

**LUPANUTRITIONAL ANALYSIS OF MACRONUTRIENT, ENERGY, SODIUM AND FIBER CONTENT
APRIL 2021 RECIPES**

C. HATTINGH RD(SA)



Corlia Hattingh Registered Dietician | BDietetics (UP) | PR NR: 0457582

cell +27 (0) 82 442 4276 or +27 (0) 79 495 6161 | e-mail corlia@jozidiet.co.za
Palazzo Towers West, Montecasino, William Nicol Drive, Fourways, Johannesburg

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1) ANTIPASTI ANALYSIS

DESCRIPTION	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)	Total Sodium (mg)	Dietary Fiber (g)
Tomato & Basil Soup (200ml portion)	31.18	59.72	55.42	3521.59	3381.56	2.83
Pork & Beef Meatballs	31.18	59.72	55.42	3521.59	3381.56	2.83
Italian Nachos	49.07	20.50	23.28	2066.59	1087.11	1.76
Chicken Livers	43.03	26.40	73.89	3947.04	5188.48	2.16
Falkland Calamari	9.61	25.02	35.32	1631.03	1676.30	1.89
Fresh Saldanha Bay Mussels	31.66	19.19	23.32	1820.11	503.11	2.60
Carpaccio Di Manzo	10.08	26.88	43.71	2267.11	715.21	0.63
Parma Ham from Davide Vitali (per 2 slices)	0	6	4	240.80	440	0
Port Poached Figs & Gorgonzola Salad	44.88	11.85	65.42	3773.30	667.23	9.29
Lupa Antipasto Platter	160.40	75.78	117.32	7880.34	3138.94	8.74
Garlic Focaccia	116.31	16.41	14.32	2748.38	944.43	5.17
Caramelized Onion & Feta Focaccia	115.39	15.95	14.29	2730.20	943.68	5.62

2) PIZZA ANALYSIS

DESCRIPTION	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)	Total Sodium (mg)	Dietary Fiber (g)
Margherita	121.13	47.35	35.34	4038.31	2691.38	5.85
The Popolare	132.72	86.88	57.63	5799.60	3513.09	6.79
The Amy	127.93	59.57	54.13	5062.62	3109.03	6.70
Lindsay	130.67	57.13	37.71	4419.24	3219.74	7.06
The Massimo Calzone	140.31	76.14	94.35	6990.67	4310.29	13.77
Yoga Bunny	186.20	30.49	101.57	7485.56	3844.28	25.61
Spago	132.60	69.02	76.87	5999.85	4163.00	14.89
Cajun Chicken	144.00	85.18	64.41	6149.41	2884.05	12.53

Meat Lovers	128.72	79.79	68.24	5693.16	4295.34	9.19
The Sarah	132.62	115.59	85.60	7119.45	5706.11	8.57

3) PASTA ANALYSIS

DESCRIPTION	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)	Total Sodium (mg)	Dietary Fiber (g)
Loula	54.72	19.06	33.35	2508.11	6001.75	1.82
Bolognese	46.69	50.83	83.16	4626.89	5052.94	4.89
Gardienera	50.81	38.61	46.04	3181.02	4162.77	7.27
Lasagne al Forno	64.46	73.34	95.43	5773.46	3318.29	5.63
Alfredo	51.91	35.36	71.04	4071.68	4736.21	3.22
Penne Con Sugo Di Salsicce	45.10	25.29	35.85	2534.75	825.84	4.97
Penne Oriental	70.96	53.03	88.74	5361.45	1976.10	5.47
Lupa	51.63	46.29	76.89	4553.04	4549.56	3.95
Gnocchi Fantasia	62.49	44.40	137.10	6803.03	2036.42	4.72
Porcini Panzerotti	66.40	41.34	29.79	2818.10	2167.11	11.48
Risotto	93.00	43.78	58.87	4357.42	14044.49	2.31
Marinara	67.09	58.41	49.57	3847.90	6910.63	5.54

4) SECONDI ANALYSIS

DESCRIPTION	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)	Total Sodium (mg)	Dietary Fiber (g)
The Green Burger ; Beyond Meat Patty	53.39	39.85	45.93	3332.33	2348	12.83
Chicken Marsala	9.92	61.81	46.75	3149.19	443.37	0.65
Pollo Arrosto	19.76	176.59	68.29	6021.39	1229.65	0.50
Chargrilled Burger	80.83	73.46	99.22	6172.94	2999.29	7.49
Balsamic & Avo Fillet	66.76	53.69	47.28	3703.37	492.67	10.54

Mushroom & Parmesan Fillet	47.87	63.60	50.32	3718.61	1769.00	4.63
Veal Marsala	9.92	52.31	61.85	3544.62	420.07	0.65
Pork Ribs (400g)	32.52	85.24	100.25	5855.78	924.98	0.94
The Lupa Platter	197.85	135.50	222.08	13776.46	4562.39	9.51
Hake	65.05	64.23	36.33	3577.15	4196.23	5.42
Falkland Calamari	125.63	38.07	37.71	3903.99	3295.41	5.57
Sole	42.34	56.50	27.48	2774.29	14.91	0.85
Kingklip	54.58	58.25	27.84	3017.32	2978.31	2.44
CHOICE OF SIDE DISHES						
Parmesan Fries	39.64	11.66	35.46	2157.412	335.4	3
Zucchini Fries	31.1	14.06	35.245	2182.878	11.1	5.06
Wood-roasted Vegetables	19.35	3.05	11.8	777.40	2054.12	7.06
Green Salad	11.12	10.21	27.62	1388.83	493.75	1.80
Penne with Creamy Parmesan Sauce	32.63	14.18	48.10	2581.08	2417.94	2.42
Wilted Spinach with Butter & Parmesan	20.93	11.96	16.98	1119.66	2435.83	5.95

5) DOLCE ANALYSIS

DESCRIPTION	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)	Total Sodium (mg)	Dietary Fiber (g)
Gelato per 100g	70	7.4	22	2085.82	299	1.4
Nutella Stuffed Crepes	150.38	16.72	50.42	4878.27	316.78	2.07
Cremino Al Cioccolato	67.98	8.37	32.12	2501.11	175.43	2.12
Creme Brulee	18.79	4.57	32.95	1628.63	32.13	0.01