

Poverello Food Pantry Nutritional Analysis- Extended

Item	Food Group	Serv. size	# Servings	Calories	Protein (g)	Fat (g)	%DV	Chol (mg)	%DV	Na (mg)	%DV	K+ (mg)	CHO (g)	CHO serving	Total Cal per item	Total Na per item	Total Fat	Total CHO	Total CHO servings/ item
Yogurt	Dairy	1 cup	1	70	5	0	0	5	2	75	3	220	13	1	70	75	0	13	1
2% Milk	Dairy	1 cup	4	130	8	5	8	20	7	130	5		12	1	520	520	20	48	3
Skim Milk	Dairy	1 cup	4	80	8	0	0	5	2	130	5		12	1	320	520	0	48	3
Soy Milk	Dairy	2 cup	4	110	7	3.5	5	0	0	110	5	300	12	1	440	440	14	48	3
1% Milk	Dairy	1 cup	4	100	8	2.5	4	10	3	105	4	370	12	1	400	420	10	48	3
Fruit cocktail- in water	Fruit	1/2 cup	3.5	50	0	0	0	0	0	5	0		12	1	175	17.5	0	42	3
Peaches- lite, canned	Fruit	1/2 cup	3.5	50	0	0	0	0	0	5	0		12	1	175	17.5	0	42	3
Raisin bran cereal	Grains	1 cup	4	210	4	1	2	0	0	350	15		45	3	840	1400	4	180	12
Egg noodles	Grains	1.25 cup	7	230	9	2	3	0	0	20	1		43	3	1610	140	14	301	20
Spaghetti	Grains	2 oz	8	200	7	1	2	0	0	2	0		42	3	1600	16	8	336	22
Elbow pasta	Grains	2 oz	7	144	7	0	0	60	20	0	0		40	3	1008	0	0	280	19
Angel Hair- Whole Wheat	Grains	2 oz	8	180	8	1.5	2	0	0	0	0		39	3	1440	0	12	312	21
Grits	Grains	1/4 cup	10	160	3	0	0	0	0	0	0		37	2	1600	0	0	370	25
Kale/Quinoa Burger	Grains	5.5 oz	1	250	5	11	17	0	0	360	15		34	2	250	360	11	34	2
White rice	Grains	1/4 cup	10	150	3	0	0	0	0	0	0		33	2	1500	0	0	330	22
Brown rice	Grains	1/4 cup	11	150	3	1	2	0	0	0	0	100	32	2	1650	0	11	352	23
Cornflakes cereal	Grains	1 cup	16	130	2	0	0	0	0	180	8		28	2	2080	2880	0	448	30
Oatmeal	Grains	1/2 cup	11	150	5	3	5	0	0	0	0		27	2	1650	0	33	297	20
Toasted Oats cereal	Grains	1 cup	7	120	4	1	2	0	0	160	7		23	2	840	1120	7	161	11
Veg Soup- Healthy Choice	Mixed	1 cup	2	110	4	0.5	1	5	2	480	20	670	21	2	220	960	1	42	3
Chicken Soup- Healthy Choice	Mixed	1 cup	2	90	7	2	3	20	7	390	16	550	12	1	180	780	4	24	2
Chickn Ndl Soup- Low Sodium	Mixed	1 can	1	70	4	2.5	4	10	3	90	4		8	1	70	90	2.5	8	1
Pork and Beans-canned	Protein	1/2 cup	3	130	6	1	2	0	0	480	20		25	2	390	1440	3	75	5
Black Beans- canned	Protein	1/2 cup	3	120	7	0.5	1	0	0	480	20	480	23	2	360	1440	1.5	69	5
Black Beans- dried	Protein	1/4 cup	12	70	9	0	0	0	0	20	1		23	2	840	240	0	276	18
Black eyed peas- dried	Protein	1/4 cup	12	90	9	0	0	0	0	15	1		23	2	1080	180	0	276	18
Pinto beans- dried	Protein	1/4 cup	12	70	8	0	0	0	0	15	1		23	2	840	180	0	276	18
Northern beans- dried	Protein	1/4 cup	13	70	8	0	0	0	0	20	1		22	2	910	260	0	286	19
Red beans- dried	Protein	1/4 cup	12	70	9	0	0	0	0	20	1		22	2	840	240	0	264	18
Veggie Meatless Burger	Protein	3.4 oz	1	154	7.7	4.5	7	11	4	546	23		21.9	2	154	546	4.5	21.9	1
Red Beans- canned	Protein	1/2 cup	3.5	100	6	0	0	0	0	480	20	290	20	1	350	1680	0	70	5
Garbanzo- canned	Protein	1/2 cup	3.5	120	6	2	3	0	0	470	20	250	20	1	420	1645	7	70	5
Lentils- dried	Protein	1/4 cup	14	70	8	0	0	0	0	5	0		19	1	980	70	0	266	18
Peanut butter	Protein	2 Tbsp	14	200	7	16	25	0	0	140	6		6	0	2800	1960	224	84	6
Liver- beef	Protein	3.5 oz	1	135	20	4	6	275	92	69	3		4	0	135	69	4	4	0
Special- Salmon Burger	Protein	4 oz	1	170	20	9	14	60	20	320	13		2	0	170	320	9	2	0
Turkey Burger	Protein	7 oz	1	430	41	29	45	120	40	550	23		1	0	430	550	29	1	0
Chicken breast- canned	Protein	1/4 cup	2	70	13	1	2	35	12	140	6		1	0	140	280	2	2	0
Liver- chicken	Protein	4 oz (3)	1.5	120	19	4.5	7	470	157	80	3		1	0	180	120	6.75	1.5	0
Pork chop	Protein	6 oz	1	320	40	17	26	130	43	550	23		0	0	320	550	17	0	0
Salmon- canned	Protein	1/4 cup (2	3.5	90	12	5	8	40	13	270	11		0	0	315	945	17.5	0	0
Chicken breast	Protein	5 oz	1	140	26	3.5	5	70	23	230	10		0	0	140	230	3.5	0	0
Sardines- canned	Protein	1 can	1	110	14	6	9	70	23	220	9		0	0	110	220	6	0	0
Tuna- canned	Protein	1/4 cup	2	60	13	1	2	30	10	140	6	95	0	0	120	280	2	0	0
Fish- Tilapia	Protein	6 oz	1	160	34	3	5	85	28	90	4	510	0	0	160	90	3	0	0
Hamburger	Protein	6 oz	1	254	17.2	20	31	71	24	67	3		0	0	254	67	20	0	0
Eggs, white, med	Protein	1 Egg	12	15	4	0	0	0	0	55	2	0	0	0	180	660	0	0	0
Fish- Cod	Protein	5 oz	1	80	18	1	2	45	15	55	2	410	0	0	80	55	1	0	0
Chicken leg quarter	Protein	14 oz?	1	210	21	14	22	95	32	90	4			0	210	90	14	0	0
Sweet Corn- canned	Vegetable	1/2 cup	3.5	80	2	0.5	1	0	0	130	5		18	1	280	455	1.75	63	4

Potato- White	Vegetable	1 med	1	77	2	0	0	0	0	6	0	421	17	1	77	6	0	17	1
Sweet Peas- canned	Vegetable	1/2 cup	3.5	50	4	0	0	0	0	140	6		10	1	175	490	0	35	2
Mushrooms- canned	Vegetable	1/2 cup	2	20	2	0	0	0	0	350	15		2	0	40	700	0	4	0
Mixed veggies- canned	Vegetable	1/2 cup	3.5	45	1	0	0	0	0	290	12	190	9	1	157.5	1015	0	31.5	2
Tomato paste	Vegetable	2 Tbsp	5	30	2	0	0	0	0	20	1		6	0	150	100	0	30	2
Tomatoes- canned	Vegetable	1/2 cup	3.5	25	0	0	0	0	0	180	8		5	0	87.5	630	0	17.5	1
French green beans- canned	Vegetable	1/2 cup	3.5	20	1	0	0	0	0	290	12		4	0	70	1015	0	14	1

%DV= % Daily Value based on a 2000 calorie diet