

# Did you know?

•Did you know that **83%** of people polled agreed that restaurants **should make nutrition information available for all menu items** [Aramark Corp, 2005] and **67%** believe that **restaurants should be required to provide nutrition information**, including calories, on menus?

[Global Strategy Group, 2003]

•Are you offering this **valuable service** for your customers?

# Get the Facts now!

## What are you serving your customers?

- If you want comprehensive nutrition analysis of menu items at an **affordable price**, **Nutrition** is for you!
- Menu items are analyzed using an **extensive** nutrient analysis database by a **Registered Dietitian (R.D.)**
- Recipe/Menu **confidentiality ensured**
- Menu/recipe engineering consults also available to enhance the **nutrient density** of the foods you serve!

**Asparagus Salad with Shallot-Mustard Vinaigrette**  
By: Health through Nutrition  
Recipe grams: 521.96g/18.4oz  
Serves 4: 130.49g/4.6oz per serving

Protein: 13%  
Carbohydrates: 15%  
Fat: 73%

**INGREDIENTS**  
1 lb ASPARAGUS, RAW  
2 tbsp OLIVE OIL  
1 clove GARLIC, RAW  
1 tbsp VINEGAR, RED WINE  
1/2 tsp MUSTARD, PREPARED, DCCO  
2 tbsp SHALLOT, RAW  
1 dash SALT, TABLE  
1/4 tsp PEPPER, BLACK, GROUND

**DIRECTIONS**  
Wash and trim asparagus and place in a 13 x 9 inch baking dish. Add 1 tablespoon olive oil and grill on a broiler for 10 minutes. Remove from oven and let stand at room temperature until ready to serve. While together remaining 1/2 teaspoon olive oil with vinegar, mustard, and shallots. Season to taste with salt and pepper. Pour over asparagus and toss to coat. Discard to garlic.

NUTRIENT ANALYSIS/SERVING		Nutrient		Value	
Calories	80	Fat (g)			
Food Energy (kcal)	373	Saturated Fat (g)			
Protein (g)	11	Trans Fat (g)			
Calories from Protein	13	Trans-Monounsaturated Fat (g)			
% Calories from Protein	15	Monounsaturated Fat (g)			
Carbohydrates (g)	6	Polyunsaturated Fat (g)			
Starch (g)	0*	Omega-3 (g)			
Sugars (g)	3	Omega-6 (g)			
Glucose (g)	1*	Calories from Fat			
Fructose (g)	0*	% Calories from Fat			
Sorbitol (g)	0*	Cholesterol (mg)			
Sucrose (g)	0*	% Calories from Alcohol			
Lactose (g)	0*	Alcohol (g)			
Maltose (g)	0*	Calories from Alcohol			
Dietary Fiber (g)	3	% Calories from Alcohol			
Fat, Net Carbs (g)	3	Ash (g)			
Calories from Carbohydrates	13	Water (g)			
% Calories from Carbohydrates	15	Caffeine (mg)			
		Theobromine (mg)			

**Nutrition Facts**  
Serving Size: 1 serving (130.5g)  
Servings: 4

Amount Per Serving		Calories from Fat 60	
Calories 90		% Daily Value*	
Total Fat	7g		11%
Saturated Fat	1g		5%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	55mg		2%
Total Carbohydrate	6g		2%
Dietary Fiber	3g		10%
Sugars	3g		
Protein	3g		
Vitamin A	15%	Vitamin C	10%
Calcium	4%	Iron	15%

\*Percent Daily Values are based on a diet of other people's secrets.

Nutrient		Value	
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: ASPARAGUS, OLIVE OIL, SHALLOT, VINEGAR, GARLIC, MUSTARD, PEPPER, SALT.

**NUTRIENT ANALYSIS/SERVING**

Nutrient	Value	%DV	Nutrient	Value	%DV
Aspartic acid (mg)	43*		Vit-B12 (mcg)	0*	
Alanine (mg)	0*		Vit-B12 (mcg)	0*	
Arginine (mg)	0*		Vit-B12 (mcg)	0*	
Asparagine (mg)	0*		Vit-B12 (mcg)	0*	
Glutamic acid (mg)	0*		Vit-B12 (mcg)	0*	
Glutamine (mg)	0*		Vit-B12 (mcg)	0*	
Proline (mg)	0*		Vit-B12 (mcg)	0*	
Serine (mg)	0*		Vit-B12 (mcg)	0*	
Threonine (mg)	0*		Vit-B12 (mcg)	0*	
Tyrosine (mg)	0*		Vit-B12 (mcg)	0*	
Valine (mg)	0*		Vit-B12 (mcg)	0*	
Acids, total (mg)	55*		Vit-B12 (mcg)	0*	
Ascorbic acid (mg)	0*		Vit-B12 (mcg)	0*	
Cholesterol (mg)	0*		Vit-B12 (mcg)	0*	
Choline (mg)	0*		Vit-B12 (mcg)	0*	
Copper (mg)	88*	17%	Vit-B12 (mcg)	0*	
Iron (mg)	0*		Vit-B12 (mcg)	0*	
Magnesium (mg)	0*		Vit-B12 (mcg)	0*	
Manganese (mg)	0*		Vit-B12 (mcg)	0*	
Niacin (mg)	0*		Vit-B12 (mcg)	0*	
Pantoic acid (mg)	0*		Vit-B12 (mcg)	0*	
Phosphorus (mg)	0*		Vit-B12 (mcg)	0*	
Potassium (mg)	0*		Vit-B12 (mcg)	0*	
Sodium (mg)	55*	2%	Vit-B12 (mcg)	0*	
Sulfur (mg)	0*		Vit-B12 (mcg)	0*	
Zinc (mg)	0*		Vit-B12 (mcg)	0*	
Calcium (mg)	0*		Vit-B12 (mcg)	0*	
Chloride (mg)	0*		Vit-B12 (mcg)	0*	
Cobalt (mg)	0*		Vit-B12 (mcg)	0*	
Copper (mg)	88*	17%	Vit-B12 (mcg)	0*	
Fluoride (mg)	0*		Vit-B12 (mcg)	0*	
Iron (mg)	0*		Vit-B12 (mcg)	0*	
Selenium (mg)	0*		Vit-B12 (mcg)	0*	
Silver (mg)	0*		Vit-B12 (mcg)	0*	
Sulfur (mg)	0*		Vit-B12 (mcg)	0*	
Tellurium (mg)	0*		Vit-B12 (mcg)	0*	
Zinc (mg)	0*		Vit-B12 (mcg)	0*	
Vanadium (mg)	0*		Vit-B12 (mcg)	0*	
Chromium (mg)	0*		Vit-B12 (mcg)	0*	
Molybdenum (mg)	0*		Vit-B12 (mcg)	0*	
Calcium (mg)	0*		Vit-B12 (mcg)	0*	
Chloride (mg)	0*		Vit-B12 (mcg)	0*	
Copper (mg)	88*	17%	Vit-B12 (mcg)	0*	
Fluoride (mg)	0*		Vit-B12 (mcg)	0*	
Iron (mg)	0*		Vit-B12 (mcg)	0*	
Selenium (mg)	0*		Vit-B12 (mcg)	0*	
Silver (mg)	0*		Vit-B12 (mcg)	0*	
Sulfur (mg)	0*		Vit-B12 (mcg)	0*	
Tellurium (mg)	0*		Vit-B12 (mcg)	0*	
Zinc (mg)	0*		Vit-B12 (mcg)	0*	
Vanadium (mg)	0*		Vit-B12 (mcg)	0*	
Chromium (mg)	0*		Vit-B12 (mcg)	0*	
Molybdenum (mg)	0*		Vit-B12 (mcg)	0*	
Calcium (mg)	0*		Vit-B12 (mcg)	0*	
Chloride (mg)	0*		Vit-B12 (mcg)	0*	
Copper (mg)	88*	17%	Vit-B12 (mcg)	0*	
Fluoride (mg)	0*		Vit-B12 (mcg)	0*	
Iron (mg)	0*		Vit-B12 (mcg)	0*	
Selenium (mg)	0*		Vit-B12 (mcg)	0*	
Silver (mg)	0*		Vit-B12 (mcg)	0*	
Sulfur (mg)	0*		Vit-B12 (mcg)	0*	
Tellurium (mg)	0*		Vit-B12 (mcg)	0*	
Zinc (mg)	0*		Vit-B12 (mcg)	0*	
Vanadium (mg)	0*		Vit-B12 (mcg)	0*	
Chromium (mg)	0*		Vit-B12 (mcg)	0*	
Molybdenum (mg)	0*		Vit-B12 (mcg)	0*	
Calcium (mg)	0*		Vit-B12 (mcg)	0*	
Chloride (mg)	0*		Vit-B12 (mcg)	0*	
Copper (mg)	88*	17%	Vit-B12 (mcg)	0*	
Fluoride (mg)	0*		Vit-B12 (mcg)	0*	
Iron (mg)	0*		Vit-B12 (mcg)	0*	
Selenium (mg)	0*		Vit-B12 (mcg)	0*	
Silver (mg)	0*		Vit-B12 (mcg)	0*	
Sulfur (mg)	0*		Vit-B12 (mcg)	0*	
Tellurium (mg)	0*		Vit-B12 (mcg)	0*	
Zinc (mg)	0*		Vit-B12 (mcg)	0*	
Vanadium (mg)	0*		Vit-B12 (mcg)	0*	
Chromium (mg)	0*		Vit-B12 (mcg)	0*	
Molybdenum (mg)	0*		Vit-B12 (mcg)	0*	
Calcium (mg)	0*		Vit-B12 (mcg)	0*	
Chloride (mg)	0*		Vit-B12 (mcg)	0*	
Copper (mg)	88*	17%	Vit-B12 (mcg)	0*	
Fluoride (mg)	0*		Vit-B12 (mcg)	0*	
Iron (mg)	0*		Vit-B12 (mcg)	0*	
Selenium (mg)	0*		Vit-B12 (mcg)	0*	
Silver (mg)	0*		Vit-B12 (mcg)	0*	
Sulfur (mg)	0*		Vit-B12 (mcg)	0*	
Tellurium (mg)	0*		Vit-B12 (mcg)	0*	
Zinc (mg)	0*		Vit-B12 (mcg)	0*	
Vanadium (mg)	0*		Vit-B12 (mcg)	0*	
Chromium (mg)	0*		Vit-B12 (mcg)	0*	
Molybdenum (mg)	0*		Vit-B12 (mcg)	0*	
Calcium (mg)	0*		Vit-B12 (mcg)	0*	
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Iron (mg)	0*		Vit-B12 (mcg)	0*	
Selenium (mg)	0*		Vit-B12 (mcg)	0*	
Silver (mg)	0*		Vit-B12 (mcg)	0*	
Sulfur (mg)	0*		Vit-B12 (mcg)	0*	
Tellurium (mg)	0*		Vit-B12 (mcg)	0*	
Zinc (mg)	0*		Vit-B12 (mcg)	0*	
Vanadium (mg)	0*		Vit-B12 (mcg)	0*	
Chromium (mg)	0*		Vit-B12 (mcg)	0*	
Molybdenum (mg)	0*		Vit-B12 (mcg)	0*	
Calcium (mg)	0*		Vit-B12 (mcg)	0*	
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Fluoride (mg)	0*		Vit-B12 (mcg)	0*	
Iron (mg)	0*		Vit-B12 (mcg)	0*	
Selenium (mg)	0*		Vit-B12 (mcg)	0*	
Silver (mg)	0*		Vit-B12 (mcg)	0*	
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Sulfur (mg)	0*		Vit-B12 (mcg)	0*	
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Sulfur (mg)	0*		Vit-B12 (mcg)	0*	
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Selenium (mg)	0*		Vit-B12 (mcg)	0*	
Silver (mg)	0*		Vit-B12 (mcg)	0*	
Sulfur (mg)	0*		Vit-B12 (mcg)	0*	
Tellurium (mg)	0*		Vit-B12 (mcg)	0*	
Zinc (mg)	0*		Vit-B12 (mcg)	0*	
Vanadium (mg)	0*		Vit-B12 (mcg)	0*	
Chromium (mg)	0*		Vit-B12 (mcg)	0*	
Molybdenum (mg)	0*		Vit-B1		