

# Nutrition & Diet Services

P.O. Box 67070, Portland, OR 97268  
Phone: (503) 654-3583 Fax: (503) 654-3669

## Recipe Report

Bear Rock Café

Colorado Turkey Club

Servings per Container: :  
Serving Size: 1 Sandwich  
Servings per Batch: 1

<i>Nutrients</i>	<i>Units</i>	<i>Total</i>	<i>RDI</i>	
			<i>Std</i>	<i>%</i>
<i>Portion</i>	g	460		
<i>Energy, Calories</i>	kcal	855	2000	<b>43%</b>
<i>Fat, Total</i>	g	36.51	65	<b>56%</b>
<i>Saturated Fat</i>	g	16.54	20	<b>83%</b>
<i>Cholesterol</i>	mg	126.45	300	<b>42%</b>
<i>Sodium</i>	mg	2310	2400	<b>96%</b>
<i>Carbohydrates</i>	g	95.18	300	<b>32%</b>
<i>Fiber, Total Dietary Fiber</i>	g	5.18	25	<b>21%</b>
<i>Sugar, Total</i>	g	12.36		
<i>Protein</i>	g	38.38	50	<b>77%</b>
<i>Vitamin A</i>	IU	1357.79	5000	<b>27%</b>
<i>Vitamin C, total ascorbic acid</i>	mg	14.05	60	<b>23%</b>
<i>Calcium</i>	mg	358.49	1000	<b>36%</b>
<i>Iron</i>	mg	0.77	18	<b>4%</b>

# Nutrition and Diet Services

P.O. Box 67070  
Phone: (503) 654-3583

Portland, OR 97268  
Fax: (503) 654-3669

Account Name: **Bear Rock Café**  
Project: **Hoot Owl**

Servings Per Container 1  
Serving Size: 1 Sandwich

Nutrients	Units	Total	DVI	
			std	%
<i>Portion</i>	g	289		
<i>Calories</i>	kcal	641	2000	32%
<i>Fat</i>	g	42.10	65	65%
<i>Saturated Fat</i>	g	11.69	20	58%
<i>Cholesterol</i>	mg	91.92	300	31%
<i>Sodium</i>	mg	1618	2400	67%
<i>Carbohydrate</i>	g	31.69	300	11%
<i>Diet Fiber</i>	g	1.74	25	7%
<i>Total Sugar</i>	g	3.28		
<i>Protein</i>	g	33.55	50	67%
<i>Vit A</i>	mcg_RE	164	1000	16%
<i>Vit C</i>	mg	8.50	60	14%
<i>Calcium</i>	mg	159	1000	16%
<i>Iron</i>	mg	2.00	18	11%

# Nutrition and Diet Services

P.O. Box 67070

Portland, OR 97268

Phone: (503) 654-3583

Fax: (503) 654-3669

Account Name **Bear Rock Café**  
 Project: **Roast Turkey and Bacon**

Servings Per Container 1

Serving size : 1 Sandwich

Nutrients	Units	Total	DVI	
			std	%
<i>Portion</i>	g	<b>254</b>		
<i>Calories</i>	kcal	<b>522</b>	2000	<b>26%</b>
<i>Fat</i>	g	<b>30.15</b>	65	<b>46%</b>
<i>Saturated Fat</i>	g	<b>5.85</b>	20	<b>29%</b>
<i>Cholesterol</i>	mg	<b>71.20</b>	300	<b>24%</b>
<i>Sodium</i>	mg	<b>1656</b>	2400	<b>69%</b>
<i>Carbohydrate</i>	g	<b>30.55</b>	300	<b>10%</b>
<i>Diet Fiber</i>	g	<b>1.53</b>	25	<b>6%</b>
<i>Total Sugar</i>	g	<b>2.39</b>		
<i>Protein</i>	g	<b>31.69</b>	50	<b>63%</b>
<i>Vit A</i>	mcg_R	<b>62.55</b>	1000	<b>6%</b>
<i>Vit C</i>	mg	<b>7.68</b>	60	<b>13%</b>
<i>Calcium</i>	mg	<b>14.58</b>	1000	<b>1%</b>
<i>Iron</i>	mg	<b>1.86</b>	18	<b>10%</b>

# Nutrition & Diet Services

P.O. Box 67070, Portland, OR 97268  
Phone: (503) 654-3583 Fax: (503) 654-3669

## Recipe Report

Bear Rock Café  
Rising Sunflower

Servings per Container: :  
Serving Size: 1 Sandwich  
Servings per Batch: 1

<i>Nutrients</i>	<i>Units</i>	<i>Total</i>	<i>RDI</i>	
			<i>Std</i>	<i>%</i>
<i>Portion</i>	g	344		
<i>Energy, Calories</i>	kcal	596	2000	30%
<i>Fat, Total</i>	g	35.17	65	54%
<i>Saturated Fat</i>	g	8.67	20	43%
<i>Cholesterol</i>	mg	85.54	300	29%
<i>Sodium</i>	mg	1694	2400	71%
<i>Carbohydrates</i>	g	35.16	300	12%
<i>Fiber, Total Dietary Fiber</i>	g	1.95	25	8%
<i>Sugar, Total</i>	g	6.37		
<i>Protein</i>	g	35.19	50	70%
<i>Vitamin A</i>	IU	1444.08	5000	29%
<i>Vitamin C, total ascorbic acid</i>	mg	32.43	60	54%
<i>Calcium</i>	mg	231.04	1000	23%
<i>Iron</i>	mg	2.34	18	13%

# Nutrition and Diet Services

P.O. Box 67070  
Phone: (503) 654-3583

Portland, OR 97268  
Fax: (503) 654-3669

Account Name: **Bear Rock Café**  
Project: **Garden Grill Ciabatta**

Servings Per Container 1
Serving Size: 1 Sandwich

Nutrients	Units	Total	DVI	
			std	%
<i>Portion</i>	g	305		
<i>Calories</i>	kcal	406	2000	20%
<i>Fat</i>	g	24.75	65	38%
<i>Saturated Fat</i>	g	6.65	20	33%
<i>Cholesterol</i>	mg	32.86	300	11%
<i>Sodium</i>	mg	907	2400	38%
<i>Carbohydrate</i>	g	54.55	300	18%
<i>Diet Fiber</i>	g	4.15	25	17%
<i>Total Sugar</i>	g	6.92		
<i>Protein</i>	g	11.50	50	23%
<i>Vit A</i>	mcg_RE	472	1000	47%
<i>Vit C</i>	mg	92.72	60	155%
<i>Calcium</i>	mg	93.32	1000	9%
<i>Iron</i>	mg	4.12	18	23%

# Nutrition and Diet Services

P.O. Box 67070

Phone: (503) 654-3583

Portland, OR 97268

Fax: (503) 654-3669

Account Name: **Bear Rock Café**

Project: **The Moose Sandwich**

Servings Per Container 1

Serving Size: 1 Sandwich

Nutrients	Units	Total	DVI	
			std	%
<i>Portion</i>	g	<b>395</b>		
<i>Calories</i>	kcal	<b>976</b>	2000	<b>49%</b>
<i>Fat</i>	g	<b>54.47</b>	65	<b>84%</b>
<i>Saturated Fat</i>	g	<b>17.99</b>	20	<b>90%</b>
<i>Cholesterol</i>	mg	<b>142</b>	300	<b>47%</b>
<i>Sodium</i>	mg	<b>2565</b>	2400	<b>107%</b>
<i>Carbohydrate</i>	g	<b>64.01</b>	300	<b>21%</b>
<i>Diet Fiber</i>	g	<b>6.95</b>	25	<b>28%</b>
<i>Total Sugar</i>	g	<b>16.82</b>		
<i>Protein</i>	g	<b>53.62</b>	50	<b>107%</b>
<i>Vit A</i>	mcg_RE	<b>220</b>	1000	<b>22%</b>
<i>Vit C</i>	mg	<b>7.68</b>	60	<b>13%</b>
<i>Calcium</i>	mg	<b>633</b>	1000	<b>63%</b>
<i>Iron</i>	mg	<b>6.68</b>	18	<b>37%</b>

# Nutrition and Diet Services

P.O. Box 67070  
Phone: (503) 654-3583

Portland, OR 97268  
Fax: (503) 654-3669

Account Name: **Bear Rock Café**  
Project: **Rockslide Focaccia**

Servings Per Container 1

Serving Size: 1 Sandwich

Nutrients	Units	Total	DVI	
			std	%
<i>Portion</i>	g	367		
<i>Calories</i>	kcal	958	2000	48%
<i>Fat</i>	g	62.44	65	96%
<i>Saturated Fat</i>	g	17.24	20	86%
<i>Cholesterol</i>	mg	129	300	43%
<i>Sodium</i>	mg	2546	2400	106%
<i>Carbohydrate</i>	g	57.25	300	19%
<i>Diet Fiber</i>	g	2.53	25	10%
<i>Total Sugar</i>	g	2.40		
<i>Protein</i>	g	43.03	50	86%
<i>Vit A</i>	mcg_RE	198	1000	20%
<i>Vit C</i>	mg	11.28	60	19%
<i>Calcium</i>	mg	417	1000	42%
<i>Iron</i>	mg	5.44	18	30%

# Nutrition and Diet Services

P.O. Box 67070  
Phone: (503) 654-3583

Portland, OR 97268  
Fax: (503) 654-3669

Account Name: **Bear Rock Café**  
Project: **Giant Panda Wrap**

Servings Per Container 1  
Serving Size: 1 Wrap

Nutrients	Units	Total	DVI	
			std	%
<i>Portion</i>	g	<b>364</b>		
<i>Calories</i>	kcal	<b>556</b>	2000	<b>28%</b>
<i>Fat</i>	g	<b>22.94</b>	65	<b>35%</b>
<i>Saturated Fat</i>	g	<b>3.73</b>	20	<b>19%</b>
<i>Cholesterol</i>	mg	<b>56.00</b>	300	<b>19%</b>
<i>Sodium</i>	mg	<b>2045</b>	2400	<b>85%</b>
<i>Carbohydrate</i>	g	<b>68.10</b>	300	<b>23%</b>
<i>Diet Fiber</i>	g	<b>23.41</b>	25	<b>94%</b>
<i>Total Sugar</i>	g	<b>21.27</b>		
<i>Protein</i>	g	<b>30.56</b>	50	<b>61%</b>
<i>Vit A</i>	mcg_RE	<b>108</b>	1000	<b>11%</b>
<i>Vit C</i>	mg	<b>25.38</b>	60	<b>42%</b>
<i>Calcium</i>	mg	<b>151</b>	1000	<b>15%</b>
<i>Iron</i>	mg	<b>2.56</b>	18	<b>14%</b>

# Nutrition and Diet Services

P.O. Box 67070  
Phone: (503) 654-3583

Portland, OR 97268  
Fax: (503) 654-3669

Account Name: **Bear Rock Café**  
Project: **Coop's Chicken Salad Croissant**

Servings Per Container 1  
Serving Size: 1 Sandwich

Nutrients	Units	Total	DVI	
			std	%
<i>Portion</i>	g	232		
<i>Calories</i>	kcal	439	2000	22%
<i>Fat</i>	g	31.06	65	48%
<i>Saturated Fat</i>	g	5.83	20	29%
<i>Cholesterol</i>	mg	43.57	300	15%
<i>Sodium</i>	mg	375	2400	16%
<i>Carbohydrate</i>	g	46.07	300	15%
<i>Diet Fiber</i>	g	4.60	25	18%
<i>Total Sugar</i>	g	12.18		
<i>Protein</i>	g	24.21	50	48%
<i>Vit A</i>	mcg_RE	207	1000	21%
<i>Vit C</i>	mg	10.01	60	17%
<i>Calcium</i>	mg	86.13	1000	9%
<i>Iron</i>	mg	2.42	18	13%