

SweetWARE

Menu Nutrient Grid Report

10:33 AM 8/24/2018

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Menu, Pesto's Italian Restaurant

Menu Items	Portion	Calories (kCal)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Carbs (g)	Tot Sugar (g)	Fiber (g)	Protein (g)	Sodium (mg)
Appetizers											
Bruschetta	0.25 loaves	230	9	1.5	0	0	32	3	2	7	530
Crab Cakes	2 cakes	540	34	7	0	140	9	0	0	19	840
Shrimp Scampi	1 order	810	50	26	1	230	66	5	3	32	2760
Grilled Artichoke	1 serving	70	6	0	0	0	4	0	1	0	300
Soup and Salad											
Tomato Basil Soup	1 cup	230	9	2.5	9	10	32	16	5	9	1950
Minestrone Soup	1 cup	250	4.5	0	0	5	41	9	9	11	1910
Caesar Salad	1 serving	270	11	1.5	0	0	1	3	0	1	5
Caprese Salad	1 serving	270	21	9	0	35	6	3	3	11	240
Pasta											
Fettucine Alfredo	1 serving	860	48	29	1.5	130	82	4	6	26	720
Spaghetti Bolognese	1 serving	200	10	4	0	30	16	3	2	12	75
Burina	1 serving	700	24	8	2.5	65	67	6	3	22	660
Spaghetti Marinara	1 serving	160	7	2	0	5	21	0	2	4	340
Puttanesca	1 portion	160	7	1	0	0	21	3	3	5	490
Desserts											
Tiramisu	1 slice	530	31	19	0	245	59	37	0	0	135
Cheesecake	1 slice	570	40	17	0	100	45	38	1	10	780
Chocolate Cake	1 slice	540	25	16	0	50	73	51	4	8	430
Drinks											
White wine	1 glass	140	0	0	0	0	4	2	0	0	10
Red wine	1 glass	150	0	0	0	0	5	0	0	0	0
Coke	1 glass	80	0	0	0	0	19	18	0	0	5