%	7%	1.9%
Saturated Fat *15g | 1.3g | 0.4g*	77%	6%	1.8%
Cholesterol *1307mg | 109mg | 30mg*	436%	36%	10%
Sodium *15,426mg | 1286mg | 355mg*	671%	56%	16%
Protein *220g | 18g | 5g*	441%	37%	10%
Total Carbohydrate *371g | 31g | 9g*	135%	11%	3%
Dietary Fiber *56g | 4.7g | 1.3g*	201%	17%	4.6%
Sugars *153g | 13g | 3.5g*	306%	26%	7%
Vitamin D *10µg | 0.8µg | 0.2µg*	48%	4%	1.1%
Calcium *1123mg | 94mg | 26mg*	86%	7%	2%
Iron *30mg | 2.5mg | 0.7mg*	165%	14%	3.8%
Potassium *3093mg | 258mg | 71mg*	66%	6%	1.5%

Ice Cream (p. 248)

Servings 12

Calories	Whole Recipe 5696	Per Serving 475	Per 100g 331
Total Fat *360g | 30g | 21g*	462%	39%	27%
Saturated Fat *163g | 14g | 9g*	814%	68%	47%
Cholesterol *660mg | 56mg | 39mg*	222%	19%	13%
Sodium *2828mg | 236mg | 164mg*	123%	10%	7%
Protein *94g | 8g | 5g*	187%	16%	11%
Total Carbohydrate *511g | 43g | 30g*	186%	16%	11%
Dietary Fiber *16g | 1.3g | 0.9g*	55%	4.6%	3.2%
Sugars *441g | 37g | 26g*	882%	74%	51%
Vitamin D *2.8µg | 0.2µg | 0.2µg*	14%	1.2%	0.8%
Calcium *871mg | 73mg | 51mg*	67%	6%	3.9%
Iron *3.1mg | 0.3mg | 0.2mg*	17%	1.4%	1%
Potassium *1119mg | 93mg | 65mg*	24%	2%	1.4%

Jalapeño Poppers (p. 185)

Servings 8

Calories	Whole Recipe 1161	Per Serving 145	Per 100g 213
Total Fat *78g | 10g | 14g*	99%	12%	18%
Saturated Fat *45g | 6g | 8g*	223%	28%	41%
Cholesterol *414mg | 52mg | 76mg*	138%	17%	25%
Sodium *2743mg | 343mg | 503mg*	119%	15%	22%
Protein *50g | 6g | 9g*	100%	13%	18%
Total Carbohydrate *73g | 9g | 14g*	27%	3.3%	4.9%
Dietary Fiber *3.5g | 0.4g | 0.6g*	13%	1.6%	2.3%
Sugars *10g | 1.3g | 1.9g*	20%	2.5%	3.7%
Vitamin D *1.4µg | 0.2µg | 0.3µg*	7%	0.9%	1.3%
Calcium *749mg | 94mg | 137mg*	58%	7%	11%
Iron *5mg | 0.6mg | 0.9mg*	29%	3.6%	5%
Potassium *669mg | 84mg | 123mg*	14%	1.8%	2.6%

Jambalaya (p. 217)

Servings 8

Calories	Whole Recipe 3218	Per Serving 402	Per 100g 113
Total Fat *64g | 8g | 2.3g*	82%	10%	2.9%
Saturated Fat *20g | 2.5g | 0.7g*	98%	12%	3.4%
Cholesterol *1330mg | 166mg | 47mg*	443%	55%	16%
Sodium *7912mg | 989mg | 277mg*	344%	43%	12%
Protein *273g | 34g | 10g*	546%	68%	19%
Total Carbohydrate *385g | 48g | 14g*	140%	18%	4.9%
Dietary Fiber *26g | 3.3g | 0.9g*	93%	12%	3.3%
Sugars *26g | 3.3g | 0.9g*	52%	7%	1.8%
Vitamin D *0µg | 0µg | 0µg*	0%	0%	0%
Calcium *915mg | 114mg | 32mg*	70%	9%	2.5%
Iron *27mg | 3.4mg | 0.9mg*	151%	19%	5%
Potassium *6499mg | 812mg | 228mg*	138%	17%	4.8%

Key Lime Cheesecake (p. 249)

Servings 12

Calories	Whole Recipe 3401	Per Serving 283	Per 100g 354
Total Fat *165g | 14g | 22g*	212%	18%	22%
Saturated Fat *87g | 7g | 9g*	433%	36%	45%
Cholesterol *404mg | 34mg | 42mg*	135%	11%	14%
Sodium *2548mg | 212mg | 265mg*	111%	9%	12%
Protein *59g | 4.9g | 6g*	117%	10%	12%
Total Carbohydrate *420g | 35g | 44g*	153%	13%	16%
Dietary Fiber *9g | 0.8g | 0.9g*	32%	2.7%	3.4%
Sugars *321g | 27g | 33g*	642%	54%	67%
Vitamin D *0µg | 0µg | 0µg*	0%	0%	0%
Calcium *1642mg | 137mg | 171mg*	126%	11%	13%
Iron *5mg | 0.4mg | 0.6mg*	29%	2.4%	3.1%
Potassium *142mg | 12mg | 15mg*	3%	0.3%	0.3%

Kinoko Bacon (p. 186)

Servings 4

Calories	Whole Recipe 1527	Per Serving 382	Per 100g 222
Total Fat *134g | 34g | 20g*	172%	43%	25%
Saturated Fat *46g | 11g | 7g*	227%	57%	33%
Cholesterol *238mg | 59mg | 35mg*	79%	20%	12%
Sodium *2731mg | 683mg | 397mg*	119%	30%	17%
Protein *57g | 14g | 8g*	115%	29%	17%
Total Carbohydrate *22g | 6g | 3.2g*	8%	2%	1.2%
Dietary Fiber *8g | 2g | 1.2g*	29%	7%	4.2%
Sugars *4.8g | 1.2g | 0.7g*	10%	2.4%	1.4%
Vitamin D *1.7µg | 0.4µg | 0.2µg*	8%	2.1%	1.2%
Calcium *55mg | 14mg | 8mg*	4.3%	1.1%	0.6%
Iron *4.1mg | 1mg | 0.6mg*	23%	6%	3.3%
Potassium *1842mg | 461mg | 268mg*	39%	10%	6%

Kushikatsu (p. 194)

Servings 4

Calories	Whole Recipe 1971	Per Serving 493	Per 100g 145
Total Fat *77g | 19g | 6g*	99%	25%	7%
Saturated Fat *17g | 4.3g | 1.3g*	85%	21%	6%
Cholesterol *429mg | 107mg | 32mg*	143%	36%	11%
Sodium *2201mg | 550mg | 162mg*	96%	24%	7%
Protein *133g | 33g | 10g*	265%	66%	20%
Total Carbohydrate *193g | 48g | 14g*	70%	18%	5%
Dietary Fiber *8g | 1.9g | 0.6g*	27%	7%	2%
Sugars *34g | 9g | 2.5g*	69%	17%	5%
Vitamin D *1.4µg | 0.4µg | 0.1µg*	7%	1.8%	0.5%
Calcium *768mg | 192mg | 57mg*	59%	15%	4.4%
Iron *15mg | 3.8mg | 1.1mg*	84%	21%	6%
Potassium *2521mg | 630mg | 186mg*	54%	13%	3.9%

Kushikatsu Sauce (p. 255)

Servings 12

Calories	Whole Recipe 367	Per Serving 31	Per 100g 91
Total Fat *0.4g | 0g | 0.1g*	0.5%	0%	0.1%
Saturated Fat *0g | 0g | 0g*	0.1%	0%	0%
Cholesterol *0mg | 0mg | 0mg*	0%	0%	0%
Sodium *5135mg | 428mg | 1276mg*	223%	19%	56%
Protein *3g | 0.2g | 0.7g*	6%	0.5%	1.5%
Total Carbohydrate *88g | 7g | 22g*	32%	2.7%	8%
Dietary Fiber *0.3g | 0g | 0.1g*	1%	0.1%	0.2%
Sugars *64g | 5g | 16g*	125%	10%	31%
Vitamin D *0µg | 0µg | 0µg*	0%	0%	0%
Calcium *205mg | 17mg | 51mg*	16%	1.3%	3.9%
Iron *10mg | 0.8mg | 2.5mg*	55%	4.6%	14%
Potassium *1679mg | 140mg | 417mg*	36%	3%	9%

Lasagne alla Bolognese (p. 218)

Servings 8

Calories	Whole Recipe 6357	Per Serving 795	Per 100g 165
Total Fat *322g | 40g | 8g*	412%	52%	11%
Saturated Fat *110g | 14g | 2.9g*	552%	69%	14%
Cholesterol *889mg | 111mg | 23mg*	296%	37%	8%
Sodium *8049mg | 1006mg | 209mg*	350%	44%	9%
Protein *315g | 39g | 8g*	629%	79%	16%
Total Carbohydrate *455g | 57g | 12g*	166%	21%	4%
Dietary Fiber *45g | 6g | 1.2g*	160%	20%	4.1%
Sugars *77g | 10g | 2g*	154%	19%	4%
Vitamin D *1.1µg | 0.1µg | 0µg*	5%	0.7%	0.1%
Calcium *2955mg | 369mg | 77mg*	227%	28%	6%
Iron *34mg | 4.3mg | 0.9mg*	191%	24%	4.9%
Potassium *9021mg | 1128mg | 234mg*	192%	24%	5%

Lava Cakes (p. 250)

Servings 6

Calories	Whole Recipe 2496	Per Serving 416	Per 100g 441
Total Fat *122g | 20g | 22g*	156%	26%	28%
Saturated Fat *67g | 11g | 12g*	333%	56%	59%
Cholesterol *291mg | 49mg | 51mg*	97%	16%	17%
Sodium *1016mg | 169mg | 179mg*	44%	7%	8%
Protein *29g | 4.9g | 5g*	59%	10%	10%
Total Carbohydrate *313g | 52g | 55g*	114%	19%	20%
Dietary Fiber *0g | 0g | 0g*	0%	0%	0%
Sugars *252g | 42g | 44g*	503%	84%	89%
Vitamin D *0µg | 0µg | 0µg*	0%	0%	0%
Calcium *497mg | 83mg | 88mg*	38%	6%	7%
Iron *5mg | 0.8mg | 0.9mg*	28%	4.7%	5%
Potassium *852mg | 142mg | 150mg*	18%	3%	3.2%

Lemon Basil Sorbet (p. 251)

Servings 12

Calories	Whole Recipe 1314	Per Serving 110	Per 100g 108
Total Fat *2.4g | 0.2g | 0.2g*	3%	0.3%	0.2%
Saturated Fat *0.2g | 0g | 0g*	1%	0.1%	0.1%
Cholesterol *0mg | 0mg | 0mg*	0%	0%	0%
Sodium *592mg | 49mg | 49mg*	26%	2.1%	2.1%
Protein *3.2g | 0.3g | 0.3g*	6%	0.5%	0.5%
Total Carbohydrate *331g | 28g | 27g*	120%	10%	10%
Dietary Fiber *2.2g | 0.2g | 0.2g*	8%	0.6%	0.6%
Sugars *311g | 26g | 26g*	622%	52%	51%
Vitamin D *0µg | 0µg | 0µg*	0%	0%	0%
Calcium *119mg | 10mg | 10mg*	9%	0.8%	0.8%
Iron *2.1mg | 0.2mg | 0.2mg*	12%	1%	1%
Potassium *617mg | 51mg | 51mg*	13%	1.1%	1.1%

Makrut-Infused Rice (p. 186)

Servings 4

Calories	Whole Recipe 1184	Per Serving 296	Per 100g 122
Total Fat *1.8g | 0.4g | 0.2g*	2.3%	0.6%	0.2%
Saturated Fat *0.4g | 0.1g | 0g*	1.8%	0.4%	0.2%
Cholesterol *0mg | 0mg | 0mg*	0%	0%	0%
Sodium *22mg | 6mg | 2.3mg*	1%	0.2%	0.1%
Protein *22g | 5g | 2.2g*	44%	11%	4.5%
Total Carbohydrate *261g | 65g | 27g*	95%	65%	27%
Dietary Fiber *9g | 2.2g | 0.9g*	32%	8%	3.3%
Sugars *0g | 0g | 0g*	0%	0%	0%
Vitamin D *0µg | 0µg | 0µg*	0%	0%	0%
Calcium *35mg | 9mg | 3.6mg*	2.7%	0.7%	0.3%
Iron *5mg | 1.3mg | 0.5mg*	28%	7%	2.9%
Potassium *246mg | 62mg | 25mg*	5%	1.3%	0.5%

Marinara Sauce (p. 255)

Servings 6

Calories	Whole Recipe 603	Per Serving 101	Per 100g 81
Total Fat *47g | 8g | 6g*	60%	10%	8%
Saturated Fat *6.7g | 1.1g | 0.9g*	34%	6%	4.5%
Cholesterol *0mg | 0mg | 0mg*	0%	0%	0%
Sodium *1581mg | 264mg | 213mg*	69%	12%	9%
Protein *1.5g | 0.3g | 0.2g*	3%	0.5%	0.4%
Total Carbohydrate *41g | 7g | 6g*	15%	2.5%	2%
Dietary Fiber *8g | 1.4g | 1.1g*	30%	5%	4%
Sugars *20g | 3.3g | 2.7g*	40%	7%	5%
Vitamin D *0µg | 0µg | 0µg*	0%	0%	0%
Calcium *119mg | 20mg | 16mg*	9%	1.5%	1.2%
Iron *0.5mg | 0.1mg | 0.1mg*	2.9%	0.5%	0.4%
Potassium *749mg | 125mg | 101mg*	16%	2.7%	2.1%

Mentsuyu (p. 256)

Servings 10

Calories	Whole Recipe 968	Per Serving 97	Per 100g 196
Total Fat *0.3g | 0g | 0.1g*	0.4%	0%	0.1%
Saturated Fat *0.1g | 0g | 0g*	0.3%	0%	0.1%
Cholesterol *0mg | 0mg | 0mg*	0%	0%	0%
Sodium *14,440mg | 1444mg | 2919mg*	628%	63%	127%
Protein *22g | 2.2g | 4.3g*	43%	4.3%	9%
Total Carbohydrate *152g | 15g | 31g*	55%	6%	11%
Dietary Fiber *0mg | 0mg | 0mg*	0%	0%	0%
Sugars *67g | 7g | 14g*	133%	13%	27%
Vitamin D *0µg | 0µg | 0µg*	0%	0%	0%
Calcium *5mg | 0.5mg | 1mg*	0.4%	0%	0.1%
Iron *0.1mg | 0mg | 0mg*	0.6%	0.1%	0.1%
Potassium *25mg | 2.5mg | 5mg*	0.5%	0.1%	0.1%

Miso Soup (p. 198)

Servings 2

Calories	Whole Recipe 152	Per Serving 76	Per 100g 28
Total Fat *5g | 2.5g | 0.9g*	6%	3.2%	1.2%
Saturated Fat *0.8g | 0.4g | 0.2g*	4.2%	2.1%	0.8%
Cholesterol *2.5mg | 1.2mg | 0.5mg*	0.8%	0.4%	0.2%
Sodium *1453mg | 726mg | 272mg*	63%	32%	12%
Protein *14g | 7g | 2.7g*	28%	14%	5%
Total Carbohydrate *13g | 7g | 2.4g*	4.7%	2.4%	0.9%
Dietary Fiber *3.5g | 1.7g | 0.6g*	3.5%	1.7%	0.6%
Sugars *3.9g | 2g | 0.7g*	8%	3.9%	1.5%
Vitamin D *0µg | 0µg | 0µg*	0%	0%	0%
Calcium *151mg | 75mg | 28mg*	12%	6%	2.2%
Iron *3.1mg | 1.6mg | 0.6mg*	17%	9%	3.2%
Potassium *292mg | 146mg | 55mg*	6%	3.1%	1.2%

Mojito (p. 241)

Servings 1

Calories	Whole Recipe 171	Per Serving 171	Per 100g 194
Total Fat *0.1g | 0.1g | 0.1g*	0.1%	0.1%	0.1%
Saturated Fat *0g | 0g | 0g*	0%	0%	0%
Cholesterol *0mg | 0mg | 0mg*	0%	0%	0%
Sodium *0.8mg | 0.8mg | 0.9mg*	0%	0%	0%
Protein *0.1g | 0.1g | 0.1g*	0.1%	0.1%	0.2%
Total Carbohydrate *10g | 10g | 12g*	3.7%	3.7%	4.2%
Dietary Fiber *0.1g | 0.1g | 0.1g*	0.2%	0.2%	0.3%
Sugars *9g | 9g | 11g*	19%	19%	21%
Vitamin D *0µg | 0µg | 0µg*	0%	0%	0%
Calcium *1.3mg | 1.3mg | 1.4mg*	0.1%	0.1%	0.1%
Iron *0mg | 0mg | 0mg*	0.2%	0.2%	0.2%
Potassium *23mg | 23mg | 25mg*	0.5%	0.5%	0.5%

Moliterno Mac (p. 219)

Servings 3

Calories	Whole Recipe 1571	Per Serving 523	Per 100g 280
Total Fat *68g | 23g | 12g*	88%	29%	16%
Saturated Fat *38g | 13g | 7g*	189%	63%	34%
Cholesterol *199mg | 66mg | 35mg*	66%	22%	12%
Sodium *4227mg | 1409mg | 754mg*	184%	61%	33%
Protein *65g | 22g | 12g*	130%	43%	23%
Total Carbohydrate *176g | 59g | 31g*	64%	21%	11%
Dietary Fiber *9g | 2.8g | 1.5g*	30%	10%	5%
Sugars *16g | 6g | 2.9g*	33%	11%	6%
Vitamin D *1.3µg | 0.4µg | 0.2µg*	6%	2.1%	1.2%
Calcium *1127mg | 376mg | 201mg*	87%	29%	16%
Iron *1.9mg | 0.6mg | 0.3mg*	11%	3.5%	1.9%
Potassium *302mg | 101mg | 54mg*	6%	2.1%	1.1%

Mornay Sauce (p. 256)

Servings 2

Calories	Whole Recipe 620	Per Serving 310	Per 100g 189
Total Fat *44g | 22g | 13g*	44%	22%	13%
Saturated Fat *26g | 13g | 8g*	131%	65%	40%
Cholesterol *134mg | 67mg | 41mg*	45%	22%	14%
Sodium *879mg | 440mg | 268mg*	38%	19%	12%
Protein *29g | 14g | 9g*	57%	29%	17%
Total Carbohydrate *31g | 15g | 9g*	11%	6%	3.4%
Dietary Fiber *1.4g | 0.7g | 0.4g*	4.9%	2.4%	1.5%
Sugars *12g | 6g | 3.5g*	23%	12%	7%
Vitamin D *2µg | 1µg | 0.6µg*	10%	5%	3%
Calcium *768mg | 384mg | 234mg*	59%	30%	18%
Iron *1.6mg | 0.8mg | 0.5mg*	9%	4.4%	2.7%
Potassium *315mg | 158mg | 96mg*	7%	3.4%	2%

Mushroom Risotto (p. 220)

Servings 6

Calories	Whole Recipe 3873	Per Serving 646	Per 100g 152
Total Fat *209g | 35g | 8g*	268%	45%	11%
Saturated Fat *80g | 13g | 3.1g*	399%	67%	16%
Cholesterol *307mg | 51mg | 12mg*	102%	17%	4%
Sodium *5320mg | 887mg | 209mg*	231%	39%	9%
Protein *115g | 19g | 4.5g*	229%	38%	9%
Total Carbohydrate *340g | 57g | 13g*	124%	21%	4.9%
Dietary Fiber *30g | 5g | 1.2g*	109%	18%	4.3%
Sugars *34g | 6g | 1.3g*	67%	11%	2.6%
Vitamin D *0.3µg | 0.1µg | 0µg*	1.7%	0.3%	0.1%
Calcium *1754mg | 292mg | 69mg*	135%	23%	5%
Iron *13mg | 2.1mg | 0.5mg*	69%	12%	2.7%
Potassium *4560mg | 760mg | 179mg*	97%	16%	3.8%

New York Steak (p. 221)

Servings 6

Calories	Whole Recipe 4361	Per Serving 727	Per 100g 235
Total Fat *310g | 52g | 17g*	397%	66%	21%
Saturated Fat *140g | 23g | 8g*	699%	117%	38%
Cholesterol *2060mg | 343mg | 111mg*	687%	114%	37%
Sodium *7986mg | 1331mg | 430mg*	347%	58%	19%
Protein *356g | 59g | 19g*	712%	119%	38%
Total Carbohydrate *18g | 3g | 1g*	7%	1.1%	0.4%
Dietary Fiber *1.8g | 0.3g | 0.1g*	6%	1.1%	0.3%
Sugars *0g | 0g | 0g*	0.1%	0%	0%
Vitamin D *0.2µg | 0µg | 0µg*	1.1%	0.2%	0.1%
Calcium *118mg | 20mg | 6mg*	9%	1.5%	0.5%
Iron *27mg | 4.4mg | 1.4mg*	148%	25%	8%
Potassium *805mg | 134mg | 43mg*	17%	2.9%	0.9%

Okayu (p. 187)

Servings 2

Calories	Whole Recipe 296	Per Serving 148	Per 100g 48
Total Fat *0.4g | 0.2g | 0.1g*	0.6%	0.3%	0.1%
Saturated Fat *0.1g | 0g | 0g*	0.4%	0.2%	0.1%
Cholesterol *0mg | 0mg | 0mg*	0%	0%	0%
Sodium *1746mg | 873mg | 280mg*	76%	38%	12%
Protein *5g | 2.7g | 0.9g*	11%	5%	1.7%
Total Carbohydrate *65g | 33g | 11g*	24%	12%	3.8%
Dietary Fiber *2.2g | 1.1g | 0.4g*	8%	4%	1.3%
Sugars *0g | 0g | 0g*	0%	0%	0%
Vitamin D *0µg | 0µg | 0µg*	0%	0%	0%
Calcium *9mg | 4.4mg | 1.4mg*	0.7%	0.3%	0.1%
Iron *1.3mg | 0.6mg | 0.2mg*	7%	3.6%	1.1%
Potassium *62mg | 31mg | 10mg*	1.3%	0.7%	0.2%

Okonomiyaki (p. 222)

Servings 4

Calories	Whole Recipe 2527	Per Serving 632	Per 100g 172
Total Fat *148g | 37g | 10g*	190%	47%	13%
Saturated Fat *30g | 8g | 2.1g*	152%	38%	10%
Cholesterol *428mg | 107mg | 29mg*	143%	36%	10%
Sodium *2595mg | 649mg | 177mg*	113%	28%	8%
Protein *102g | 25g | 7g*	203%	51%	14%
Total Carbohydrate *199g | 50g | 14g*	72%	18%	4.9%
Dietary Fiber *12g | 3g | 0.8g*	43%	11%	2.9%
Sugars *11g | 2.8g | 0.8g*	22%	6%	1.5%
Vitamin D *1.5µg | 0.4µg | 0.1µg*	7%	1.8%	0.5%
Calcium *495mg | 124mg | 34mg*	38%	10%	2.6%
Iron *23mg | 6mg | 1.6mg*	127%	32%	9%
Potassium *2278mg | 570mg | 155mg*	49%	12%	3.3%

Onigiri (p. 195)

Servings 3

Calories	Whole Recipe 1280	Per Serving 427	Per 100g 331
Total Fat *6g | 1.9g | 1.4g*	7%	2.4%	1.8%
Saturated Fat *1g | 0.3g | 0.3g*	5%	1.7%	1.3%
Cholesterol *38mg | 13mg | 10mg*	13%	4.2%	3.3%
Sodium *2126mg | 709mg | 549mg*	92%	31%	24%
Protein *28g | 9g | 7g*	56%	19%	14%
Total Carbohydrate *270g | 90g | 70g*	98%	33%	25%
Dietary Fiber *11g | 3.7g | 2.9g*	40%	13%	10%
Sugars *4g | 1.3g | 1g*	8%	2.7%	2%
Vitamin D *0.3µg | 0.1µg | 0.1µg*	1.4%	0.5%	0.4%
Calcium *57mg | 19mg | 15mg*	4.4%	1.5%	1.1%
Iron *6mg | 2.1mg | 1.6mg*	34%	12%	9%
Potassium *348mg | 116mg | 90mg*	7%	2.5%	1.9%

Oyakodon (p. 223)

Servings 2

Calories	Whole Recipe 1591	Per Serving 796	Per 100g 152
Total Fat *52g | 26g | 5g*	67%	33%	6%
Saturated Fat *13g | 7g | 1.3g*	67%	33%	6%
Cholesterol *1165mg | 583mg | 111mg*	388%	194%	37%
Sodium *2067mg | 1034mg | 198mg*	90%	45%	9%
Protein *109g | 55g | 10g*	219%	109%	21%
Total Carbohydrate *164g | 82g | 16g*	60%	30%	6%
Dietary Fiber *9g | 4.3g | 0.8g*	31%	16%	3%
Sugars *13g | 7g | 1.3g*	27%	13%	2.6%
Vitamin D *6µg | 3µg | 0.6µg*	30%	15%	2.9%
Calcium *175mg | 87mg | 17mg*	13%	7%	1.3%
Iron *9mg | 4.7mg | 0.9mg*	52%	26%	5%
Potassium *1834mg | 917mg | 175mg*	39%	20%	3.7%

Pad See Ew (p. 224)

Servings 2

	Whole Recipe	Per Serving	Per 100g
Calories	**1439**	**720**	**192**
Total Fat *67g | 34g | 9g*	86%	43%	12%
Saturated Fat *8.3g | 4.2g | 1.1g*	42%	21%	6%
Cholesterol *422mg | 211mg | 56mg*	141%	70%	19%
Sodium *3967mg | 1983mg | 528mg*	173%	86%	23%
Protein *47g | 24g | 6g*	95%	47%	13%
Total Carbohydrate *170g | 85g | 23g*	62%	31%	8%
Dietary Fiber *10g | 4.8g | 1.3g*	34%	17%	4.6%
Sugars *37g | 19g | 5g*	74%	37%	10%
Vitamin D *2.8µg | 1.4µg | 0.4µg*	14%	7%	1.9%
Calcium *596mg | 298mg | 79mg*	46%	23%	6%
Iron *7.5mg | 3.7mg | 1mg*	42%	21%	6%
Potassium *1036mg | 518mg | 138mg*	22%	11%	2.9%

Paella (p. 225)

Servings 6

	Whole Recipe	Per Serving	Per 100g
Calories	**2988**	**498**	**117**
Total Fat *108g | 18g | 4.2g*	138%	23%	5%
Saturated Fat *22g | 3.6g | 0.8g*	109%	18%	4.2%
Cholesterol *570mg | 95mg | 22mg*	190%	32%	7%
Sodium *6433mg | 1072mg | 251mg*	280%	47%	11%
Protein *125g | 21g | 4.9g*	251%	42%	10%
Total Carbohydrate *382g | 64g | 15g*	139%	23%	5%
Dietary Fiber *18g | 2.9g | 0.7g*	63%	11%	2.5%
Sugars *13g | 2.1g | 0.5g*	25%	4.2%	1%
Vitamin D *1.5µg | 0.3µg | 0.1µg*	8%	1.3%	0.3%
Calcium *211mg | 35mg | 8mg*	16%	2.1%	0.6%
Iron *13mg | 2.1mg | 0.5mg*	69%	12%	2.7%
Potassium *2120mg | 353mg | 83mg*	45%	8%	1.8%

Phroaigurkey (p. 226)

Servings 20

	Whole Recipe	Per Serving	Per 100g
Calories	**13,751**	**688**	**141**
Total Fat *535g | 27g | 6g*	686%	34%	7%
Saturated Fat *106g | 5g | 2.1g*	532%	27%	5%
Cholesterol *6338mg | 317mg | 65mg*	2113%	106%	22%
Sodium *17,946mg | 897mg | 183mg*	780%	39%	8%
Protein *1955g | 98g | 20g*	3910%	196%	40%
Total Carbohydrate *28g | 1.4g | 0.3g*	10%	0.5%	0.1%
Dietary Fiber *17g | 0.9g | 0.2g*	62%	3.1%	0.6%
Sugars *0.7g | 0g | 0g*	1.4%	0.1%	0%
Vitamin D *0µg | 0µg | 0µg*	0%	0%	0%
Calcium *2925mg | 146mg | 30mg*	225%	11%	2.3%
Iron *74mg | 3.7mg | 0.8mg*	412%	21%	4.2%
Potassium *500mg | 25mg | 5mg*	11%	0.5%	0.1%

Phroaigurkey Gravy (p. 227)

Servings 20

	Whole Recipe	Per Serving	Per 100g
Calories	**1353**	**68**	**52**
Total Fat *92g | 4.6g | 3.6g*	118%	6%	4.6%
Saturated Fat *58g | 2.9g | 2.2g*	288%	14%	11%
Cholesterol *246mg | 12mg | 10mg*	82%	4.1%	3.2%
Sodium *7145mg | 357mg | 277mg*	311%	16%	12%
Protein *40g | 2g | 1.5g*	80%	4%	3.1%
Total Carbohydrate *97g | 4.8g | 3.7g*	35%	1.8%	1.4%
Dietary Fiber *0g | 0g | 0g*	0%	0%	0%
Sugars *13g | 0.6g | 0.5g*	25%	1.3%	1%
Vitamin D *0µg | 0µg | 0µg*	0%	0%	0%
Calcium *24mg | 1.2mg | 0.9mg*	1.9%	0.1%	0.1%
Iron *6mg | 0.3mg | 0.2mg*	35%	1.7%	1.3%
Potassium *155mg | 8mg | 6mg*	3.3%	0.2%	0.1%

Pisco Sour (p. 242)

Servings 1

	Whole Recipe	Per Serving	Per 100g
Calories	**281**	**281**	**157**
Total Fat *0.1g | 0.1g | 0.1g*	0.1%	0.1%	0.1%
Saturated Fat *0g | 0g | 0g*	0.1%	0.1%	0%
Cholesterol *0mg | 0mg | 0mg*	0%	0%	0%
Sodium *71mg | 71mg | 40mg*	3.1%	3.1%	1.7%
Protein *4.7g | 4.7g | 2.6g*	9%	9%	5%
Total Carbohydrate *17g | 17g | 10g*	6%	6%	3.5%
Dietary Fiber *0.4g | 0.4g | 0.2g*	1.3%	1.3%	0.7%
Sugars *15g | 15g | 8g*	29%	29%	16%
Vitamin D *0µg | 0µg | 0µg*	0%	0%	0%
Calcium *8mg | 8mg | 4.4mg*	0.6%	0.6%	0.3%
Iron *0.1mg | 0.1mg | 0.1mg*	0.8%	0.8%	0.5%
Potassium *109mg | 109mg | 61mg*	2.3%	2.3%	1.3%

Pizza Dough (p. 257)

Servings 6

	Whole Recipe	Per Serving	Per 100g
Calories	**1924**	**321**	**239**
Total Fat *0.6g | 0.1g | 0.1g*	0.7%	0.1%	0.1%
Saturated Fat *0.2g | 0g | 0g*	0.9%	0.1%	0.1%
Cholesterol *0mg | 0mg | 0mg*	0%	0%	0%
Sodium *3883mg | 647mg | 483mg*	169%	28%	21%
Protein *75g | 13g | 9g*	150%	25%	19%
Total Carbohydrate *393g | 66g | 49g*	143%	24%	18%
Dietary Fiber *18g | 2.9g | 2.2g*	18%	2.9%	2.2%
Sugars *12g | 2g | 1.5g*	24%	4%	3%
Vitamin D *0µg | 0µg | 0µg*	0%	0%	0%
Calcium *108mg | 18mg | 13mg*	8%	1.4%	1%
Iron *10mg | 1.7mg | 1.3mg*	56%	9%	7%
Potassium *487mg | 81mg | 61mg*	10%	1.7%	1.3%

Pizza Margherita (p. 228)

Servings 6

Calories	Whole Recipe 2648	Per Serving 441	Per 100g 191
Total Fat *54g | 9g | 3.9g*	70%	12%	5%
Saturated Fat *34g | 6g | 2.5g*	170%	28%	12%
Cholesterol *156mg | 26mg | 11mg*	52%	9%	3.7%
Sodium *5640mg | 940mg | 407mg*	245%	41%	18%
Protein *116g | 19g | 8g*	232%	39%	17%
Total Carbohydrate *412g | 69g | 30g*	150%	25%	11%
Dietary Fiber *21g | 3.5g | 1.5g*	74%	12%	5%
Sugars *22g | 3.7g | 1.6g*	44%	7%	3%
Vitamin D *0.1µg | 0µg | 0µg*	0.3%	0.1%	0%
Calcium *1077mg | 180mg | 78mg*	83%	14%	6%
Iron *11mg | 1.8mg | 0.8mg*	60%	10%	4.3%
Potassium *862mg | 144mg | 62mg*	18%	3.1%	1.3%

Pollo Saltado (p. 229)

Servings 4

Calories	Whole Recipe 1850	Per Serving 463	Per 100g 122
Total Fat *96g | 24g | 6g*	124%	31%	8%
Saturated Fat *13g | 3.3g | 0.9g*	66%	17%	4.4%
Cholesterol *459mg | 115mg | 30mg*	153%	38%	10%
Sodium *4665mg | 1166mg | 307mg*	203%	51%	13%
Protein *113g | 28g | 7g*	225%	56%	15%
Total Carbohydrate *145g | 36g | 10g*	53%	13%	3.5%
Dietary Fiber *14g | 3.5g | 0.9g*	50%	12%	3.3%
Sugars *23g | 6g | 1.5g*	46%	12%	3%
Vitamin D *0µg | 0µg | 0µg*	0%	0%	0%
Calcium *162mg | 40mg | 11mg*	12%	3.1%	0.8%
Iron *8mg | 2mg | 0.5mg*	44%	11%	2.9%
Potassium *3389mg | 847mg | 223mg*	72%	18%	4.7%

Porcini Pici (p. 230)

Servings 3

Calories	Whole Recipe 1740	Per Serving 580	Per 100g 330
Total Fat *94g | 31g | 18g*	121%	40%	23%
Saturated Fat *37g | 12g | 7g*	184%	61%	35%
Cholesterol *139mg | 46mg | 26mg*	46%	16%	9%
Sodium *719mg | 240mg | 136mg*	31%	10%	6%
Protein *47g | 16g | 9g*	95%	32%	18%
Total Carbohydrate *167g | 56g | 32g*	61%	20%	12%
Dietary Fiber *13g | 4.3g | 2.5g*	47%	16%	9%
Sugars *10g | 3.4g | 2g*	21%	7%	3.9%
Vitamin D *0.1µg | 0µg | 0µg*	0.5%	0.2%	0.1%
Calcium *488mg | 163mg | 93mg*	38%	13%	7%
Iron *3.9mg | 1.3mg | 0.7mg*	21%	7%	4.1%
Potassium *1298mg | 433mg | 246mg*	28%	9%	5%

Porky Douglas (p. 231)

Servings 1

Calories	Whole Recipe 757	Per Serving 757	Per 100g 201
Total Fat *38g | 38g | 10g*	49%	49%	13%
Saturated Fat *13g | 13g | 3.6g*	67%	67%	18%
Cholesterol *154mg | 154mg | 41mg*	51%	51%	14%
Sodium *3221mg | 3221mg | 856mg*	140%	140%	37%
Protein *46g | 46g | 12g*	92%	92%	24%
Total Carbohydrate *52g | 52g | 14g*	19%	19%	5%
Dietary Fiber *3.5g | 3.5g | 0.9g*	13%	13%	3.3%
Sugars *5g | 5g | 1.4g*	11%	11%	2.9%
Vitamin D *0.6µg | 0.6µg | 0.2µg*	3.2%	3.2%	0.8%
Calcium *321mg | 321mg | 85mg*	25%	25%	7%
Iron *6mg | 6mg | 1.5mg*	32%	32%	9%
Potassium *544mg | 544mg | 145mg*	12%	12%	3.1%

Roasted Pineapple (p. 196)

Servings 6

Calories	Whole Recipe 1372	Per Serving 229	Per 100g 84
Total Fat *49g | 8g | 3g*	62%	10%	3.8%
Saturated Fat *3.4g | 0.6g | 0.2g*	17%	2.8%	1%
Cholesterol *0mg | 0mg | 0mg*	0%	0%	0%
Sodium *584mg | 97mg | 36mg*	25%	4.2%	1.5%
Protein *8g | 1.3g | 0.5g*	15%	2.5%	0.5%
Total Carbohydrate *229g | 38g | 14g*	83%	14%	5%
Dietary Fiber *16g | 2.6g | 1g*	56%	9%	3.4%
Sugars *103g | 17g | 6g*	205%	34%	13%
Vitamin D *0µg | 0µg | 0µg*	0%	0%	0%
Calcium *212mg | 35mg | 13mg*	16%	2.7%	1%
Iron *1.1mg | 0.2mg | 0.1mg*	6%	1%	0.4%
Potassium *2252mg | 375mg | 137mg*	48%	8%	2.9%

Roasted Red Potatoes (p. 187)

Servings 8

Calories	Whole Recipe 1917	Per Serving 240	Per 100g 96
Total Fat *44g | 6g | 2.2g*	56%	7%	2.8%
Saturated Fat *7g | 0.8g | 0.3g*	33%	4.1%	1.6%
Cholesterol *0mg | 0mg | 0mg*	0%	0%	0%
Sodium *123mg | 15mg | 6mg*	5%	0.7%	0.3%
Protein *42g | 5g | 2.1g*	84%	11%	4.2%
Total Carbohydrate *354g | 44g | 18g*	129%	16%	7%
Dietary Fiber *43g | 5g | 2.1g*	152%	19%	8%
Sugars *17g | 2.1g | 0.8g*	33%	4.1%	1.7%
Vitamin D *0µg | 0µg | 0µg*	0%	0%	0%
Calcium *244mg | 31mg | 12mg*	19%	2.3%	0.9%
Iron *17mg | 2.1mg | 0.8mg*	92%	11%	4.6%
Potassium *8560mg | 1070mg | 429mg*	182%	23%	9%

Roasted Vegetables (p. 188)

Servings 4

	Whole Recipe	Per Serving	Per 100g
Calories	**948**	**237**	**102**
Total Fat *66g | 17g | 7g*	84%	21%	9%
Saturated Fat *40g | 10g | 4.3g*	202%	51%	22%
Cholesterol *171mg | 43mg | 18mg*	57%	43%	18%
Sodium *825mg | 206mg | 88mg*	36%	9%	3.8%
Protein *14g | 3.4g | 1.5g*	28%	7%	2.9%
Total Carbohydrate *78g | 20g | 8g*	28%	7%	3%
Dietary Fiber *26g | 7g | 2.8g*	93%	23%	10%
Sugars *32g | 8g | 3.5g*	65%	16%	7%
Vitamin D *0.6µg | 0.2µg | 0.1µg*	3%	0.8%	0.3%
Calcium *283mg | 71mg | 30mg*	22%	5%	2.3%
Iron *3.3mg | 0.8mg | 0.3mg*	18%	4.5%	1.9%
Potassium *2559mg | 640mg | 274mg*	54%	14%	6%

Sautéed Leeks (p. 188)

Servings 2

	Whole Recipe	Per Serving	Per 100g
Calories	**488**	**244**	**145**
Total Fat *33g | 16g | 10g*	42%	21%	12%
Saturated Fat *17g | 9g | 5g*	86%	43%	26%
Cholesterol *70mg | 35mg | 21mg*	23%	12%	7%
Sodium *884mg | 442mg | 262mg*	38%	19%	11%
Protein *5g | 2.7g | 1.6g*	11%	5%	3.2%
Total Carbohydrate *46g | 23g | 14g*	17%	8%	5%
Dietary Fiber *6g | 2.9g | 1.7g*	21%	10%	6%
Sugars *13g | 6g | 4g*	26%	13%	8%
Vitamin D *0µg | 0µg | 0µg*	0%	0%	0%
Calcium *191mg | 96mg | 57mg*	15%	7%	4.4%
Iron *7mg | 3.3mg | 1.9mg*	37%	18%	11%
Potassium *609mg | 305mg | 180mg*	13%	7%	3.8%

Shabu Funaki (p. 232)

Servings 4

	Whole Recipe	Per Serving	Per 100g
Calories	**3011**	**753**	**104**
Total Fat *231g | 58g | 8g*	296%	74%	10%
Saturated Fat *79g | 20g | 10g*	397%	99%	14%
Cholesterol *288mg | 72mg | 10g*	96%	24%	3.3%
Sodium *4907mg | 1227mg | 169mg*	213%	53%	7%
Protein *76g | 19g | 2.6g*	151%	38%	5%
Total Carbohydrate *158g | 40g | 6g*	58%	14%	2%
Dietary Fiber *17g | 4.2g | 0.6g*	60%	15%	2.1%
Sugars *21g | 5g | 0.7g*	42%	11%	1.5%
Vitamin D *1.2µg | 0.3µg | 0µg*	6%	1.5%	0.2%
Calcium *472mg | 118mg | 16mg*	36%	9%	1.3%
Iron *29mg | 7mg | 1mg*	159%	40%	6%
Potassium *3095mg | 774mg | 107mg*	66%	17%	2.3%

Shabu Shabu (p. 233)

Servings 3

	Whole Recipe	Per Serving	Per 100g
Calories	**2307**	**769**	**225**
Total Fat *212g | 71g | 21g*	272%	91%	27%
Saturated Fat *68g | 23g | 7g*	334%	113%	33%
Cholesterol *288mg | 96mg | 28mg*	96%	32%	9%
Sodium *2352mg | 784mg | 230mg*	102%	34%	10%
Protein *43g | 14g | 4.2g*	85%	28%	8%
Total Carbohydrate *58g | 20g | 6g*	21%	7%	2.1%
Dietary Fiber *17g | 6g | 1.6g*	59%	20%	6%
Sugars *28g | 9g | 2.7g*	55%	18%	5%
Vitamin D *1µg | 0.3µg | 0.1µg*	5%	1.7%	0.5%
Calcium *507mg | 169mg | 50mg*	39%	13%	3.8%
Iron *9mg | 2.9mg | 0.8mg*	48%	16%	4.7%
Potassium *1730mg | 577mg | 169mg*	37%	12%	3.6%

Shepherd's Pie (p. 234)

Servings 6

	Whole Recipe	Per Serving	Per 100g
Calories	**3938**	**656**	**137**
Total Fat *259g | 43g | 9g*	332%	55%	12%
Saturated Fat *114g | 19g | 4g*	568%	95%	20%
Cholesterol *631mg | 105mg | 22mg*	210%	35%	7%
Sodium *5449mg | 908mg | 190mg*	237%	40%	8%
Protein *162g | 27g | 6g*	323%	54%	11%
Total Carbohydrate *242g | 40g | 9g*	88%	15%	3.1%
Dietary Fiber *48g | 8g | 1.7g*	170%	28%	6%
Sugars *44g | 7g | 1.5g*	87%	15%	3%
Vitamin D *1.4µg | 0.2µg | 0µg*	7%	1.1%	0.2%
Calcium *1694mg | 282mg | 59mg*	130%	22%	4.5%
Iron *48mg | 8mg | 1.7mg*	267%	45%	9%
Potassium *7006mg | 1168mg | 244mg*	149%	25%	5%

Sofrito (p. 257)

Servings 12

	Whole Recipe	Per Serving	Per 100g
Calories	**915**	**76**	**129**
Total Fat *75g | 6g | 11g*	96%	6%	11%
Saturated Fat *11g | 0.9g | 1.5g*	54%	4.5%	8%
Cholesterol *0mg | 0mg | 0mg*	0%	0%	0%
Sodium *3458mg | 288mg | 488mg*	150%	13%	21%
Protein *11g | 0.9g | 1.5g*	21%	1.8%	3%
Total Carbohydrate *58g | 4.9g | 8g*	21%	1.8%	3%
Dietary Fiber *12g | 1g | 1.7g*	43%	3.6%	6%
Sugars *22g | 1.8g | 3.1g*	43%	3.6%	6%
Vitamin D *0µg | 0µg | 0µg*	0%	0%	0%
Calcium *60mg | 5mg | 8mg*	4.6%	0.4%	0.6%
Iron *6mg | 0.5mg | 0.8mg*	33%	2.7%	4.6%
Potassium *718mg | 60mg | 102mg*	15%	1.3%	2.2%

Soupe à l'oignon (p. 198)

Servings 6

Calories	Whole Recipe 2496	Per Serving 416	Per 100g 68
Total Fat *126g | 21g | 3.4g*	161%	27%	4.4%
Saturated Fat *73g | 12g | 2g*	365%	61%	10%
Cholesterol *340mg | 57mg | 9mg*	113%	19%	3.1%
Sodium *7125mg | 1187mg | 194mg*	310%	52%	8%
Protein *118g | 20g | 3.2g*	236%	39%	6%
Total Carbohydrate *213g | 35g | 6g*	77%	13%	2.1%
Dietary Fiber *24g | 4g | 0.7g*	86%	14%	2.4%
Sugars *54g | 9g | 1.5g*	108%	18%	2.9%
Vitamin D *1.8µg | 0.3µg | 0µg*	9%	1.5%	0.2%
Calcium *2100mg | 350mg | 57mg*	162%	27%	4.4%
Iron *10mg | 1.6mg | 0.3mg*	53%	9%	1.4%
Potassium *2013mg | 336mg | 55mg*	43%	7%	1.2%

Spring Rolls (p. 197)

Servings 4

Calories	Whole Recipe 2164	Per Serving 541	Per 100g 241
Total Fat *74g | 18g | 8g*	95%	24%	11%
Saturated Fat *7g | 1.8g | 0.8g*	36%	9%	4%
Cholesterol *135mg | 34mg | 15mg*	45%	11%	5%
Sodium *3839mg | 960mg | 427mg*	167%	42%	19%
Protein *52g | 13g | 6g*	104%	26%	12%
Total Carbohydrate *320g | 80g | 36g*	116%	29%	13%
Dietary Fiber *20g | 4.9g | 2.2g*	70%	17%	8%
Sugars *71g | 18g | 8g*	142%	35%	16%
Vitamin D *0µg | 0µg | 0µg*	0%	0%	0%
Calcium *177mg | 44mg | 20mg*	14%	3.4%	1.5%
Iron *5mg | 1.3mg | 0.3mg*	28%	7%	3.1%
Potassium *912mg | 228mg | 101mg*	19%	4.9%	2.2%

Sunomono (p. 189)

Servings 2

Calories	Whole Recipe 278	Per Serving 139	Per 100g 63
Total Fat *9g | 4.3g | 2g*	11%	6%	2.5%
Saturated Fat *1.3g | 0.6g | 0.3g*	6%	3.2%	1.5%
Cholesterol *101mg | 51mg | 23mg*	34%	17%	8%
Sodium *1228mg | 614mg | 279mg*	53%	27%	12%
Protein *24g | 12g | 5g*	47%	24%	11%
Total Carbohydrate *25g | 13g | 6g*	9%	4.6%	2.1%
Dietary Fiber *2g | 1g | 0.5g*	7%	3.5%	1.6%
Sugars *11g | 6g | 2.5g*	22%	11%	5%
Vitamin D *0µg | 0µg | 0µg*	0%	0%	0%
Calcium *126mg | 63mg | 29mg*	10%	4.8%	2.2%
Iron *3.1mg | 1.5mg | 0.7mg*	17%	9%	3.9%
Potassium *820mg | 410mg | 186mg*	17%	9%	4%

Sushi Rice (p. 258)

Servings 10

Calories	Whole Recipe 4163	Per Serving 416	Per 100g 381
Total Fat *6g | 0.6g | 0.6g*	8%	0.8%	0.7%
Saturated Fat *1.2g | 0.1g | 0.1g*	6%	0.6%	0.6%
Cholesterol *0mg | 0mg | 0mg*	0%	0%	0%
Sodium *79mg | 8mg | 7mg*	3.4%	0.3%	0.3%
Protein *77g | 8g | 7g*	153%	15%	14%
Total Carbohydrate *919g | 92g | 84g*	334%	33%	31%
Dietary Fiber *32g | 3.2g | 2.9g*	113%	11%	10%
Sugars *50g | 5g | 4.6g*	100%	10%	9%
Vitamin D *0µg | 0µg | 0µg*	0%	0%	0%
Calcium *124mg | 12mg | 11mg*	10%	1%	0.9%
Iron *18mg | 1.8mg | 1.6mg*	100%	10%	9%
Potassium *866mg | 87mg | 79mg*	18%	1.8%	1.7%

Takikomi Gohan (p. 189)

Servings 4

Calories	Whole Recipe 1289	Per Serving 322	Per 100g 157
Total Fat *2g | 0.5g | 0.2g*	2.5%	0.6%	0.3%
Saturated Fat *0.4g | 0.1g | 0g*	1.9%	0.5%	0.2%
Cholesterol *2.5mg | 0.6mg | 0.3mg*	0.8%	0.2%	0.1%
Sodium *2538mg | 634mg | 308mg*	110%	28%	13%
Protein *26g | 6g | 3.1g*	51%	13%	6%
Total Carbohydrate *278g | 70g | 34g*	101%	25%	12%
Dietary Fiber *11g | 2.9g | 1.4g*	41%	10%	5%
Sugars *15g | 3.7g | 1.8g*	30%	7%	3.6%
Vitamin D *0µg | 0µg | 0µg*	0%	0%	0%
Calcium *83mg | 21mg | 10mg*	6%	1.6%	0.8%
Iron *6mg | 1.5mg | 0.7mg*	34%	8%	4.1%
Potassium *624mg | 156mg | 76mg*	13%	3.3%	1.6%

Teriyaki Sauce (p. 258)

Servings 8

Calories	Whole Recipe 634	Per Serving 79	Per 100g 176
Total Fat *0.1g | 0g | 0g*	0.1%	0%	0%
Saturated Fat *0g | 0g | 0g*	0%	0%	0%
Cholesterol *0mg | 0mg | 0mg*	0%	0%	0%
Sodium *7199mg | 900mg | 1993mg*	313%	39%	87%
Protein *7g | 0.9g | 2g*	14%	1.8%	4%
Total Carbohydrate *103g | 13g | 29g*	38%	4.7%	10%
Dietary Fiber *0g | 0g | 0g*	0%	0%	0%
Sugars *58g | 7g | 16g*	117%	15%	32%
Vitamin D *0µg | 0µg | 0µg*	0%	0%	0%
Calcium *5mg | 0.7mg | 1.5mg*	0.4%	0.1%	0.1%
Iron *0.1mg | 0mg | 0mg*	0.6%	0.1%	0.2%
Potassium *26mg | 3.2mg | 7mg*	0.5%	0.1%	0.2%

Thai Beef Salad (p. 235)

Servings 3

Calories	Whole Recipe 1736	Per Serving 579	Per 100g 268
Total Fat *125g | 42g | 19g*	161%	54%	25%
Saturated Fat *35g | 12g | 6g*	176%	59%	27%
Cholesterol *251mg | 84mg | 39mg*	84%	28%	13%
Sodium *4443mg | 1481mg | 687mg*	193%	64%	30%
Protein *89g | 30g | 14g*	178%	60%	28%
Total Carbohydrate *69g | 23g | 11g*	25%	8%	3.9%
Dietary Fiber *3.7g | 1.2g | 0.6g*	13%	4.4%	2.1%
Sugars *25g | 8g | 3.9g*	50%	17%	8%
Vitamin D *0µg | 0µg | 0µg*	0%	0%	0%
Calcium *80mg | 27mg | 12mg*	6%	2.1%	1%
Iron *10mg | 3.2mg | 1.5mg*	53%	18%	8%
Potassium *1664mg | 555mg | 257mg*	35%	12%	6%

Thai Curry (p. 259)

Servings 8

Calories	Whole Recipe 903	Per Serving 113	Per 100g 218
Total Fat *76g | 10g | 18g*	98%	12%	24%
Saturated Fat *45g | 6g | 54g*	224%	28%	54%
Cholesterol *0mg | 0mg | 0mg*	0%	0%	0%
Sodium *4342mg | 543mg | 1049mg*	189%	24%	46%
Protein *16g | 2g | 3.9g*	33%	4.1%	8%
Total Carbohydrate *34g | 4.2g | 8g*	12%	1.5%	3%
Dietary Fiber *8g | 0.9g | 1.8g*	27%	3.3%	6.5%
Sugars *14g | 1.8g | 3.5g*	29%	3.6%	7%
Vitamin D *0µg | 0µg | 0µg*	0%	0%	0%
Calcium *50mg | 6mg | 12mg*	3.8%	0.5%	0.9%
Iron *4mg | 0.5mg | 1mg*	23%	2.8%	5%
Potassium *0mg | 0mg | 0mg*	0%	0%	0%

Tom Yum Goong (p. 204)

Servings 4

Calories	Whole Recipe 526	Per Serving 131	Per 100g 32
Total Fat *5g | 1.3g | 0.3g*	6%	1.6%	0.4%
Saturated Fat *0.5g | 0.1g | 0g*	2.6%	0.6%	0.2%
Cholesterol *483mg | 121mg | 29mg*	161%	40%	10%
Sodium *7246mg | 1811mg | 439mg*	315%	79%	19%
Protein *83g | 21g | 5g*	166%	21%	5%
Total Carbohydrate *47g | 12g | 2.8g*	17%	4.3%	1%
Dietary Fiber *6g | 1.6g | 0.4*	23%	6%	1.4%
Sugars *22g | 6g | 1.4g*	45%	11%	2.7%
Vitamin D *1µg | 0.3µg | 0.1µg*	5%	1.3%	0.3%
Calcium *221mg | 55mg | 13mg*	17%	4.2%	1%
Iron *4.6mg | 1.1mg | 0.3mg*	25%	6%	1.5%
Potassium *2367mg | 592mg | 143mg*	50%	13%	3.1%

Tomato Bisque (p. 205)

Servings 6

Calories	Whole Recipe 2933	Per Serving 489	Per 100g 118
Total Fat *204g | 34g | 8g*	262%	44%	11%
Saturated Fat *124g | 21g | 5g*	619%	103%	25%
Cholesterol *660mg | 110mg | 27mg*	220%	37%	9%
Sodium *4915mg | 819mg | 197mg*	214%	36%	9%
Protein *32g | 5g | 1.3g*	63%	11%	2.5%
Total Carbohydrate *228g | 38g | 9g*	83%	14%	3.3%
Dietary Fiber *32g | 5g | 1.3g*	115%	19%	4.6%
Sugars *57g | 9g | 2.3g*	113%	19%	4.5%
Vitamin D *0µg | 0µg | 0µg*	0%	0%	0%
Calcium *623mg | 104mg | 25mg*	48%	8%	1.9%
Iron *16mg | 2.7g | 0.6mg*	90%	15%	3.6%
Potassium *4659mg | 777mg | 187mg*	99%	17%	4%

Tuna Wrap (p. 236)

Servings 2

Calories	Whole Recipe 1094	Per Serving 547	Per 100g 141
Total Fat *72g | 36g | 9g*	93%	46%	12%
Saturated Fat *20g | 10g | 2.6g*	102%	51%	13%
Cholesterol *219mg | 110mg | 28mg*	73%	37%	9%
Sodium *2720mg | 1360mg | 351mg*	118%	59%	15%
Protein *60g | 30g | 8g*	121%	60%	16%
Total Carbohydrate *50g | 25g | 7g*	18%	9%	2.4%
Dietary Fiber *14g | 7g | 1.8g*	51%	26%	7%
Sugars *15g | 7g | 1.9g*	29%	15%	3.8%
Vitamin D *1.8µg | 0.9µg | 0.2µg*	9%	4.4%	1.1%
Calcium *974mg | 487mg | 126mg*	75%	38%	10%
Iron *6mg | 3mg | 0.8mg*	34%	17%	4.4%
Potassium *1358mg | 679mg | 175mg*	29%	14%	3.7%

Tzatziki (p. 259)

Servings 6

Calories	Whole Recipe 672	Per Serving 112	Per 100g 111
Total Fat *35g | 6g | 6g*	17%	8%	7%
Saturated Fat *17g | 2.8g | 2.7g*	84%	14%	14%
Cholesterol *84mg | 14mg | 14mg*	28%	4.7%	4.6%
Sodium *72mg | 12mg | 12mg*	3.1%	0.5%	0.5%
Protein *6g | 0.9g | 0.9g*	11%	1.9%	1.8%
Total Carbohydrate *34g | 6g | 6g*	12%	2%	2%
Dietary Fiber *1.7g | 0.3g | 0.3g*	6%	1%	1%
Sugars *23g | 3.9g | 3.8g*	47%	8%	8%
Vitamin D *0µg | 0µg | 0µg*	0%	0%	0%
Calcium *651mg | 109mg | 107mg*	50%	8%	8%
Iron *0.9mg | 0.1mg | 0.1mg*	4.9%	0.8%	0.8%
Potassium *336mg | 56mg | 55mg*	7%	1.2%	1.2%

Udon Yakiniku Bowl (p. 237)

Servings 2

	Whole Recipe	Per Serving	Per 100g
Calories	**1454**	**727**	**129**
Total Fat *79g | 39g | 7g*	101%	51%	9%
Saturated Fat *16g | 8g | 1.4g*	79%	39%	7%
Cholesterol *202mg | 101mg | 18mg*	67%	34%	6%
Sodium *3018mg | 1509mg | 267mg*	131%	66%	12%
Protein *76g | 38g | 7g*	152%	76%	13%
Total Carbohydrate *113g | 57g | 10g*	41%	21%	3.6%
Dietary Fiber *10g | 4.8g | 0.8g*	34%	17%	3%
Sugars *23g | 12g | 2.1g*	47%	23%	4.1%
Vitamin D *0.2µg | 0.1µg | 0µg*	1%	0.5%	0.1%
Calcium *176mg | 7mg | 16mg*	14%	7%	1.2%
Iron *9mg | 4.4mg | 0.8mg*	49%	25%	4.3%
Potassium *2325mg | 1163mg | 206mg*	50%	25%	4.4%

Umekyu (p. 190)

Servings 2

	Whole Recipe	Per Serving	Per 100g
Calories	**146**	**73**	**23**
Total Fat *1.3g | 0.6g | 0.2g*	1.6%	0.8%	0.3%
Saturated Fat *0.3g | 0.1g | 0g*	1.3%	0.7%	0.2%
Cholesterol *0mg | 0mg | 0mg*	0%	0%	0%
Sodium *4298mg | 2149mg | 665mg*	187%	93%	29%
Protein *10g | 5g | 1.6g*	21%	10%	3.2%
Total Carbohydrate *27g | 13g | 4.1g*	10%	4.9%	1.5%
Dietary Fiber *3g | 1.5g | 0.5g*	11%	5%	1.7%
Sugars *15g | 8g | 2.3g*	30%	15%	4.7%
Vitamin D *0µg | 0µg | 0µg*	0%	0%	0%
Calcium *96mg | 48mg | 15mg*	7%	3.7%	1.1%
Iron *0mg | 0mg | 0mg*	0%	0%	0%
Potassium *1020mg | 510mg | 158mg*	22%	11%	3.4%

Umekyu (Mild) (p. 190)

Servings 2

	Whole Recipe	Per Serving	Per 100g
Calories	**223**	**111**	**34**
Total Fat *1.1g | 0.6g | 0.2g*	1.4%	0.7%	0.2%
Saturated Fat *0.2g | 0.1g | 0g*	1.1%	0.6%	0.2%
Cholesterol *0mg | 0mg | 0mg*	0%	0%	0%
Sodium *3710mg | 1855mg | 558mg*	161%	81%	24%
Protein *7g | 3.2g | 1g*	13%	7%	2%
Total Carbohydrate *44g | 22g | 7g*	16%	8%	2.4%
Dietary Fiber *3g | 1.5g | 0.5g*	11%	5%	1.6%
Sugars *24g | 12g | 3.7g*	49%	24%	7%
Vitamin D *0µg | 0µg | 0µg*	0%	0%	0%
Calcium *96mg | 48mg | 14mg*	7%	3.7%	1.1%
Iron *0.1mg | 0mg | 0mg*	0.3%	0.2%	0.1%
Potassium *1020mg | 510mg | 153mg*	22%	11%	3.3%

Wagyu Steak (p. 206)

Servings 2

	Whole Recipe	Per Serving	Per 100g
Calories	**1664**	**832**	**676**
Total Fat *180g | 90g | 73g*	231%	115%	94%
Saturated Fat *48g | 24g | 20g*	242%	121%	98%
Cholesterol *192mg | 96mg | 78mg*	64%	32%	26%
Sodium *1607mg | 804mg | 652mg*	70%	35%	28%
Protein *11g | 5g | 4.4g*	22%	11%	9%
Total Carbohydrate *3.2g | 1.6g | 1.3g*	1.2%	0.6%	0.5%
Dietary Fiber *1.3g | 0.6g | 0.5g*	4.5%	2.3%	1.8%
Sugars *0g | 0g | 0g*	0%	0%	0%
Vitamin D *0µg | 0µg | 0µg*	0%	0%	0%
Calcium *27mg | 14mg | 11mg*	2.1%	1%	0.8%
Iron *2.3mg | 1.2mg | 0.9mg*	13%	6%	5%
Potassium *67mg | 33mg | 27mg*	1.4%	0.7%	0.6%

Warp Pipe (p. 242)

Servings 4

	Whole Recipe	Per Serving	Per 100g
Calories	**157**	**39**	**165**
Total Fat *0.1g | 0g | 0.1g*	0.1%	0%	0.1%
Saturated Fat *0g | 0g | 0g*	0.1%	0%	0.1%
Cholesterol *0mg | 0mg | 0mg*	0%	0%	0%
Sodium *1.3mg | 0.3mg | 1.3g*	0.1%	0%	0.1%
Protein *0.2g | 0g | 0.2g*	0.3%	0.1%	0.3%
Total Carbohydrate *13g | 3.3g | 14g*	4.7%	1.2%	5%
Dietary Fiber *0g | 0g | 0g*	0.2%	0%	0.2%
Sugars *12g | 3.1g | 13g*	25%	6%	26%
Vitamin D *0µg | 0µg | 0µg*	0%	0%	0%
Calcium *3.1mg | 0.8mg | 3.2mg*	0.2%	0.1%	0.2%
Iron *0mg | 0mg | 0mg*	0.2%	0%	0.2%
Potassium *16mg | 3.9mg | 16mg*	0.3%	0.1%	0.3%

Yuzu Drop (p. 243)

Servings 1

	Whole Recipe	Per Serving	Per 100g
Calories	**270**	**270**	**217**
Total Fat *0g | 0g | 0g*	0%	0%	0%
Saturated Fat *0g | 0g | 0g*	0%	0%	0%
Cholesterol *0mg | 0mg | 0mg*	0%	0%	0%
Sodium *0.7mg | 0.7mg | 0.6mg*	0%	0%	0%
Protein *0g | 0g | 0g*	0%	0%	0%
Total Carbohydrate *30g | 30g | 24g*	11%	11%	9%
Dietary Fiber *0g | 0g | 0g*	0%	0%	0%
Sugars *30g | 30g | 24g*	60%	60%	48%
Vitamin D *0µg | 0µg | 0µg*	0%	0%	0%
Calcium *0mg | 0mg | 0mg*	0%	0%	0%
Iron *0.4mg | 0.4mg | 0.3mg*	2%	2%	1.6%
Potassium *1.4mg | 1.4mg | 1.2mg*	0%	0%	0%

Yuzu Meringue Cookies (p. 252)

Servings 12

	Whole Recipe	Per Serving	Per 100g
Calories	**863**	**72**	**239**
Total Fat *0.6g | 0.1g | 0.2g*	0.8%	0.1%	0.2%
Saturated Fat *0g | 0g | 0g*	0%	0%	0%
Cholesterol *0mg | 0mg | 0mg*	0%	0%	0%
Sodium *863mg | 72mg | 239mg*	38%	3.1%	10%
Protein *18g | 1.5g | 5g*	36%	3%	10%
Total Carbohydrate *203g | 17g | 56g*	74%	6%	21%
Dietary Fiber *0g | 0g | 0g*	0%	0%	0%
Sugars *201g | 17g | 56g*	403%	34%	112%
Vitamin D *0µg | 0µg | 0µg*	0%	0%	0%
Calcium *14mg | 1.2mg | 4mg*	1.1%	0.1%	0.3%
Iron *0.2mg | 0mg | 0.1mg*	1.3%	0.1%	0.4%
Potassium *281mg | 23mg | 78mg*	6%	0.5%	1.7%

Yuzu Midori Sour (p. 243)

Servings 1

	Whole Recipe	Per Serving	Per 100g
Calories	**188**	**188**	**154**
Total Fat *0g | 0g | 0g*	0%	0%	0%
Saturated Fat *0g | 0g | 0g*	0%	0%	0%
Cholesterol *0mg | 0mg | 0mg*	0%	0%	0%
Sodium *70mg | 70mg | 57mg*	3%	3%	2.5%
Protein *4.5mg | 4.5mg | 3.7mg*	9%	9%	7%
Total Carbohydrate *25g | 25g | 20g*	9%	9%	7%
Dietary Fiber *0mg | 0mg | 0mg*	0%	0%	0%
Sugars *24g | 24g | 20g*	48%	48%	39%
Vitamin D *0µg | 0µg | 0µg*	0%	0%	0%
Calcium *2.9mg | 2.9mg | 2.4mg*	0.2%	0.2%	0.2%
Iron *0.4mg | 0.4mg | 0.3mg*	2.1%	2.1%	1.8%
Potassium *69mg | 69mg | 57mg*	1.5%	1.5%	1.2%

Zarusoba (p. 206)

Servings 2

	Whole Recipe	Per Serving	Per 100g
Calories	**742**	**371**	**212**
Total Fat *3g | 1.5g | 0.9g*	3.8%	1.9%	1.1%
Saturated Fat *0g | 0g | 0g*	0.1%	0%	0%
Cholesterol *0mg | 0mg | 0mg*	0%	0%	0%
Sodium *3937mg | 1969mg | 1127mg*	171%	86%	57%
Protein *28g | 14g | 8g*	55%	28%	16%
Total Carbohydrate *137g | 69g | 39g*	50%	25%	13%
Dietary Fiber *6g | 2.9g | 1.6g*	21%	10%	6%
Sugars *16g | 8g | 4.6g*	32%	16%	9%
Vitamin D *0µg | 0µg | 0µg*	0%	0%	0%
Calcium *36mg | 18mg | 10mg*	2.8%	1.4%	0.8%
Iron *2.9mg | 1.5mg | 0.8mg*	16%	8%	4.7%
Potassium *282mg | 141mg | 81mg*	6%	3%	1.7%