



Nutrition Facts

CHURCHILL
EVENTS

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	CALORIES	FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CARBOHYDRATES (g)	FIBER (g)	SUGARS (g)	CHOLESTEROL (mg)	PROTEIN (g)	SODIUM (mg)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)
Apple (1 medium)	90	0	0	0	25	4	19	0	0	0	2	15	2	2
Artichoke Pesto (1 T)	10	0.5	0	0	1	0	0	0	0	40	0	2	0	0
Arugula Tapenade (1 oz)	50	4	0	0	4	1	2	0	1	310	6	4	2	4
Asian Spice-Rubbed Chicken (3 oz)	150	3	1	0	3	0	2	70	25	200	0	0	2	6
Asian Spice-Rubbed Salmon (3 oz)	130	3.5	1	0	3	0	2	45	19	190	2	2	4	4
Asparagus (2 oz)	15	0.5	0	0	2	1	1	0	1	15	8	6	2	6
Baguette (1 oz)	120	0	0	0	25	1	1	0	6	290	0	0	0	8
Baked Beans (3 oz)	200	10	3.5	0	22	6	7	10	5	390	0	2	6	10
Baked Stuffed Haddock (4.8 oz)	200	8	3.5	0	10	0	1	70	20	440	4	0	4	6
Banana (1 medium)	110	0	0	0	27	3	14	0	1	0	2	15	0	2
Beef Tenderloin (3 oz)	230	15	6	0	0	0	0	80	23	105	0	0	2	8
Beet Horseradish Dip (1 T)	25	2.5	1.5	0	1	0	0	5	0	30	2	0	2	0
Black Bean & Corn Salsa (1 oz)	25	0	0	0	5	1	2	0	1	80	2	4	0	2
Blonde Brownies (extra small, 0.6 oz)	70	3	2	0	11	0	7	15	1	30	2	0	2	2
Blonde Brownies (plated, 2.5 oz)	290	13	7	0	42	1	29	60	3	125	6	0	4	8
Blue Cheese, Roasted Pears, Beets, and Endive Salad (1/3 of recipe)	240	17	6	0	18	6	9	15	8	550	130	40	15	15
Blueberry Cake (1/11 of cake or ~3 oz)	240	10	2.5	1	34	1	20	35	3	110	2	4	4	6
Blueberry Muffins (1.7 oz)	210	6	3	0	35	2	17	0	2	340	0	0	0	8
Blueberry Squares (~1 oz)	70	2.5	1.5	0	11	0	7	5	1	0	2	2	0	2
Brazilian Sauce (1/2 tsp)	5	0	0	0	0	0	0	0	0	10	0	2	0	0
Broccoli Salad (3 oz)	280	20	4	0	16	2	11	25	9	510	15	40	2	4
Buttermilk Chive Dip (1 tsp)	5	0.5	0	0	0	0	0	0	0	15	0	0	0	0
Butternut Squash Bisque (6 oz)	80	2	1	0	15	2	3	5	3	100	230	40	6	6
Caesar Dressing (1 oz)	190	21	3	0	0	0	0	50	1	5	2	0	0	2
Caesar Salad (1.5 oz)	100	10	1.5	0	1	1	0	25	1	5	50	2	2	2
Carrot Jicama Slaw (3 oz)	110	8	1	0	9	3	3	5	1	220	50	25	2	4
Cashew Crusted Chicken (1 oz)	80	4.5	1	0	5	0	0	10	6	70	0	0	2	4
Celery Seed Dressing (1 oz)	120	11	1.5	0	6	0	6	0	0	95	0	0	0	2
Cheese Biscuits (0.25 oz)	35	2.5	1.5	0	2	0	0	5	1	15	2	0	2	0
Chicken Breast (3 oz)	140	3	1	0	0	0	0	70	26	120	0	0	2	4
Chili (12 oz)	350	15	5	1	24	8	6	80	30	690	15	60	10	30
Chili (6 oz)	170	7	2.5	0	12	4	3	40	15	350	8	30	4	15
Chili Egg Puff (~5.5 oz)	320	24	14	0	7	0	2	215	20	600	15	10	35	8
Chili Egg Puff w/ Egg Substitute (~5.5 oz)	290	20	12	0	8	0	3	60	19	640	15	10	40	10
Chilled Red Pepper Soup (~4 oz)	80	6	4	0	5	1	3	15	2	140	30	80	4	2
Chocolate Chip Cookies (~1 oz)	150	8	3.5	0	20	1	11	15	3	55	2	0	2	4
Chocolate Toffee Cookie (0.33 oz)	40	2	1	0	6	0	5	5	0	10	0	0	0	0
Chunky Tomatillo Salsa (2 oz)	20	0	0	0	4	1	3	0	1	210	8	30	0	2
Ciabatta (1 oz)	130	1.5	0	0	24	1	0	0	4	260	0	0	0	8
Cilantro Adobe Chicken (3 oz)	150	3.5	1	0	0	0	0	70	26	75	2	0	2	6
Cilantro Pepita Dressing (1 oz)	150	16	2.5	0	1	0	0	5	0	120	4	10	2	0
Clam Chowder, N.E. style (6 oz)	140	6	3	0	16	2	3	20	6	240	4	15	8	20
Corn & Edamame Salad (4 oz)	100	3.5	0	0	17	3	4	0	4	55	20	40	2	6
Corn on the Cob (1 cob)	70	1	0	0	16	2	3	0	3	0	4	8	0	2
Cornbread (2 oz)	170	5	1	0	26	1	8	15	3	360	2	0	10	8

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Cream Cheese Brownies (plated, 0.75 oz)	80	3	2	0	12	0	8	20	1	50	2	0	2	2
Cream Cheese Brownies (plated, 3 oz)	310	13	7	0	48	2	33	70	5	190	8	0	6	10
Cream of Watercress Soup (10 oz)	180	17	10	0	5	0	1	110	3	740	25	15	4	2
Creamy Apple Vinaigrette (1 oz)	45	0.5	0	0	8	2	5	0	3	85	110	25	10	10
Cucumber Salad (3 oz)	60	4	0.5	0	6	1	5	0	0	20	2	4	2	2
Cucumber Salad En Gelée (3 oz)	120	8	3.5	0	10	0	9	20	2	180	4	2	2	0
Feta & Watermelon Salad (~3 oz)	100	7	2	0	8	1	5	5	2	135	40	10	6	4
Flat Iron Pork (3 oz)	230	15	6	0	0	0	0	85	21	105	0	0	2	8
Flat Iron Steak (3 oz)	170	8	3.5	0	0	0	0	85	24	130	0	0	2	15
French Vanilla Yogurt Dressing (1 oz)	20	0	0	0	3	0	3	0	2	30	2	0	6	0
Fruit Salad (5 oz)	70	0	0	0	19	1	16	0	1	10	20	60	2	2
Gazpacho (3 oz)	48	3	0	0	4	1	2	0	1	86	10	30	2	2
Ginger (fresh) Cake (3.5 oz)	310	12	8	0	47	1	25	55	3	250	8	0	6	15
Ginger Snaps (~1 oz)	110	5	3	0	15	0	8	20	1	125	4	0	2	4
Granola (2 oz)	280	14	2.5	0	30	5	11	0	8	15	0	2	4	15
Grilled Peach, Mint & Balsamic Salsa (1 T)	15	1	0	0	1	0	1	0	0	5	0	2	0	0
Grilled Salmon Fillet (3 oz)	150	7	1.5	0	2	0	1	45	20	50	6	20	4	4
Halibut (3 oz)	120	2.5	0	0	0	0	0	35	23	115	0	0	6	6
Hanger Steak (3 oz)	160	7	3	0	0	0	0	65	24	105	0	0	2	8
Holiday Beet Salad (3 oz)	100	3	0	0	19	4	12	0	2	80	2	30	2	4
Lace Cookies (~1 oz)	140	6	3.5	0	21	1	13	20	2	70	4	0	2	4
Lemon Squares (0.6 oz)	60	3	1.5	0	9	0	6	15	1	25	2	2	0	2
Lime, Garlic, & Oregano Mojo (½ tsp)	5	1	0	0	0	0	0	0	0	0	0	0	0	0
Mango Tarragon Salsa (1 oz)	35	3	0	0	2	0	1	0	0	0	4	15	0	0
Mexican Caesar Salad (5.7 oz)	290	25	3.5	0	13	4	2	5	4	220	190	25	6	8
Mexican Cheesecake (~2.5 oz)	160	10	2.5	0	14	2	1	10	3	300	4	4	8	4
Mixed Fruit with Yogurt Dressing (5 oz)	70	0	0	0	17	1	14	0	3	40	25	60	6	2
Mixed Greens with Celery Seed Dressing (1.5 oz)	70	6	1	0	4	1	3	0	0	50	50	2	2	2
Mixed Greens with Creamy Apple Vinaigrette (1.5 oz)	10	0	0	0	2	1	1	0	1	10	60	4	2	2
Mixed Greens with Orange Cumin Vinaigrette (1.5 oz)	60	6	1	0	2	1	1	0	0	0	50	6	2	2
Mixed Greens with Raspberry Vinaigrette (1.5 oz)	70	7	1	0	1	1	1	0	0	0	50	2	0	2
Mixed Greens with Red Wine Vinaigrette (1.5 oz)	80	9	1	0	1	1	1	0	0	10	50	2	0	2
Mixed Greens with Smoky Tomato Vinaigrette (1.5 oz)	40	3.5	0.5	0	2	1	1	0	1	15	60	6	2	2
Muffins (1.7 oz)	200	6	3	0	34	1	16	0	2	340	0	0	0	8
Multi-Grain Dinner Roll (1 oz)	190	2	0	0	36	1	0	0	6	390	0	0	0	10
Orange Cumin Vinaigrette (1 oz)	120	12	1.5	0	1	0	1	0	0	0	0	10	0	0
Orange Ginger Glazed Chicken (3 oz)	160	6	1	0	1	0	0	65	23	310	0	4	2	4
Orange Ginger Glazed Chicken (6 oz)	310	12	2.5	0	2	0	1	125	46	620	0	6	2	10
Orange Ginger Glazed Pork (3 oz)	110	5	1	0	1	0	0	50	16	290	0	4	0	4
Orange Ginger Glazed Pork (6 oz)	230	10	2	0	2	0	1	95	31	580	0	6	2	8
Orange Ginger Shrimp (1 oz)	25	0.5	0	0	2	0	1	20	3	140	2	8	2	0
Pasta Salad with Roasted Vegetables (3.5 oz)	170	4.5	1	0	26	2	2	0	5	45	8	30	4	8

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Pecan Diamonds (extra small, 0.5 oz)	80	6	2	0	7	0	5	10	1	0	2	0	0	2
Pecan Diamonds (plated, 3.25 oz)	500	38	13	0.5	40	3	29	50	4	10	10	0	4	8
Pomegranate Cumin Chicken (3 oz)	160	5	1	0	1	0	1	70	26	110	0	0	2	6
Pomegranate Cumin Pork Tenderloin (3 oz)	120	4	1	0	1	0	1	55	18	90	0	0	0	6
Pomegranate Cumin Rack of Lamb (3 oz)	340	31	13	0	1	0	1	65	12	90	0	0	2	8
Pomegranate Dijon Glazed Chicken (3 oz)	180	4.5	1	0	7	0	4	70	26	170	0	0	4	8
Pork Tenderloin (3 oz)	90	2	0.5	0	0	0	0	55	18	105	0	0	0	4
Potato Salad w/ Vinaigrette (3 oz)	100	6	1	0	12	1	1	0	1	180	4	15	2	4
Rack of Lamb (3 oz)	320	29	13	0	0	0	0	65	12	105	0	0	2	6
Raspberry Squares (0.75 oz)	70	3	1.5	0	11	1	6	5	1	0	2	2	0	2
Raspberry Vinaigrette (1 oz)	130	14	2	0	1	0	0	0	0	0	0	2	0	0
Red Wine Vinaigrette (1 oz)	160	17	2.5	0	1	0	1	0	0	15	0	0	0	0
Roasted Squashes (~2.5 oz)	50	2	1	0	8	2	2	5	1	125	45	20	2	2
Rosemary Dijon Beef (3 oz)	240	15	5	0	2	0	0	80	23	260	0	0	2	8
Rosemary Dijon Chicken (3 oz)	180	6	1.5	0	2	0	0	70	26	280	0	0	2	6
Rosemary Dijon Pork Tenderloin (3 oz)	130	5	1	0	2	0	0	55	18	260	0	0	0	4
Rosemary Dijon Rack of Lamb (3 oz)	350	32	13	0	2	0	0	65	12	260	0	0	2	6
Rosemary Dijon Salmon (3 oz)	210	14	3	0	2	0	0	45	17	270	2	6	2	2
Salad of Sugar Snaps (1.6 oz)	90	7	2	0	4	1	1	5	3	110	4	10	8	2
Salmon (3 oz)	120	3.5	1	0	0	0	0	45	20	105	2	2	4	2
Salmon with Mango Tarragon Salsa (3.5 oz)	140	5	1	0	1	0	0	45	20	50	4	10	4	4
Salsa Verde (1 T)	35	3.5	0.5	0	1	0	0	0	0	110	10	15	2	2
Sesame Chicken (5.75 oz)	300	11	2	0	5	1	3	115	43	460	2	2	6	10
Sesame Dressing for Wraps (1 T)	60	5	1	0	2	0	1	0	2	150	0	0	0	0
Sesame Noodles (2 oz)	220	9	1.5	0	27	2	3	0	7	290	0	0	2	8
Smoky Tomato Vinaigrette (1 oz)	45	4.5	0.5	0	1	0	1	0	0	15	4	4	0	0
Snowball Cookies (0.5 oz)	70	4.5	3	0	7	0	1	10	1	0	2	0	0	2
Soda Jerk Beans (3 oz)	70	1	0	0	13	3	6	5	4	260	4	20	2	6
Spicy Corn Relish (1 oz)	25	0	0	0	6	0	4	0	0	55	2	6	0	0
Sugar Snap Peas (2 oz)	35	1	0	0	4	1	2	0	2	30	10	60	2	6
Technicolor Bean Salad (3 oz)	120	7	1	0	11	3	1	5	3	230	4	8	2	6
Tequila Shrimp (1 oz)	30	1	0	0	1	0	0	35	4	160	2	2	2	0
Thai Peanut Sauce (1 oz)	90	7	3	0	3	1	2	0	3	150	0	0	0	4
Tilapia (3 oz)	110	2.5	1	0	0	0	0	50	22	105	0	0	2	4
Tomato Basil Soup (6 oz)	100	6	2.5	0	12	3	1	10	3	310	20	30	8	10
Top Round Lamb (3 oz)	250	18	7	0	0	0	0	80	21	115	0	0	0	10
Tuiles (~1.5 oz)	150	9	5	0	16	0	10	20	2	50	6	0	0	2
Tuna on Sugarcane (7 oz)	360	18	11	0	9	0	7	45	28	660	50	0	2	15
Tzatziki (1 T)	5	0	0	0	1	0	0	0	0	85	0	0	2	0
Watermelon Salsa (1 oz)	10	0	0	0	3	0	2	0	0	0	2	4	0	0
Wild Rice Salad (4 oz)	460	23	3	0	58	5	11	0	10	30	20	20	4	15
Wild Rice with Roasted Vegetables (4 oz)	120	5	0.5	0	17	2	1	0	3	15	20	10	2	2
Winter Spiced Molten Chocolate Cakes (8.5 oz)	910	55	32	1	101	4	80	370	12	100	30	2	10	20
À la mode	90	5	3	-	10	0	9	20	2	35	4	0	6	0
Yellow Tomato Olive Relish (1 T)	20	2	0	0	0	0	0	0	0	15	0	2	0	0
Yogurt Parfaits (6 oz)	110	0	0	0	23	1	20	0	5	95	0	10	20	0

To maintain a healthy weight, a typical adult should consume approximately 2000 calories per day; however, individual calorie needs may vary. Nutrient values are estimates only. Variations may occur due to product availability and food preparation. Made possible by funding from Healthy Portland, a local Healthy Maine Partnership, and the City of Portland, through a grant from the Department of Health and Human Services.