

Sweet and Savory Harvest Bake

Portions: 4

Food Groups	Amount Per Portion
Grains	0 ounce(s)
Whole Grains	0 ounce(s)
Refined Grains	0 ounce(s)
Vegetables	1½ cup(s)
Dark Green	0 cup(s)
Red & Orange	1 cup(s)
Beans & Peas	0 cup(s)
Starchy	0 cup(s)
Other	¾ cup(s)
Fruits	¾ cup(s)
Fruit Juice	0 cup(s)
Whole Fruit	¾ cup(s)
Dairy	0 cup(s)
Milk & Yogurt	0 cup(s)
Cheese	0 cup(s)
Protein Foods	2½ ounce(s)
Seafood	0 ounce(s)
Meat, Poultry & Eggs	2½ ounce(s)
Nuts, Seeds & Soy	0 ounce(s)
Oils	1 teaspoon
Limits	Amount Per Portion
Total Calories	351 Calories
Added Sugars	0 Calories
Saturated Fat	32 Calories
Nutrients	Amount Per Portion
Protein	15 g
Carbohydrate	37 g
Dietary Fiber	7 g
Total Sugars	16 g
Added Sugars	0 g
Total Fat	18 g
Saturated Fat	4 g
Monounsaturated Fat	5 g
Polyunsaturated Fat	5 g
Linoleic Acid	5 g

SuperTracker Recipe Analysis

α-Linolenic Acid	0.5 g
Omega 3 - EPA	0 mg
Omega 3 - DHA	0 mg
Cholesterol	120 mg
Minerals	Amount Per Portion
Calcium	135 mg
Potassium	898 mg
Sodium	496 mg
Copper	345 µg
Iron	3 mg
Magnesium	74 mg
Phosphorus	221 mg
Selenium	5 µg
Zinc	3 mg
Vitamins	Amount Per Portion
Vitamin A	600 µg RAE
Vitamin B6	0.5 mg
Vitamin B12	0.6 µg
Vitamin C	35 mg
Vitamin D	0 µg
Vitamin E	3 mg AT
Vitamin K	68 µg
Folate	145 µg DFE
Thiamin	0.3 mg
Riboflavin	0.3 mg
Niacin	5 mg
Choline	50 mg
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