

Rosh Hashanah – Yom Kippur Nutritionals	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
Gefilte Fish Appetizer	170	45	5					40	1750	380	16	2	9		15
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