

Date: 6/18/2015

Time: 10:12 AM



Trout

Yavapai Lodge



**GRAND**  
CANYON

**Categories** Main Course

**Tools** Large Sauté Pan

**Locations** Saute

**Plating** 12" Oval

<b>Yield</b>	6	oz	<b>Prep</b>	10 minutes
<b>Portion</b>	6	oz	<b>Cook</b>	5 minutes
<b>Num Portions</b>	1		<b>Finish</b>	
			<b>Shelf</b>	5 days

Nutrition Facts	
Serving Size 6 oz (170g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories</b> 300	Calories From Fat 60
% Daily Value	
<b>Total Fat</b> 7g	10%
Saturated Fat 1.5g	6%
Trans Fat 0g	
<b>Cholesterol</b> 100 mg	33%
<b>Sodium</b> 350mg	14%
<b>Total Carbohydrate</b> 21g	7%
Dietary Fiber 4g	19%
<b>Protein</b> 41g	
Vitamin A 10%	Vitamin C 60%
Calcium 15%	Iron 15%
* Percent Daily Values are based on a 2000 calorie diet.	

The following items are not included in the label data

**Ingredient**

pepper, smoked  
salt, kosher  
Sides, entree

**Reason**

No nutrition information  
Missing conversion  
Incomplete nutrition information

Date: 6/18/2015  
Time: 10:25 AM



Entree, Vege Meatloaf  
Yavapai Lodge



**GRAND**  
CANYON

**Categories**

**Tools**

**Locations**

**Plating**

<b>Yield</b>	17	oz	<b>Prep</b>
<b>Portion</b>	1.06	lb	<b>Cook</b>
<b>Num Portions</b>	1		<b>Finish</b>
			<b>Shelf</b>

Nutrition Facts	
Serving Size	1.1 lb (482g)
Servings Per Container	1
Amount Per Serving	
<b>Calories</b> 680	<b>Calories From Fat</b> 140
% Daily Value	
<b>Total Fat</b> 16g	25%
Saturated Fat 2g	9%
Trans Fat 0g	
<b>Cholesterol</b> 0 mg	0%
<b>Sodium</b> 600mg	25%
<b>Total Carbohydrate</b> 104g	35%
Dietary Fiber 14g	61%
<b>Protein</b> 26g	
Vitamin A 70%	Vitamin C 90%
Calcium 10%	Iron 35%
* Percent Daily Values are based on a 2000 calorie diet	

The following items are not included in the label data

**Ingredient**

Vegetarian Meat Loaf  
Sides, entree

**Reason**

Incomplete nutrition information  
Incomplete nutrition information