

<b>Rosh Hashanah – Yom Kippur Nutritionals</b>	<b>Calories</b>	<b>Calories from fat</b>	<b>Total Fat (g)</b>	<b>Saturated fat (g)</b>	<b>Trans fat (g)</b>	<b>Poly unsat fat (g)</b>	<b>Mono unsat fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>	<b>Total Carbohydrate (g)</b>	<b>Dietary Fiber (g)</b>	<b>Total Sugars (g)</b>	<b>Added Sugars (g)</b>	<b>Protein (g)</b>
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
Baked Salmon with Dill Sauce	1280	870	98	25	0	38	29	190	2190	1000	44	3	3	0	51
Mini Potato Pancakes (3)	130	10	1.0	0	0	0	0	30	310	400	28	2	2	0	4
Chicken Noodle Soup - Bowl	100	15	1.5	0	0	0	0	30	160	200	12	1	2	0	10