

**MYTHOS NUTRITIONAL ANALYSIS OF MACRONUTRIENT, ENERGY, SODIUM AND FIBER CONTENT
APRIL 2019 RECIPES**

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TABLE OF CONTENTS:

1) FISH ANALYSIS.....	p3
2) MEAT ANALYSIS	p3
3) POULTRY ANALYSIS	p5
4) VEGETARIAN ANALYSIS	p5
5) PASTA ANALYSIS.....	p6
6) IN PITA ANALYSIS	p6
7) TRADITIONAL ANALYSIS	p7
8) SIDES ANALYSIS.....	p7
9) DESSERT ANALYSIS.....	p8

1) FISH ANALYSIS

DESCRIPTION	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)	Total Sodium (mg)	Dietary Fiber (g)
Sardines						
Per 2 Sardines	0	14.2	3.8	392.92	40	0
Prawns						
Per Langoustine	0.52	7	0.44	144	72	0
Per King Prawn	0.23	5.04	0.43	109.73	117.5	0
Per Queen Prawn	0.16	3.52	0.3	76.81	82.25	0
Per Prince prawn	0.07	1.51	0.13	32.92	35.25	0
Line fish	2.91	27.93	21.28	1336.77	468.88	0.25
Calamari and Squid heads						
Per Squid portion	5.46	26.71	2.43	659.84	72.86	0
Per Calamari portion	4.82	13.26	0.4	302.3	506.25	0

2) MEAT ANALYSIS

DESCRIPTION	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)	Total Sodium (mg)	Dietary Fiber (g)
Yiro beef						
Portion Meze	2.62	59.28	5.82	1292.1	2053.96	1.04
Portion yiro on platter	1.31	29.64	2.91	646.05	1026.98	0.52
Portion yiro in pita	1.31	29.64	2.91	646.05	1026.98	0.52
The 3 Greeks	0.655	14.82	1.455	323.025	513.49	0.26
Slouvlakia Pork						
Portion Meze	1.09	19.59	25.51	1308.13	438.68	0.38

portion Main	2.18	39.18	51.02	2616.26	877.36	0.76
Pita	1.09	19.59	25.51	1308.13	438.68	0.38
Slouvlakia Beef						
Portion Meze	1.04	21.94	17.49	1046.77	391.46	0.22
portion Main	2.08	43.88	34.98	2093.54	782.92	0.44
Pita	1.04	21.94	17.49	1046.77	391.46	0.22
Slouvlakia Lamb						
Portion Meze	1.04	26.14	26.09	1481.01	457.46	0.22
portion Main	2.08	52.28	52.18	2962.02	914.92	0.44
Pita	1.04	26.14	26.09	1481.01	457.46	0.22
Soudsoukakia						
Portion Meze	11.75	25.98	26.92	1568.3	517.91	0.73
portion Main	15.67	34.64	35.9	2091.06	690.55	0.98
Rump	2.59	66.35	37.51	2573.93	978.66	0.54
Papoutsakia	21.39	30.86	35.5	2249.78	753.48	7.02
Keftethes						
Portion Meze	13.49	26.3	26.92	1604.25	403.21	0.94
portion Meat platter	5.39	10.52	10.77	641.7	161.29	0.38
Gemista	42.36	24.4	41.22	2636.25	1978.37	5.17
Fillet	2.59	65.75	47.41	2939.03	978.66	0.54
Chicken Livers	55.14	54.59	46.68	3623.15	1746.11	7.99
Portion Meze	1.59	13.32	4.05	415.57	1346.16	0.38
Portion Meat Meze	0.8	6.66	2.02	207.78	673.08	0.19
Bifekia						
Portion Meze	7	33.99	37.89	1994.41	405.24	0.61
Portion Main Platter	10.5	50.99	56.84	2991.62	607.86	0.92
Portion Burger	7	33.99	37.89	1994.41	405.24	0.61

3) POULTRY ANALYSIS

DESCRIPTION	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)	Total Sodium (mg)	Dietary Fiber (g)
Slouvlakia						
Portion Meze	1.01	23.12	11.05	859.92	358.72	0.14
portion Main	2.02	46.24	22.1	1719.84	717.44	0.28
Pita	1.01	23.12	11.05	859.92	358.72	0.14
Chicken Kota						
Portion Meze	5.14	61.26	3.12	1320.96	3425.51	1.24
Yiro in Pita	2.57	30.63	1.56	660.48	1712.755	0.62
Kerkira Baby Chicken	3.8	165.15	128.27	7937.64	1595.57	0.53

4) VEGETARIAN ANALYSIS

DESCRIPTION	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)	Total Sodium (mg)	Dietary Fiber (g)
Vegetable Soup	16.57	2.73	19.15	1036.55	382.51	1.1
Tiropita	2.3	16.55	29.5	1446.78	662.55	0.25
Meze portion	25.64	14.37	17.79	1340.28	913.17	0.94
Veg platter portion	12.82	7.185	8.895	670.14	456.585	0.47
Spanakopita						
Meze portion	11.79	5.23	7.44	566.9	339.19	0.45
Meze platter portion	23.58	10.46	14.88	1133.8	678.38	0.9
Feta Parcel	41.52	14.89	22.42	1764.34	754.51	0.82
Dolmades	8.4	7.6	8	560.12	440	1.4

Croquettes	11.22	23.31	26.78	1588.56	479.34	0.67
Baby Marrow Kefthetes	9.58	6.63	5.86	514.95	786.06	2.11

5) PASTA ANALYSIS

DESCRIPTION	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)	Total Sodium (mg)	Dietary Fiber (g)
Spaghetti	90.39	15.44	14.7	2317.86	1875	4.41
Linguine	115.7	19.76	12.82	2738.86	1000	5.65

6) IN PITA ANALYSIS (excl. chips on the side)

DESCRIPTION	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)	Total Sodium (mg)	Dietary Fiber (g)
Yiro and Feta in Pita	38.42	43.25	35.76	2771.48	2054.48	2.71
Steak in Pita	34.17	50.55	12.9	1943	278.2	2.16
Halloumi in Pita	40.52	33.85	50.96	3249.71	1705.4	2.23
Slouvlaki in Pita						
with Chicken single	39.67	31.63	37.3	2726.18	1037.72	2.53
with Chicken double	40.68	54.75	48.35	3586.1	1396.44	2.67
with fillet single	39.7	30.45	43.74	2913.03	1070.46	2.61
with fillet double	40.74	52.39	61.23	3959.8	1461.92	2.83
with pork single	39.75	28.1	51.76	3174.39	1117.68	2.77
with pork double	40.84	47.69	77.27	4482.52	1556.36	3.15
with lamb single	41.7	36.65	54.34	3349.27	1138.46	4.61
with lamb double	40.74	60.79	78.43	4828.28	1593.92	2.83

Falafel in Pita	60.08	15.41	22.88	2116.47	740.2	9.83
Falafel and Hallouimi in Pita	57.46	26.54	36.04	2758.48	1322.49	8.86
Chicken Yiro in Pita	41.23	39.14	27.81	2526.74	2391.75	3.01
Chicken and Hallouimi in Pita	43.87	64.58	55.09	4022.12	3711.75	3.01
Beef Yiro in Pita	39.19	38.05	26.59	2400.38	1412.38	2.75

7) TRADITIONAL ANALYSIS

DESCRIPTION	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)	Total Sodium (mg)	Dietary Fiber (g)
Veg Mousaka	185.22	40.19	35.25	5096.5	2331.89	20.42
Pastitsio	64.88	38.45	42.95	3275.42	618	2.68
Mousaka	96.59	42.95	38.15	3801.29	2068.5	15.27
Kleftiko	11.12	84.49	47.39	3256.69	2819.03	0.38

8) SIDES ANALYSIS

DESCRIPTION	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)	Total Sodium (mg)	Dietary Fiber (g)
Steamed Endive	24.29	9.29	1.43	508.57	514.29	22.14
Seasonal Vegetables	23.25	4.33	3.19	551.14	292.06	5.93
Roast Potatoes	55.44	6.51	22.8	1822.19	947.18	5.05
Rice	35.3	2.97	3.23	757.25	540.9	1.23
Creamed Spinach	15.62	10.11	21.52	1160.05	460.89	5.69
Chips	52.01	6	40.4	2439.61	1020	4
Greek Chips	52.5	7.42	42.52	2549.96	1111.7	4

9) DESSERT ANALYSIS

DESCRIPTION	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)	Total Sodium (mg)	Dietary Fiber (g)
Rizogalo	52	7.03	6.6	1258.95	83.06	0.17
Pistachio Halva Ice Cream	47.26	6.94	21.37	1692.96	156.21	1.49
Loukoumades	52.64	5.8	25.59	1950.71	106.25	1.99
Kataifi	103.64	8.88	30.77	3021.18	213.98	4.62
Frozen Greek Yoghurt (per 200ml portion)	46.42	9.95	11.79	1377.83	110.36	0
Baklava	46.98	8.45	22.91	1746.18	205.03	4.09