



# Nutrients in Commonly Served Foods

Beef Entrees							
Recipe Name	Serving Size	MSmart	Calories	Fat	Protein	Carbs	Fiber
Baked Penne	1 cup	Y	319	5	16	53	3
Baked Spaghetti	1 cup	Y	270	11	16	27	3
BBQ Meatloaf	1 slice (5 oz.)		250	14	16	12	1
Beef & Broccoli Stir Fry	3/4 cup with 1/2 cup rice	Y	254	8	13	33	1
Beef Bulgogi	1/2 cup with 1 cup rice	Y	380	8	19	59	1
Beef Burgundy	3/4 cup	Y	213	10	25	5	1
Beef Chili	1 cup	Y	143	4	10	17	5
Beef Pot Pie	1 square		308	20	14	15	3
Beef Quesadilla	1 quesadilla	Y	188	6	13	21	2
Beef Soft Taco	1/3 cup meat in tortilla	Y	245	11	15	22	1
Beef Stew	1 cup	Y	314	12	30	20	4
Beef Stroganoff	1 cup w/ 3/4 cup noodles		452	26	23	34	2
Beef Taco Salad	1 cup		220	18	12	3	1
Beef Tamale Pie	1 cup	Y	215	10	10	23	3
Beef Tenderloin Roast Petite	4 oz.	Y	173	6	28	0	0
Beef with Yu-Xiang Sauce	3/4 cup w/ 1/2 cup rice	Y	312	11	17	34	1
Cheeseburger Pizza	1 slice (1/8 of 12" pizza)		308	15	17	28	2
Coney Island Pizza	1 slice		286	14	14	28	2
Deluxe Meat Pizza	1 slice	Y	250	10	13	27	1
Drunk Man Noodles w/ Oyster Sauce	1 cup		248	5	8	18	1
Ground Beef Quesadilla	1 quesadilla		391	26	23	17	1
Hunan Beef	3/4 cup with 1/2 cup rice	Y	328	12	18	33	1
Hungarian Goulash	1 cup	Y	240	9	25	13	1
Lasagna	1 square		397	20	30	26	3
Mongolian Beef with Fried Noodles	1 cup		344	18	23	25	2
Mostoccioli	1 cup	Y	240	8	16	29	2
Pot Roast	4 ounces		376	15	37	22	3
Roast Beef	4 oz.	Y	174	5	30	0	0
Salisbury Steak	1 steak - 3 oz.		235	15	17	12	1
Spicy Pork Quesadilla	1 quesadilla	Y	224	12	14	16	1
Steak and Vegetable Stir Fry	1 cup	Y	157	5	14	15	3
Steak Caesar Salad	1 cup		261	22	16	11	2
Swedish Meatballs	1 1/2 cup	Y	304	12	14	35	1
Tex Mex Chili	1 ladel - 5 oz.	Y	143	8	10	6	3
Wolverine Burger	1 quarter pound patty		260	16	28	0	0

*Note: Nutrient values are useful guides but must be considered estimates. The nutrient content of a food can vary due to natural factors like soil quality and climate as well as processing and preparation variations.*



# Nutrients in Commonly Served Foods

Pork Entrees								
Recipe Name	Serving Size	MSmart	Calories	Fat	Protein	Carbs	Fiber	
BBQ Pork Chop	1 pork chop	Y	205	6	20	17	1	
Cajun Pork	3 oz.	Y	132	5	19	2	1	
Chipotle Pork Loin	3 oz.		252	19	14	12	2	
Cider Pork	3 oz.	Y	176	5	19	14	2	
Grilled Polenta with Italian Sausage	1 cup		218	13	11	13	2	
Grilled Pork Chop	1 chop	Y	216	9	32	0	0	
Ham & Pineapple Pizza	1 slice	Y	225	7	12	28	1	
Ham & Scalloped Potatoes	1 cup	Y	228	10	11	24	2	
Italian Meatloaf	1 slice		328	21	21	14	1	
Italian Quiche	1 serving		396	32	9	19	1	
Italian Sausage Pizza	1 slice (1/8 of 12" pizza)	Y	231	9	14	25	1	
Pepperoni Pizza	1 slice	Y	290	9	15	34	1	
Pork and Chicken Jambalaya	1 cup	Y	204	6	10	28	1	
Pork Dakota	6 oz.	Y	197	8	20	12	2	
Pork Dumplings	1 serving	Y	184	5	19	14	1	
Pork Sausage Pizza	1 slice (1/8 of 12" pizza)	Y	242	9	15	25	1	
Pork Steamed Rice Pearls	1 serving		185	10	9	14	0	
Pork Villa Hermosa Wrap	1/2 wrap	Y	194	8	15	18	1	
Red Cooked Pork	4 oz.		133	7	9	8	2	
Scalloped Potatoes and Ham	1 cup		228	10	9	26	2	
Shrimp & Andouille Sausage Pasta	1 cup		323	16	14	31	2	
Thai Peanut Pork with Rice	1 cup	Y	234	8	14	25	2	
Three Meat Pizza	1 slice (1/8 of 12" pizza)	Y	250	11	13	25	1	
Ziti with Sausage	1 cup		358	24	12	29	1	

*Note: Nutrient values are useful guides but must be considered estimates. The nutrient content of a food can vary due to natural factors like soil quality and climate as well as processing and preparation variations.*



# Nutrients in Commonly Served Foods

Poultry Entrees							
Recipe Name	Serving Size	MSmart	Calories	Fat	Protein	Carbs	Fiber
Asian Chicken Breast with Bean Sauce	1 serving	Y	163	4	23	7	1
Asian Chicken Breast with Vegetables	1 serving		290	19	22	10	2
Asian Chicken Salad	1 salad		244	16	15	11	2
Baked Chicken	1 breast	Y	220	11	29	0	0
BBQ Orange Chicken Breast	1 serving		381	24	21	20	0
Blackened Chicken Breast	1 serving	Y	145	4	24	3	1
Buffalo Chicken Calzone	1/2 calzone	Y	203	7	20	14	1
Buffalo Chicken Wings	6 wings		395	32	23	0	0
Cajun Chicken Breast	1 breast - 5 oz.	Y	249	11	31	6	0
Chicken Basil Calzone	1/2 Calzone		366	25	19	17	1
Chicken Breast Dakota	1 serving	Y	140	3	23	3	1
Chicken Breast Monterey	1 serving		261	13	31	5	1
Chicken Breast Santa Fe	1 breast	Y	141	4	21	5	1
Chicken Broccoli Bake	3/4 cup with 1/2 cup rice		403	21	22	30	2
Chicken Caesar Salad	5 oz.		321	24	14	14	2
Chicken Dakota	1 breast	Y	260	10	29	12	0
Chicken Fajitas	1 fajita	Y	156	3	16	15	1
Chicken Fettucini con Pesto	1 cup	Y	306	11	23	27	1
Chicken Fried Rice	1 cup	Y	270	10	17	29	2
Chicken Noodle Casserole	1 cup	Y	190	6	16	16	1
Chicken Nuggets	6 pieces		490	38	19	17	0
Chicken Parmesan	1 serving		330	19	34	4	1
Chicken Patty Parmesan	1 patty		424	28	26	15	2
Chicken Piccata	4 oz.	Y	163	4	21	8	0
Chicken Pot Pie	1 cup		259	13	15	20	2
Chicken Quesadilla	1 quesadilla	Y	156	5	11	15	1
Chicken Schnitzel	1 serving		405	17	29	32	1
Chicken Stir Fry	3/4 cup with 1/2 cup rice	Y	266	9	17	31	2
Chicken Taco Salad	1 cup	Y	175	10	16	5	2
Chicken Teriyaki with Vegetables	1 serving	Y	138	3	23	4	1
Chicken Vegetable Pasta	1 cup	Y	167	6	15	13	2
Fried Chicken	1 thigh and 1 drumstick		360	25	30	1	0
Fried Chicken Drumstick	1 drumstick	Y	114	5	12	4	0
General Tsao's Chicken and Rice	3/4 cup with 1/2 cup rice	Y	307	12	18	30	0
Grilled Chicken Breast	1 serving	Y	122	3	23	0	0
Herb Baked Chicken	1 breast	Y	255	11	30	6	0

*Note: Nutrient values are useful guides but must be considered estimates. The nutrient content of a food can vary due to natural factors like soil quality and climate as well as processing and preparation variations.*



# Nutrients in Commonly Served Foods

Herb Grilled Chicken Breast	1 serving	Y	259	17	24	2	1
Hoisin Chicken	1 breast	Y	220	8	30	10	0
Honey Lime Chicken Sandwich	1 sandwich	Y	275	7	22	30	3
Italian Chicken Drumstick	1 drumstick	Y	189	12	19	0	0
Marinated Chicken Breast	1 breast	Y	157	8	21	1	0
Lemon Pepper Chicken Breast	1 breast	Y	216	12	23	1	0
Moo Shoo Chicken	3/4 cup	Y	176	5	24	9	2
Peanut Chicken Satay Style	1 serving	Y	232	12	26	4	1
Roast Turkey	2 slices (4 oz)	Y	214	8	33	2	0
Santa Fe Chicken Breast	1 serving	Y	143	3	23	5	1
Sesame Chicken Breast	1 serving	Y	277	6	27	28	3
Southwest Chicken Pie	1 cup	Y	240	8	17	24	2
Spanish Chicken with Rice	1 cup	Y	261	7	18	30	2
Spicy Chicken Pasta	1 cup		356	25	16	16	2
Sweet & Sour Chicken	3/4 cup with 1/2 cup rice	Y	292	8	16	36	1
Turkey Pot Pie	1 cup		300	17	16	20	2
Turkey Stew	1 cup	Y	188	6	20	10	2
Turkey Tenderloin w/ Marinade	1 tenderloin	Y	123	3	21	2	0
Turkey With Chimichurri Sauce	4 ounces	Y	253	12	33	2	0

## Fish and Seafood Entrees

Recipe Name	Serving Size	MSmart	Calories	Fat	Protein	Carbs	Fiber
Baked Scrod	1 fillet	Y	163	8	21	0	0
Crawfish & Sausage w/Cream Sauce	1 cup		414	20	18	39	2
Diamond Cut Cod	1 piece (3oz)		286	21	11	13	1
Fried Catfish Strips	4 oz		260	15	20	9	1
Herbed Fish Fillet	1 fillet	Y	188	9	22	5	1
Lemon Baked Cod	1 fillet	Y	163	8	21	0	0
Lemon Peel and Eat Shrimp	9 shrimp		237	14	26	1	0
Pasta with Clam Sauce	226		226	13	17	10	1
Pub Style Fish	4 ounces		295	21	18	8	0
Salmon Chowder	1 cup		248	12	10	24	2
Seafood Roll	1 roll	Y	249	10	12	26	2
Shrimp Bandiera	1 cup	Y	236	10	11	25	2
Shrimp Creole	3/4 cup with 1/2 cup rice	Y	265	6	21	32	2
Spicy Peel and Eat Shrimp	9 shrimp	Y	142	2	28	3	1
Szechwan Sole	1 fillet	Y	241	4	22	27	1
Tuna Noodle Casserole	1 cup	Y	395	12	23	48	2
Whitefish with Spinach and Carrots	1 serving	Y	209	9	29	1	0

Note: Nutrient values are useful guides but must be considered estimates. The nutrient content of a food can vary due to natural factors like soil quality and climate as well as processing and preparation variations.



# Nutrients in Commonly Served Foods

Lacto-Ovo Entrees							
Recipe Name	Serving Size	MSmart	Calories	Fat	Protein	Carbs	Fiber
Bean and Cheese Burrito	1/2 burrito		142	4	5	21	1
Bi Bim Bop	1 cup	Y	186	7	10	22	2
Black Bean Enchiladas	1 enchilada	Y	273	13	14	29	5
Black Bean Tortilla Casserole	1 cup	Y	234	8	13	28	7
Bowtie Pasta Bandiera	1 cup	Y	252	10	10	32	2
Broccoli Alfredo Pizza	1 slice	Y	220	9	11	23	2
Broccoli and Cheese Quiche	1 slice		427	35	10	18	2
Cajun Pasta Tofu	1 cup		190	9	9	24	2
Cheese Lasagna Rollups	1 rollup with sauce	Y	238	9	12	26	2
Cheese Pizza	1 slice	Y	188	6	10	24	0
Cheese Quesadilla	1 quesadilla		238	15	11	16	1
Cheese Ravioli	3 raviolis	Y	134	9	12	29	1
Con Queso Pizza	1 slice (1/8 of 12" pizza)	Y	242	11	12	27	2
Eggplant Parmesan	1 slice	Y	165	7	11	17	4
El Greco Pizza	1 slice (1/8 of 12" pizza)	Y	256	12	8	32	3
Fettucine Alfredo	1 cup		449	31	9	17	1
Florentine Quiche	1 slice		282	19	9	20	1
Fruit and Yogurt Plate	1 serving		148	2	5	31	2
Garden Veggie Burger	1 patty (no bun)	Y	100	3	10	9	4
Greek Pizza	1 slice (1/8 of 12" pizza)	Y	207	7	11	27	2
Griller Vegetarian Burger	1 patty (no bun)	Y	130	6	15	5	2
Lasagna Florentine	1 square		486	31	30	24	3
Macaroni & Cheese	1 cup		347	19	15	28	1
Pasta Primavera	1 cup		369	27	12	26	3
Potato Cheese Pierogies	3 pockets		261	11	10	30	1
Potato Pancakes	2 cakes		170	10	4	16	2
Shells and Three Cheeses	1 cup		301	15	14	26	1
Spinach Feta Quesadilla	1 quesadilla		129	6	5	16	2
Spinach Lasagna	1 square	Y	147	7	10	14	2
Spinach Mushroom Enchilada	1 enchilada		296	11	13	35	5
Spinach Pie	1 square		291	24	7	12	2
Swiss Cheese Quiche	1 slice		321	21	13	21	0
Thai Vegetable Pizza with Peanuts	1 slice	Y	286	6	12	48	3
Torta de Papas	1 serving		260	18	16	7	1
Vegetable Fried Rice	1 cup	Y	332	5	10	60	2

*Note: Nutrient values are useful guides but must be considered estimates. The nutrient content of a food can vary due to natural factors like soil quality and climate as well as processing and preparation variations.*



# Nutrients in Commonly Served Foods

Vegetable Pizza	1 slice	Y	200	6	11	27	2
Vegetable Quesadilla	1 quesadilla	Y	402	11	18	58	2
Vegetable Quiche	1 slice		383	30	11	19	2
Vegetarian Canneloni	1 canneloni	Y	214	8	13	24	2
Vegetarian Lasagna	1 square		272	14	20	19	2
Vegetarian Mexican Pizza	1 slice	Y	240	9	11	29	2

## Vegetarian Sandwiches

Recipe Name	Serving Size	MSmart	Calories	Fat	Protein	Carbs	Fiber
Crispy Patty Sandwich	1 sandwich	Y	312	12	11	38	4
Eggplant Sandwich	1 sandwich		251	13	7	28	3
Garden Burger	1 sandwich	Y	227	6	15	29	5
Greek Salad Wrap	1 wrap		387	19	11	43	3
Grilled Cheese	1 sandwich		320	19	10	24	1
Grilled Pita	2 wedges (1/2 pita)		492	23	23	48	3
Griller	1 sandwich	Y	275	7	16	34	5
Vegimax Cheese "Steak" Sandwich	1 sandwich		424	15	26	54	6
Vegetable Grinder	1 grinder		326	14	13	36	3

## Vegan Entrees

Recipe Name	Serving Size	MSmart	Calories	Fat	Protein	Carbs	Fiber
Broccoli & Tofu w/ Peanut Sauce	3/4 cup and 1/2 cup rice	Y	263	9	11	37	3
Broccoli Mushroom Linguine	1 cup		180	5	6	31	2
Cajun Tofu	2 triangles	Y	210	7	14	25	3
Chili Cornbread Pie	1 cup		170	3	6	34	4
Cous Cous Cakes	2 cakes with sauce		184	1	6	33	3
Gardenburger Vegan Veggie Medley	1 patty (no bun)		90	3	5	15	5
Grilled Potobella with Barley	1 cup		131	9	3	13	2
Jerk Tofu	2 triangles	Y	134	8	11	8	1
Lemon Baked Tofu	2 triangles	Y	152	10	11	6	1
Pasta with Tomato Basil Sauce	1 cup		227	4	8	44	5
Mediterranean Lavash	1/2 wrap		192	7	7	28	5
Moroccan Vegetable Stew	1 cup		150	5	3	26	5
Mostoccioli with Burger Crumbles	1 cup	Y	209	5	13	28	4
Pasta Fagioli	1 cup		162	2	6	32	4

Note: Nutrient values are useful guides but must be considered estimates. The nutrient content of a food can vary due to natural factors like soil quality and climate as well as processing and preparation variations.



# Nutrients in Commonly Served Foods

Pasta Primavera	1 cup		165	7	4	21	2
Rice Noodles with Tofu	1 cup	Y	236	6	11	33	3
Roasted Red Pepper Hummus	1/4 cup		89	6	2	8	2
Savory Baked Tofu	2 triangles	Y	134	9	11	5	1
Szechwan Eggplant & Vegetables	3/4 cup and 1/2 cup rice		246	8	5	41	5
Tempeh Stir Fry	1 cup	Y	157	5	13	17	3
Thai Hot and Sour Stir Fry with Peanuts	1 cup		175	9	9	18	2
Thai Sesame Noodles	1 cup	Y	288	12	10	36	3
Thai Style Fried Rice	1 cup	Y	386	9	14	62	2
Three Bean Chili	1 cup	Y	206	2	10	40	10
Tofu Panang	3/4 cup and 1/2 cup rice		305	15	8	37	3
Tofu Pasta Toss	1 cup	Y	269	12	12	32	4
Tofu Triangles with Brown Rice	2 oz tofu, 3/4 cup rice	Y	379	12	14	56	2
Tomato Basil Linguini	1 cup		229	6	6	38	3
Tomato Tofu Spinach Saute	3/4 cup	Y	105	5	11	7	3
Vegan Shepards Pie	1 cup	Y	237	11	10	27	5
Vegetable Burrito	1 burrito	Y	214	7	11	28	5
Vegetable Fajitas	1 fajita		274	11	6	40	4
Vegetable Jambalaya	1 cup		127	4	9	17	3
Vegetable Lo Mein with Tofu	1 cup	Y	208	5	11	30	3
Vegetable Paella	1 cup	Y	325	6	14	55	5

## Vegan Sandwiches

Recipe Name	Serving Size	MSmart	Calories	Fat	Protein	Carbs	Fiber
Black Bean Hummus Wrap	1 sandwich		244	12	8	31	5
Mediterranean Lavash	1 sandwich		298	13	10	41	6
Vegetable Hummus Wrap	1 sandwich	Y	347	9	12	60	5
Falafil Sandwich	1 sandwich		297	9	8	44	4
Ratatouille Sandwich	1 sandwich	Y	126	4	7	44	2

Note: Nutrient values are useful guides but must be considered estimates. The nutrient content of a food can vary due to natural factors like soil quality and climate as well as processing and preparation variations.



# Nutrients in Commonly Served Foods

Meat Sandwiches							
Recipe Name	Serving Size	MSmart	Calories	Fat	Protein	Carbs	Fiber
All Beef Hot Dog	1 hot dog		302	16	11	21	1
Andouille Sausage Sandwich	1 sandwich		395	25	18	22	1
Turkey Grinder	1 sandwich		404	15	33	33	3
BBQ Beef Sandwich	1 sandwich	Y	290	7	24	30	2
BBQ Chicken Sandwich	1 sandwich	Y	297	7	19	41	2
BBQ Pork Sandwich	1 sandwich	Y	292	8	16	39	2
Beef & Cheddar Sandwich	1 sandwich		344	14	30	23	1
Beef Grinder	1 grinder		428	21	28	31	2
BLT	1 sandwich		361	20	16	29	2
Chicken Caesar Wrap	1 sandwich		465	20	21	53	3
Chicken Chipotle Wrap	1 wrap	Y	132	4	10	16	1
Chicken Gyro	1 sandwich	Y	275	4	15	41	3
Chicken Patty	1 sandwich		439	23	19	36	3
Chicken Pesto Sandwich	1 sandwich	Y	276	6	22	31	2
El Cubano Sandwich	1 sandwich		426	34	23	6	1
Fish Sandwich	1 sandwich		406	23	12	38	1
French Dip Sandwich	1 sandwich	Y	257	5	22	29	2
Georgia Reuben	1 sandwich		452	22	26	36	4
Grilled Chicken Breast on Bun	1 sandwich	Y	223	3	21	25	1
Grilled Ham & Cheese	1 sandwich		395	25	18	24	1
Hamburger	1 hamburger patty		116	9	8	0	0
Honey Lime Chicken Sandwich	1 sandwich	Y	275	7	22	30	3
Hot Turkey Sandwich	1 sandwich	Y	411	12	19	53	2
Italian Meatball Sandwich	1 sandwich		555	21	42	68	3
Italian Meatloaf Sandwich	1 sandwich		601	27	41	43	2
Italian Sausage Sandwich	1 sandwich		381	19	20	36	1
Italian Sub	1 sandwich		376	17	20	33	0
Italian Turkey Sub	1 sandwich	Y	348	12	26	30	1
Lamb Gyro	1 sandwich	Y	319	9	16	41	3
Open Faced Turkey Melt	1/2 sandwich	Y	260	11	18	22	2
Philly Cheesesteak Sandwich	1 sandwich		346	13	21	34	1
Quarter Pound Hamburger	1 sandwich		358	19	20	19	1
Rueben Sandwich	1 sandwich		459	27	23	31	4
Sliced Turkey Sandwich	1 sandwich	Y	304	8	28	40	1
Sloppy Joe	1 sandwich	Y	290	12	13	30	2
Turkey Chipotle Wrap	1 wrap		281	14	22	18	1
Turkey Wrap	1 wrap	Y	172	6	13	14	0

*Note: Nutrient values are useful guides but must be considered estimates. The nutrient content of a food can vary due to natural factors like soil quality and climate as well as processing and preparation variations.*