

| Rosh Hashanah-Yom Kippur Nutritional Information | Calories | Calories from fat | Total Fat (g) | Saturated fat (g) | Trans fat (g) | Poly unsat fat (g) | Mono unsat fat (g) | Cholesterol (mg) | Sodium (mg) | Potassium (mg) | Total Carbohydrate (g) | Dietary Fiber (g) | Total Sugars (g) | Added Sugars (g) | Protein (g) |
|---|-----------------|--------------------------|----------------------|--------------------------|----------------------|---------------------------|---------------------------|-------------------------|--------------------|-----------------------|-------------------------------|--------------------------|-------------------------|-------------------------|--------------------|
| Almond Cake (10 Oz) | 890 | 340 | 39 | 5 | 1.5 | 0 | 1.0 | 130 | 540 | 55 | 130 | 2 | 87 | | 16 |
| Baked Cod Portion with Potato Stuffing And Emerald Sauce | 1350 | 680 | 77 | 30 | 6 | 15 | 20 | 235 | 4400 | 1510 | 114 | 10 | 50 | | 49 |
| Beef Brisket Platter with Sides | 1020 | 340 | 38 | 20 | 1.0 | 1.0 | 6 | 200 | 3170 | 870 | 111 | 8 | 57 | | 55 |
| Carrot Tzimmes - 1 Lb | 710 | 190 | 21 | 13 | | 1.0 | 6 | 55 | 770 | 800 | 130 | 9 | 86 | | 6 |
| Challah Bread - 1 Lb | 1550 | 440 | 50 | 8 | | 1.0 | 2.5 | 235 | 1580 | 115 | 236 | 8 | 35 | | 46 |
| Challah Bread - 2 Lb | 3090 | 890 | 100 | 16 | | 1.5 | 4.5 | 475 | 3160 | 230 | 471 | 16 | 71 | | 92 |
| Challah Bread with Raisins - 1 Pound | 1540 | 390 | 45 | 7 | | 0.5 | 2.0 | 210 | 1410 | 560 | 254 | 10 | 74 | | 42 |
| Challah Bread with Raisins - 2 Pounds | 3080 | 790 | 89 | 14 | | 1.5 | 4.0 | 420 | 2810 | 1120 | 508 | 19 | 147 | | 85 |
| Grilled London Broil with Sides | 1970 | 1000 | 113 | 41 | 1.5 | 2.0 | 19 | 295 | 3200 | 1610 | 164 | 9 | 75 | | 73 |
| Herb Roasted Half Chicken with Sides | 1550 | 700 | 79 | 33 | 1.5 | 8 | 19 | 340 | 3150 | 1400 | 132 | 9 | 52 | | 79 |
| Honey Cake (Whole Cake) | 1650 | 470 | 53 | 8 | | 1.5 | 2.0 | 210 | 2020 | 550 | 282 | 13 | 172 | | 21 |
| Matzo Balls - 1 Lb | 1910 | 1310 | 148 | 112 | 0 | 4.5 | 21 | 680 | 2950 | 270 | 116 | 5 | 6 | | 35 |
| Roasted Cornish Game Hen with Sides | 1230 | 470 | 53 | 18 | | 9 | 21 | 355 | 1050 | 1470 | 130 | 9 | 60 | | 60 |
| Sponge Cake (Whole Cake) | 1210 | 410 | 47 | 11 | | 19 | 10 | 405 | 580 | 290 | 180 | 2 | 101 | | 22 |

Go back to index