



Nutrients in Commonly Served Foods

Potatoes and Grains							
Recipe Name	Serving Size	MSmart	Calories	Fat	Protein	Carbs	Fiber
Asian Style Rice	1/2 cup	Y	121	0	2	27	0
Au Gratin Potatoes	1/2 cup		152	7	5	19	2
Baked Potato	1 potato	Y	150	0	3	5	2
Baked Sweet Potatoes	1/2 cup	Y	129	1	2	30	3
Basmati White Rice	1/2 cup	Y	101	0	2	22	1
Brown Rice	1/2 cup	Y	99	1	2	21	1
Cinnamon Sweet Potatoes	1/2 cup		159	5	2	28	4
Corn Chips	1 cup		153	10	2	16	1
Cous Cous with Parsley	1/2 cup	Y	120	0	4	25	2
Dirty Rice	1/2 cup	Y	149	1	3	31	1
Fiesta Rice	1/2 cup		149	4	3	24	1
French Fries	1/2 cup		263	19	2	21	1
Long Grain Rice	1/2 cup	Y	104	1	2	21	1
Mashed Sweet Potatoes	1/2 cup		190	8	2	30	2
Mexican Rice	1/2 cup	Y	146	3	3	27	1
Nacho Cheese Tortilla Chips	1 cup		212	11	3	26	1
Onion Bun	1 bun		163	2	6	33	2
Oven Browned Potatoes	1/2 cup	Y	107	2	2	21	2
Oven Roasted Garlic Potatoes	1/2 cup		114	3	2	19	2
Parmesan & Green Onion Potatoes	1/2 cup		156	7	4	20	1
Potato Chips	1 cup		152	10	2	15	1
Potatoes with Parsley	1/2 cup	Y	90	0	2	20	2
Pretzels	1/2 cup	Y	54	0	1	11	0
Redskin Potatoes	1/2 cup	Y	87	0	2	20	2
Rice Pilaf	1/2 cup	Y	130	2	3	26	1
Roasted Potato Duo	1/2 cup	Y	89	1	2	18	2
Savory Rice	1/2 cup	Y	134	2	3	25	1
Seasoned Redskins	1/2 cup	Y	100	3	2	17	2
Sesame Steak Bun	1 bun		157	2	5	28	2
Southern Style Potatoes	1/2 cup	Y	120	2	2	24	2
Steak Bun	1 bun		159	4	12	72	2
Tator Tots	1/2 cup		236	17	2	20	1
Tortilla Chips	1 cup		190	12	2	18	1
Whipped Potatoes	1/2 cup	Y	93	2	3	16	1

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Pasta							
Recipe Name	Serving Size	MSmart	Calories	Fat	Protein	Carbs	Fiber
Bowtie Egg Noodles	1/2 cup	Y	110	1	4	20	0
Linguine Noodles	1/2 cup	Y	105	0	3	21	1
Mostoccioli Pasta	1/2 cup	Y	57	0	2	11	1
Rotini Pasta	1/2 cup	Y	67	0	2	13	1
Macaroni Pasta	1/2 cup	Y	63	0	2	13	1
Whole Wheat Penne Pasta	1/2 cup	Y	105	2	4	21	3
Whole Wheat Spaghetti	1/2 cup	Y	105	2	4	21	3

Beans							
Recipe Name	Serving Size	MSmart	Calories	Fat	Protein	Carbs	Fiber
Black Bean Salsa	1/3 cup	Y	80	0	3	16	
Butter Beans with Braised Leeks	1/2 cup	Y	110	3	4	16	3
Chola	1/2 cup	Y	169	3	7	32	5
Dal	1/2 cup	Y	52	2	2	6	2
Khichri	1 cup		263	1	7	56	4
Parsley Garlic Pinto Beans	1/2 cup		132	5	5	17	6
Red Beans and Rice	1 cup		165	3	5	29	7
Refried Beans	1/2 cup	Y	79	1	5	13	5
Rice with Black Bean Salsa	1 cup		169	1	5	35	4
Spicy Black Beans	1/2 cup	Y	84	0	6	14	5
Spicy Kidney Beans	1/2 cup	Y	94	1	5	17	10
Vegetarian Baked Beans	1/2 cup	Y	140	0	8	28	6
White Bean and Potato Hash	1/2 cup		179	7	3	31	2

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Fruit Salads							
Recipe Name	Serving Size	MSmart	Calories	Fat	Protein	Carbs	Fiber
Applesauce	1/2 cup		93	0	0	24	2
California Cocktail	1/2 cup	Y	60	0	1	15	2
Fluffy Fruit Salad	1/2 cup		95	2	0	21	1
Fruit Cocktail	1/2 cup		46	0	0	12	1
Fruit Gelatin	1/2 cup		82	0	1	19	0
Pear Halves	1/2 cup	Y	60	0	1	14	2
Pineapple Chunks	1/2 cup	Y	56	0	0	15	1
Pineapple with Mandarin Oranges	1/2 cup		60	0	0	16	1
Sliced Peaches	1/2 cup		52	0	0	13	2

Vegetable Salads							
Recipe Name	Serving Size	MSmart	Calories	Fat	Protein	Carbs	Fiber
Basil Garlic Hummus	1/4 cup		88	6	2	8	2
Broccoli Raisin Salad w/ Bacon	1/2 cup		173	11	3	18	2
Caesar Salad	1/2 cup		160	11	4	12	1
Carrot Sticks	1/2 cup	Y	40	0	1	9	1
Celery Sticks	1/2 cup	Y	16	0	0	3	1
Hummus	1/4 cup		94	6	3	9	2
Marinated Raw Vegetables	1/2 cup	Y	51	3	1	6	2
Orange Almond Salad	1/2 cup		177	13	2	14	2
Roasted Red Pepper Hummus	1/4 cup		89	6	2	8	2
South of the Border Salad	1/2 cup	Y	86	3	3	14	3
Tabbouleh	1/2 cup		185	7	5	29	3
Vegetable Slaw	1/2 cup		32	2	0	4	1

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Nutrients in Commonly Served Foods

Pasta & Meat Salads							
Recipe Name	Serving Size	MSmart	Calories	Fat	Protein	Carbs	Fiber
Asian Chicken Salad	1 salad		244	16	15	11	2
Bowtie Pasta with Sesame Dressing	1/2 cup		133	4	4	21	1
Chicken Dried Cherry Walnut Salad	1 cup		415	27	22	24	4
Chicken Pasta Salad	1/2 cup		140	4	7	12	1
Guadeloupe Chicken Salad	1 serving		247	20	11	6	2
Macaroni Salad	1/2 cup		154	5	4	22	1
Macaroni Tuna Salad	1/2 cup		177	7	7	22	1
Pacific Rim Pasta Salad	1/2 cup		111	4	2	17	1
Penne Provencal Pasta Salad	1/2 cup		163	8	3	19	2
Potato Salad	1/2 cup		74	4	1	10	1
Redskin Florentine Pasta Salad	1/2 cup		159	6	5	24	2
Redskin Potato Salad	1/2 cup	Y	125	5	2	17	1
Southwest Potato Salad	1/2 cup	Y	97	3	2	16	1
Thai Pasta Salad	1/2 cup		215	9	7	30	2

Green Vegetables							
Recipe Name	Serving Size	MSmart	Calories	Fat	Protein	Carbs	Fiber
Asian Greens	1/2 cup		48	2	3	6	3
Broccoli Cuts	1/2 cup	Y	32	0	3	6	3
Broccoli Spears	1/2 cup	Y	32	0	3	6	3
Brussel Sprouts	1/2 cup	Y	48	0	4	9	4
Collard Greens	1/2 cup	Y	37	1	3	8	4
Cut Green Beans	1/2 cup	Y	32	0	2	7	3
Green Bean Casserole	1/2 cup		101	5	2	12	3
Herb Grilled Zucchini	1/2 cup		54	4	1	4	1
Peas	1/2 cup	Y	88	0	6	16	5
Spinach	1/2 cup	Y	32	0	4	6	4
Stir Fried Cabbage	1/2 cup		140	12	1	10	2
Tunisian Greens with Peanuts	1/2 cup		66	3	3	7	2

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Other Vegetables							
Recipe Name	Serving Size	MSmart	Calories	Fat	Protein	Carbs	Fiber
Baby Carrots	1/2 cup	Y	47	1	1	10	2
California Vegetable Blend	1/2 cup	Y	73	1	4	15	5
Capri Vegetable Blend	1/2 cup	Y	20	0	1	4	2
Cauliflower	1/2 cup	Y	22	0	2	4	2
Creamy Style Corn	1/2 cup		100	1	2	21	2
Grilled Zucchini & Carrots	1/2 cup		54	2	1	9	2
Hubbard Squash	1/2 cup	Y	40	0	1	10	3
Italian Mixed Vegetables	1/2 cup	Y	41	0	2	8	4
Key Largo Vegetable Blend	1 cup	Y	42	0	1	8	2
Kyoto Vegetable Blend	1/2 cup		70	2	5	8	3
Midori Vegetable Blend	1/2 cup		80	2	5	11	3
Mixed Vegetables	1/2 cup	Y	60	0	3	15	4
Mushrooms Nimono	1/2 cup	Y	76	1	6	9	2
Peas & Carrots	1/2 cup	Y	54	0	4	11	4
Ratatouille	1/2 cup	Y	30	1	1	6	2
Scandinavian Vegetable Blend	1/2 cup	Y	40	0	2	7	2
Sliced Carrots	1/2 cup	Y	44	0	1	10	4
Sugar Snap Blend	1/2 cup	Y	35	0	2	5	2
Vegetable Gratin	1/2 cup		200	15	3	15	2
Vegetable Medley	1/2 cup	Y	35	0	2	3	3
Whole Kernel Corn	1/2 cup	Y	91	0	3	22	3
Winter Vegetable Blend	1/2 cup	Y	25	0	2	4	2
Zucchini & Summer Squash	1/2 cup	Y	14	0	1	3	1



Nutrients in Commonly Served Foods

Accompaniments							
Recipe Name	Serving Size	MSmart	Calories	Fat	Protein	Carbs	Fiber
Alfredo Sauce	1/2 cup		324	30	7	7	0
Apple Cranberry Muffin	1 muffin		282	16	3	33	1
Blue Cheese	2 tablespoons		100	8	6	1	0
Blue Cheese Dressing	2 tablespoons		125	13	1	1	0
Caesar Dressing	2 tablespoons		155	16	2	2	0
Chives	2 tablespoons		2	0	0	1	0
Green Onions	2 tablespoons		4	0	0	1	0
Honey Dijon Sauce	2 oz. (1/4 cup)		59	5	0	3	0
Ketchup	2 tablespoons		32	0	0	7	0
Mango Salsa	1/4 cup		29	0	0	7	1
Mexican Cheese Blend	2 tablespoons		109	9	0	1	0
Sauteed Mushrooms	2 tablespoons		17	1	1	1	0
Wild Rice Blend	1/2 cup		133	4	3	21	1
Wolverine Sauce	2 tablespoons		105	10	0	9	0

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