

Austin Grill Line Recipe Book, NIH

Entrees	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Beef Tacos, Prep (3 tacos)	580	378	42	20	0	152	1034	11	2	4	40	2210	24	654	2
Yield Recipe:															
Cheese, Cheddar Jack Mix, Shredded (3 ounces)	330	243	27	15	0	90	540	3	0	0	21	900	0	600	0
Picadillo Beef (3 ounces)	235	134	15	5	0	62	256	5	1	2	18	414	13	32	2
Red Salsa (3 fluid ounces)	15	1	0	0	0	0	239	3	1	2	1	896	11	22	0
Carnitas Burrito, Prep (1 burrito)	476	347	39	13	0	88	979	11	2	5	22	4307	85	232	1
Yield Recipe:															
Austin Marinade (0.25 ounces)	34	30	3	0	0	4	72	1	0	0	0	14	1	3	0
Carnitas, Cooked, Prep (3 ounces)	230	168	19	6	0	49	429	2	0	1	14	17	6	4	1
Cheese, Cheddar Jack Mix, Shredded (1 ounce)	110	81	9	5	0	30	180	1	0	0	7	300	0	200	0
Grilled Vegetable Medley (3 ounces)	97	68	8	1	0	5	219	6	2	3	1	3678	75	17	0
Red Salsa (1 fluid ounce)	5	0	0	0	0	0	80	1	0	1	0	299	4	7	0
Carnitas Tacos, Prep (3 tacos)	575	412	46	21	0	139	1207	8	1	3	36	1813	17	626	1
Yield Recipe:															
Carnitas, Cooked, Prep (3 ounces)	230	168	19	6	0	49	429	2	0	1	14	17	6	4	1
Cheese, Cheddar Jack Mix, Shredded (3 ounces)	330	243	27	15	0	90	540	3	0	0	21	900	0	600	0
Red Salsa (3 fluid ounces)	15	1	0	0	0	0	239	3	1	2	1	896	11	22	0
Chicken Tacos, Prep (3 tacos)	505	318	35	16	0	142	1005	6	1	2	41	1814	12	632	1
Yield Recipe:															
Cheese, Cheddar Jack Mix, Shredded (3 ounces)	330	243	27	15	0	90	540	3	0	0	21	900	0	600	0
Grilled Chicken, for Quesadilla (3 ounces)	160	74	8	1	0	52	226	0	0	0	20	18	1	10	1
Red Salsa (3 fluid ounces)	15	1	0	0	0	0	239	3	1	2	1	896	11	22	0
Grilled Chicken Burrito, Prep (1 burrito)	406	253	28	8	0	91	777	9	2	4	28	4308	80	238	1
Yield Recipe:															
Austin Marinade (0.25 ounces)	34	30	3	0	0	4	72	1	0	0	0	14	1	3	0
Cheese, Cheddar Jack Mix, Shredded (1 ounce)	110	81	9	5	0	30	180	1	0	0	7	300	0	200	0
Grilled Chicken, for Quesadilla (3 ounces)	160	74	8	1	0	52	226	0	0	0	20	18	1	10	1
Grilled Vegetable Medley (3 ounces)	97	68	8	1	0	5	219	6	2	3	1	3678	75	17	0
Red Salsa (1 fluid ounce)	5	0	0	0	0	0	80	1	0	1	0	299	4	7	0
Grilled Vegetable Burrito, Prep (1 burrito)	246	179	20	7	0	39	550	9	2	4	8	4290	79	228	1

Yield Recipe:

Austin Marinade (0.25 ounces)	34	30	3	0	0	4	72	1	0	0	0	14	1	3	0
Cheese, Cheddar Jack Mix, Shredded (1 ounce)	110	81	9	5	0	30	180	1	0	0	7	300	0	200	0
Grilled Vegetable Medley (3 ounces)	97	68	8	1	0	5	219	6	2	3	1	3678	75	17	0
Red Salsa (1 fluid ounce)	5	0	0	0	0	0	80	1	0	1	0	299	4	7	0

Steak Burrito, Prep (1 burrito)

427	281	31	11	0	90	976	10	2	4	26	4565	90	239	2
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Yield Recipe:

Austin Marinade (0.25 ounces)	34	30	3	0	0	4	72	1	0	0	0	14	1	3	0
Carne Asada, Grilled (3 ounces)	181	102	11	4	0	51	426	1	0	0	17	275	11	11	2
Cheese, Cheddar Jack Mix, Shredded (1 ounce)	110	81	9	5	0	30	180	1	0	0	7	300	0	200	0
Grilled Vegetable Medley (3 ounces)	97	68	8	1	0	5	219	6	2	3	1	3678	75	17	0
Red Salsa (1 fluid ounce)	5	0	0	0	0	0	80	1	0	1	0	299	4	7	0

Steak Tacos, Prep (3 tacos)

526	345	38	19	0	141	1204	7	1	3	39	2071	22	633	2
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Yield Recipe:

Carne Asada, Grilled (3 ounces)	181	102	11	4	0	51	426	1	0	0	17	275	11	11	2
Cheese, Cheddar Jack Mix, Shredded (3 ounces)	330	243	27	15	0	90	540	3	0	0	21	900	0	600	0
Red Salsa (3 fluid ounces)	15	1	0	0	0	0	239	3	1	2	1	896	11	22	0

Vegetarian Tacos, Prep (3 tacos)

442	311	35	17	0	95	997	12	2	5	23	5474	85	639	1
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Yield Recipe:

Cheese, Cheddar Jack Mix, Shredded (3 ounces)	330	243	27	15	0	90	540	3	0	0	21	900	0	600	0
Grilled Vegetable Medley (3 ounces)	97	68	8	1	0	5	219	6	2	3	1	3678	75	17	0
Red Salsa (3 fluid ounces)	15	1	0	0	0	0	239	3	1	2	1	896	11	22	0

Salads

Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
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Bevo Salad Base, NIH (1 base)	429	177	20	8	0	35	716	46	10	7	15	8634	68	226	3
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Yield Recipe:

Black Beans, Prep (1 ounce)	68	10	1	0	0	0	26	11	3	1	4	2	0	23	1
Cheese, Feta (1 ounce)	75	54	6	4	0	15	350	1	0	0	4	200	0	80	0
Corn Relish (2 ounces)	58	19	2	0	0	0	98	8	1	2	1	371	35	4	0
Greens Mix (4 cups)	34	3	0	0	0	0	27	6	3	2	2	7561	26	52	1
Guacamole, Prep (1 ounce)	36	26	3	0	0	0	54	2	1	0	0	108	3	4	0
Pico De Gallo (1 ounce)	7	0	0	0	0	0	111	1	0	1	0	193	4	3	0
Sour Cream (1 ounce)	60	45	5	4	0	20	15	1	0	1	1	200	0	40	0
Tortilla Strips, Fried (1 ounce)	91	20	2	0	0	0	35	16	1	0	2	0	0	20	0

Sandwiches	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Bevo Wrap Base, NIH (1 base)	825	395	44	11	0	63	1483	83	11	5	21	6024	49	196	2
Yield Recipe:															
Black Beans, Prep (1 ounce)	68	10	1	0	0	0	26	11	3	1	4	2	0	23	1
Cheese, Feta (1 ounce)	75	54	6	4	0	15	350	1	0	0	4	200	0	80	0
Corn Relish (1 ounce)	29	10	1	0	0	0	49	4	1	1	1	185	18	2	0
Flour Tortillas, 12 inch (1 tortillas)	356	80	9	0	0	0	725	59	4	0	9	0	0	0	0
Guacamole, Prep (1 ounce)	36	26	3	0	0	0	54	2	1	0	0	108	3	4	0
Pico De Gallo (1 ounce)	7	0	0	0	0	0	111	1	0	1	0	193	4	3	0
Romaine Lettuce, Shredded (3 ounces)	18	2	0	0	0	0	7	3	2	1	1	4938	20	29	1
Salad Dressing, Lime Cilantro (1 fluid ounce)	176	168	19	3	0	28	145	1	0	0	1	198	4	15	0
Sour Cream (1 ounce)	60	45	5	4	0	20	15	1	0	1	1	200	0	40	0