## Food Name: Low-Fat Berry Blue Frozen Dessert  
  
## Nutrition Facts (Nutrition Values) :  
- Calories: 170.9 kcal  
- Fat Content: 2.5 g  
- Saturated Fat Content: 1.3 g  
- Cholesterol Content: 8.0 mg  
- Sodium Content: 29.8 mg  
- Carbohydrate Content: 37.1 g  
- Fiber Content: 3.6 g  
- Sugar Content: 30.2 g  
- Protein Content: 3.2 g  
  
# Description: Make and share this Low-Fat Berry Blue Frozen Dessert .  
  
# Recipe Category: Frozen Desserts  
  
# Keywords: Dessert, Low Protein, Low Cholesterol, Healthy, Free Of..., Summer, Weeknight, Freezer, Easy  
  
# Recipe Ingredient Quantities: 4, 1/4, 1, 1  
  
# Recipe Ingredient Parts: blueberries, granulated sugar, vanilla yogurt, lemon juice  
  
# Recipe Servings: 4.0  
  
# Recipe Instructions:  
  
1-) Toss 2 cups berries with sugar.   
2-) Let stand for 45 minutes   
3-) stirring occasionally.   
4-) Transfer berry-sugar mixture to food processor.   
5-) Add yogurt and process until smooth.   
6-) Strain through fine sieve. Pour into baking pan (or transfer to ice cream maker and process according to manufacturers' directions. Freeze uncovered until edges are solid but centre is soft. Transfer to processor and blend until smooth again.   
7-) Return to pan and freeze until edges are solid.   
8-) Transfer to processor and blend until smooth again.   
9-) Fold in remaining 2 cups of blueberries.   
10-) Pour into plastic mold and freeze overnight. Let soften slightly to serve.  
  
# Food images:  
[['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/38/YUeirxMLQaeE1h3v3qnM\_229%20berry%20blue%20frzn%20dess.jpg'], ['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/38/AFPDDHATWzQ0b1CDpDAT\_255%20berry%20blue%20frzn%20dess.jpg'], ['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/38/UYgf9nwMT2SGGJCuzILO\_228%20berry%20blue%20frzn%20dess.jpg'], ['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/38/PeBMJN2TGSaYks2759BA\_20140722\_202142.jpg'], ['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/38/picuaETeN.jpg'], ['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/38/pictzvxW5.jpg']]  
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## Food Name: Biryani  
  
## Nutrition Facts (Nutrition Values) :  
- Calories: 1110.7 kcal  
- Fat Content: 58.8 g  
- Saturated Fat Content: 16.6 g  
- Cholesterol Content: 372.8 mg  
- Sodium Content: 368.4 mg  
- Carbohydrate Content: 84.4 g  
- Fiber Content: 9.0 g  
- Sugar Content: 20.4 g  
- Protein Content: 63.4 g  
  
# Description: Make and share this Biryani .  
  
# Recipe Category: Chicken Breast  
  
# Keywords: Chicken Thigh & Leg, Chicken, Poultry, Meat, Asian, Indian, Weeknight, Stove Top  
  
# Recipe Ingredient Quantities: 1, 4, 2, 2, 8, 1/4, 8, 1/2, 1, 1, 1/4, 1/4, 1/2, 1/4, 2, 3, NA, 2, 1, 1, 8, 2, 1/3, 1/3, 1/3, 6  
  
# Recipe Ingredient Parts: saffron, milk, hot green chili peppers, onions, garlic, clove, peppercorns, cardamom seed, cumin seed, poppy seed, mace, cilantro, mint leaf, fresh lemon juice, plain yogurt, boneless chicken, salt, ghee, onion, tomatoes, basmati rice, long-grain rice, raisins, cashews, eggs  
  
# Recipe Servings: 6.0  
  
# Recipe Instructions:  
  
1-) Soak saffron in warm milk for 5 minutes and puree in blender.   
2-) Add chiles   
3-) onions   
4-) ginger   
5-) garlic   
6-) cloves   
7-) peppercorns   
8-) cardamom seeds   
9-) cinnamon   
10-) coriander and cumin seeds   
11-) poppy seeds   
12-) nutmeg   
13-) mace   
14-) cilantro or mint leaves and lemon juice. Blend into smooth paste. Put paste into large bowl   
15-) add yogurt and mix well.   
16-) Marinate chicken in yogurt mixture with salt   
17-) covered for at least 2 - 6 hours in refrigerator.   
18-) In skillet. heat oil over medium heat for 1 minute. Add ghee and 15 seconds later add onion and fry for about8 minutes.   
19-) Reserve for garnish.   
20-) In same skillet   
21-) cook chicken with its marinade with tomatoes for about 10 minutes over medium heat   
22-) uncovered.   
23-) Remove chicken pieces from the sauce and set aside. Add rice to sauce   
24-) bring to boil   
25-) and cook   
26-) covered over low heat for 15 minutes.   
27-) Return chicken and add raisins   
28-) cashews and almonds; mix well.   
29-) Simmer   
30-) covered for 5 minutes.   
31-) Place chicken   
32-) eggs and rice in large serving dish in such a way that yellow of the eggs   
33-) the saffron-colored rice   
34-) the nuts and the chicken make a colorful display.   
35-) Add reserved onion as garnish.  
  
# Food images:  
[['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/39/picM9Mhnw.jpg'], ['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/39/picHv4Ocr.jpg']]  
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## Food Name: Best Lemonade  
  
## Nutrition Facts (Nutrition Values) :  
- Calories: 311.1 kcal  
- Fat Content: 0.2 g  
- Saturated Fat Content: 0.0 g  
- Cholesterol Content: 0.0 mg  
- Sodium Content: 1.8 mg  
- Carbohydrate Content: 81.5 g  
- Fiber Content: 0.4 g  
- Sugar Content: 77.2 g  
- Protein Content: 0.3 g  
  
# Description: This is from one of my first Good House Keeping cookbooks. You must use a \*zester\* in order to avoid getting any of that bitter rind, and when you zest the lemons, zest them onto some sugar from the recipe (the sugar will 'catch' all of the oils). I also advise you from personal experience to use only the best skinned lemons for the best flavor.  
  
# Recipe Category: Beverages  
  
# Keywords: Low Protein, Low Cholesterol, Healthy, Summer, < 60 Mins  
  
# Recipe Ingredient Quantities: 1 1/2, 1, NA, 1 1/2, NA, 3/4  
  
# Recipe Ingredient Parts: sugar, lemons, rind of, lemon, zest of, fresh water, fresh lemon juice  
  
# Recipe Servings: 4.0  
  
# Recipe Instructions:  
  
1-) Into a 1 quart Jar with tight fitting lid   
2-) put sugar and lemon peel   
3-) or zest; add 1 1/2 cups very hot water (not from tap!. With lid fitted firmly   
4-) shake jar until sugar is dissolved.   
5-) Add lemon juice. Refrigerate until chilled.   
6-) To Serve: Into each 12-ounce glass   
7-) over ice cubes   
8-) pour 1/4 cup of the lemon syrup.   
9-) Then add chilled club soda or   
10-) if you prefer   
11-) water.   
12-) Stir to mix well.  
  
# Food images:  
[['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/40/picJ4Sz3N.jpg'], ['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/40/pic23FWio.jpg']]  
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## Food Name: Carina's Tofu-Vegetable Kebabs  
  
## Nutrition Facts (Nutrition Values) :  
- Calories: 536.1 kcal  
- Fat Content: 24.0 g  
- Saturated Fat Content: 3.8 g  
- Cholesterol Content: 0.0 mg  
- Sodium Content: 1558.6 mg  
- Carbohydrate Content: 64.2 g  
- Fiber Content: 17.3 g  
- Sugar Content: 32.1 g  
- Protein Content: 29.3 g  
  
# Description: This dish is best prepared a day in advance to allow the ingredients to soak in the marinade overnight.  
  
# Recipe Category: Soy/Tofu  
  
# Keywords: Beans, Vegetable, Low Cholesterol, Weeknight, Broil/Grill, Oven  
  
# Recipe Ingredient Quantities: 12, 1, 2, 1, 10, 1, 3, 2, 2, 2, 1, 2, 1/2, 1/4, 4  
  
# Recipe Ingredient Parts: extra firm tofu, eggplant, zucchini, mushrooms, soy sauce, low sodium soy sauce, olive oil, maple syrup, honey, red wine vinegar, lemon juice, garlic cloves, mustard powder, black pepper  
  
# Recipe Servings: 2.0  
  
# Recipe Instructions:  
  
1-) Drain the tofu   
2-) carefully squeezing out excess water   
3-) and pat dry with paper towels.   
4-) Cut tofu into one-inch squares.   
5-) Set aside. Cut eggplant lengthwise in half   
6-) then cut each half into approximately three strips.   
7-) Cut strips crosswise into one-inch cubes.   
8-) Slice zucchini into half-inch thick slices.   
9-) Cut red pepper in half   
10-) removing stem and seeds   
11-) and cut each half into one-inch squares.   
12-) Wipe mushrooms clean with a moist paper towel and remove stems.   
13-) Thread tofu and vegetables on to barbecue skewers in alternating color combinations: For example   
14-) first a piece of eggplant   
15-) then a slice of tofu   
16-) then zucchini   
17-) then red pepper   
18-) baby corn and mushrooms.   
19-) Continue in this way until all skewers are full.   
20-) Make the marinade by putting all ingredients in a blender   
21-) and blend on high speed for about one minute until mixed.   
22-) Alternatively   
23-) put all ingredients in a glass jar   
24-) cover tightly with the lid and shake well until mixed.   
25-) Lay the kebabs in a long   
26-) shallow baking pan or on a non-metal tray   
27-) making sure they lie flat. Evenly pour the marinade over the kebabs   
28-) turning them once so that the tofu and vegetables are coated.   
29-) Refrigerate the kebabs for three to eight hours   
30-) occasionally spooning the marinade over them.   
31-) Broil or grill the kebabs at 450 F for 15-20 minutes   
32-) or on the grill   
33-) until the vegetables are browned.   
34-) Suggestions This meal can be served over cooked   
35-) brown rice. Amounts can easily be doubled to make four servings.  
  
# Food images:  
[['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/41/picmbLig8.jpg'], ['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/41/picL02w0s.jpg']]  
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## Food Name: Cabbage Soup  
  
## Nutrition Facts (Nutrition Values) :  
- Calories: 103.6 kcal  
- Fat Content: 0.4 g  
- Saturated Fat Content: 0.1 g  
- Cholesterol Content: 0.0 mg  
- Sodium Content: 959.3 mg  
- Carbohydrate Content: 25.1 g  
- Fiber Content: 4.8 g  
- Sugar Content: 17.7 g  
- Protein Content: 4.3 g  
  
# Description: Make and share this Cabbage Soup .  
  
# Recipe Category: Vegetable  
  
# Keywords: Low Protein, Vegan, Low Cholesterol, Healthy, Winter, < 60 Mins, Easy  
  
# Recipe Ingredient Quantities: 46, 4, 1, 2, 1  
  
# Recipe Ingredient Parts: plain tomato juice, cabbage, onion, carrots, celery  
  
# Recipe Servings: 4.0  
  
# Recipe Instructions:  
  
1-) Mix everything together and bring to a boil.   
2-) Reduce heat and simmer for 30 minutes (longer if you prefer your veggies to be soft.   
3-) Refrigerate until cool.   
4-) Serve chilled with sour cream.  
  
# Food images:  
[['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/42/picVEMxk8.jpg']]  
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## Food Name: Warm Chicken A La King  
  
## Nutrition Facts (Nutrition Values) :  
- Calories: 895.5 kcal  
- Fat Content: 66.8 g  
- Saturated Fat Content: 31.9 g  
- Cholesterol Content: 405.8 mg  
- Sodium Content: 557.2 mg  
- Carbohydrate Content: 29.1 g  
- Fiber Content: 3.1 g  
- Sugar Content: 5.0 g  
- Protein Content: 45.3 g  
  
# Description: I copied this one out of a friend's book so many moons ago that I can't remember where it's from, but it's so decadently fattening that I can't resist pigging out now and then. I usually serve with rice, but I suppose it would go with noodles or new potatoes just as well.  
  
# Recipe Category: Chicken  
  
# Keywords: Poultry, Meat, < 60 Mins  
  
# Recipe Ingredient Quantities: 12, 2, 3, 450, 1, 2, 1/4, 1, NA, NA, 2, 2, 1, NA  
  
# Recipe Ingredient Parts: chicken, butter, flour, milk, celery, button mushrooms, green pepper, canned pimiento, salt, black pepper, Worcestershire sauce, parsley  
  
# Recipe Servings: 2.0  
  
# Recipe Instructions:  
  
1-) Melt 1 1/2 ozs butter   
2-) add the flour and cook for 2 to 3 minutes   
3-) stirring.   
4-) Gradually add milk and cook   
5-) stirring   
6-) until thick and smooth.   
7-) Melt the remaining butter and saute sliced celery   
8-) button mushrooms and chopped pepper until soft but not coloured.   
9-) Add celery   
10-) mushrooms   
11-) pepper   
12-) chicken and pimiento to the sauce and heat through.   
13-) Season to taste. Combine the egg yolks   
14-) double cream and Worcestershire sauce. Add to the chicken mixture and heat through.   
15-) Transfer to a serving dish and sprinkle with chopped parsley.  
  
# Food images:  
[['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/44/picsSKvFd.jpg']]  
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## Food Name: Buttermilk Pie With Gingersnap Crumb Crust  
  
## Nutrition Facts (Nutrition Values) :  
- Calories: 228.0 kcal  
- Fat Content: 7.1 g  
- Saturated Fat Content: 1.7 g  
- Cholesterol Content: 24.5 mg  
- Sodium Content: 281.8 mg  
- Carbohydrate Content: 37.5 g  
- Fiber Content: 0.5 g  
- Sugar Content: 24.7 g  
- Protein Content: 4.2 g  
  
# Description: Make and share this Buttermilk Pie With Gingersnap Crumb Crust .  
  
# Recipe Category: Pie  
  
# Keywords: Dessert, Healthy, Weeknight, Oven, < 4 Hours  
  
# Recipe Ingredient Quantities: 3/4, 1, 1, 2, 3, 1/4, 1, 1/2, 1/2, 2  
  
# Recipe Ingredient Parts: sugar, margarine, egg, flour, salt, buttermilk, graham cracker crumbs, margarine  
  
# Recipe Servings: 8.0  
  
# Recipe Instructions:  
  
1-) Preheat oven to 350°F.   
2-) Make pie crust   
3-) using 8 inch pie pan   
4-) do not bake.   
5-) Mix sugar and margarine in medium bowl until blended; beat in egg whites and egg.   
6-) Stir in flour   
7-) salt   
8-) and buttermilk until well blended.   
9-) Pour filling into prepared crust   
10-) bake 40 minutes or until sharp knife inserted near center comes out clean.   
11-) Sprinkle with nutmeg and serve warm or chilled.   
12-) Combine graham crumbs   
13-) gingersnap crumbs   
14-) and margarine in 8 or 9 inch pie pan   
15-) pat mixture evenly on bottom and side of pan.   
16-) Bake 8 to 10 minutes or until edge of crust is lightly browned.   
17-) Cool on wire rack.  
  
# Food images:  
[['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/45/pic79tPh5.jpg']]  
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## Food Name: Chicken Breasts Lombardi  
  
## Nutrition Facts (Nutrition Values) :  
- Calories: 627.7 kcal  
- Fat Content: 24.9 g  
- Saturated Fat Content: 13.0 g  
- Cholesterol Content: 203.0 mg  
- Sodium Content: 848.9 mg  
- Carbohydrate Content: 13.7 g  
- Fiber Content: 0.6 g  
- Sugar Content: 2.0 g  
- Protein Content: 57.9 g  
  
# Description: Make and share this Chicken Breasts Lombardi .  
  
# Recipe Category: Chicken Breast  
  
# Keywords: Chicken, Poultry, Meat, European, Very Low Carbs, Weeknight, Oven, < 4 Hours  
  
# Recipe Ingredient Quantities: 2, 2, 12, 1/2, 1/3, 3/4, 1/2, 1/2, 1/2, 1/2, 1/4  
  
# Recipe Ingredient Parts: fresh mushrooms, butter, boneless skinless chicken breast halves, flour, butter, marsala, chicken broth, salt, mozzarella cheese, parmesan cheese, green onion  
  
# Recipe Servings: 6.0  
  
# Recipe Instructions:  
  
1-) Cook mushrooms in 2 tbsp butter in a large skillet   
2-) stirring constantly   
3-) just until tender.   
4-) Remove from heat; set aside. Cut each chicken breast half in half lengthwise. Place each piece of chicken between two sheets of wax paper; flatten to 1/8\ thickness   
5-) using a meat mallet or rolling pin.   
6-) Dredge chicken pieces in flour.   
7-) Place 5 or 6 pieces of chicken in 1 to 2 tbsp butter in a large skillet; cook over medium heat 3 to 4 minutes on each side or until golden.   
8-) Place chicken in a lightly greased 13x9\ baking dish   
9-) overlapping edges.   
10-) Repeat procedure with remaining chicken and butter.   
11-) Reserve pan drippings in skillet. Sprinkle reserved mushrooms over chicken.   
12-) Add wine and broth to skillet. Bring to a boil; reduce heat   
13-) and simmer   
14-) uncovered   
15-) 10 minutes   
16-) stirring occasionally.   
17-) Stir in salt and pepper.   
18-) Pour sauce over chicken.   
19-) Combine cheeses and green onions; sprinkle over chicken.   
20-) Bake uncovered at 450 for 12 to 14 minutes.   
21-) Broil 5 1/2\ away from heat 1 to 2 minutes or until browned.  
  
# Food images:  
[['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/49/m1z1F8S5mAZgyImm5zYw\_Lombardi%20Chicken%203.jpg'], ['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/49/01481162521.jpeg'], ['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/49/Sa0Yu0UyRoyh1B03oLnD\_20161102\_174049.jpg'], ['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/49/01477708512.jpeg'], ['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/49/tHou0UsyTiAsfQo29Fpi\_Lombardi%20Chicken%202.jpg'], ['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/49/X2b0bl8aTGivq4ErsD3g\_Lombardi%20chicken%201.jpg'], ['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/49/picvZU6rd.jpg']]  
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## Food Name: Carrot Cake  
  
## Nutrition Facts (Nutrition Values) :  
- Calories: 522.6 kcal  
- Fat Content: 27.1 g  
- Saturated Fat Content: 4.9 g  
- Cholesterol Content: 69.8 mg  
- Sodium Content: 534.8 mg  
- Carbohydrate Content: 67.0 g  
- Fiber Content: 1.6 g  
- Sugar Content: 47.9 g  
- Protein Content: 5.0 g  
  
# Description: This is one of the few recipes my husband every requested from a coworker and brought home for me to make.  
  
# Recipe Category: Dessert  
  
# Keywords: Vegetable, Weeknight, Oven, < 4 Hours  
  
# Recipe Ingredient Quantities: 3, 4, 1 1/4, 2, 2, 2, 2, 1, 1, 1/2, 1, 1 1/4, 1, 1, 1/2  
  
# Recipe Ingredient Parts: carrots, eggs, white sugar, all-purpose flour, baking powder, baking soda, cinnamon, salt, nutmeg, golden raisin, confectioners' sugar, cream cheese, light corn syrup, vanilla extract  
  
# Recipe Servings: 12.0  
  
# Recipe Instructions:  
  
1-) Beat together the eggs   
2-) oil   
3-) and white sugar. Blend mixture for thirty seconds.   
4-) Sift together flour   
5-) baking powder   
6-) baking soda   
7-) salt and spices. Add the carrots and raisins.   
8-) Pour egg mixture into dry ingredients   
9-) and mix well. Pour batter into well greased 10 inch tube or Bundt pan.   
10-) Bake at 350 degrees F (175 degrees C oven for 45 to 50 minutes. Cool cake on wire rack   
11-) and then refrigerate until completely cooled.   
12-) To make Cream Cheese Glaze: Blend together confectioners' sugar   
13-) cream cheese   
14-) corn syrup   
15-) and vanilla. Spread over cooled cake.  
  
# Food images:  
[['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/54/picQ2X4D8.jpg'], ['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/54/pic3oloIV.jpg'], ['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/54/picf0dw0o.jpg']]  
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## Food Name: Betty Crocker's Southwestern Guacamole Dip  
  
## Nutrition Facts (Nutrition Values) :  
- Calories: 415.9 kcal  
- Fat Content: 36.9 g  
- Saturated Fat Content: 5.4 g  
- Cholesterol Content: 0.0 mg  
- Sodium Content: 310.6 mg  
- Carbohydrate Content: 24.9 g  
- Fiber Content: 17.3 g  
- Sugar Content: 2.8 g  
- Protein Content: 5.5 g  
  
# Description: Make and share this Betty Crocker's Southwestern Guacamole Dip .  
  
# Recipe Category: Southwestern U.S.  
  
# Keywords: Mexican, Low Protein, Low Cholesterol, Healthy, Weeknight, No Cook, < 4 Hours, Easy  
  
# Recipe Ingredient Quantities: 5, 1, 1/2, 4, 1/4  
  
# Recipe Ingredient Parts: avocados, tomatoes, salt, garlic, lime juice  
  
# Recipe Servings: 4.0  
  
# Recipe Instructions:  
  
1-) Peel and mash avocados until lumpy.   
2-) Add remaining ingredients and chill for 1 - 2 hours.  
  
# Food images:  
[['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/55/piclZzIyA.jpg'], ['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/55/picMUqRBi.jpg'], ['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/55/picmeltus.jpg'], ['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/55/picO6xTtc.jpg'], ['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/55/pic1hlVfW.jpg']]  
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## Food Name: Buttermilk Pie  
  
## Nutrition Facts (Nutrition Values) :  
- Calories: 395.9 kcal  
- Fat Content: 19.1 g  
- Saturated Fat Content: 9.8 g  
- Cholesterol Content: 101.5 mg  
- Sodium Content: 269.8 mg  
- Carbohydrate Content: 52.2 g  
- Fiber Content: 0.7 g  
- Sugar Content: 39.9 g  
- Protein Content: 5.0 g  
  
# Description: This recipe was originally noted by my wife on a cooking show on TV. It was touted as an Amish recipe. All we had for a long time was the list of ingredients on the back of an old envelope. We lost it for a good while and after I found it, I originally posted it so I would never lose it again. Thank you all for all your interest ... this is my absolute favorite pie. During the &quot;lost&quot; phase I must have gained 20 pounds trying numerous different buttermilk pie recipes ... I was so glad when I found it again as only a few even came close in taste and texture. I've noted a lot of people mentioning reducing the sugar, which is fine, but bear in mind that the sugar quantity was a major difference between this and other recipes I tested when it was lost. Hey, it is a PIE, it is SUPPOSED to be sweet. Enjoy  
  
# Recipe Category: Pie  
  
# Keywords: Dessert, Oven, < 4 Hours, Easy  
  
# Recipe Ingredient Quantities: 1/2, 1 1/2, 3, 3, 1, 1, 1, 1  
  
# Recipe Ingredient Parts: butter, margarine, sugar, flour, eggs, salt, vanilla, buttermilk  
  
# Recipe Servings: 8.0  
  
# Recipe Instructions:  
  
1-) Preheat oven to 400°F.   
2-) Beat the butter and sugar together until light.   
3-) Add the eggs and beat; then beat in vanilla.   
4-) Sift the dry ingredients together and add to the batter alternatively with the buttermilk; beat until smooth.   
5-) Pour into a deep dish pie shell and bake at 400F for 10 minutes   
6-) reduce heat to 350F and bake for 50-60 additional minutes.   
7-) Pie should turn a nice golden brown and a knife inserted should come out clean.   
8-) I think it is absolutely best when it is just still warm. (Not too hot   
9-) or it will be like napalm..  
  
# Food images:  
[['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/56/nTwHmSmmRqGCr5HAUapC\_pie-1194.jpg'], ['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/56/KVgOoNMtRF6wvr5F2LN8\_IMG\_20180506\_232451.jpg'], ['https://img.sndimg.com/food/image/upload/v1/img/feed/56/FNPRvh8RVDt87oJMvdaQ\_166757453857297.jpg'], ['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/a\_270/v1/img/recipes/56/YrLhorGAT1ifQL8kR6Wi\_image.jpg?rotate=270'], ['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/56/picJXAlyG.jpg'], ['https://img.sndimg.com/food/image/upload/v1/img/feed/56/JOBnvLyxTLOaUX9iAHwY\_10158835129563134.jpg'], ['https://img.sndimg.com/food/image/upload/v1/img/feed/56/ZdWr5wSqTXxLp9gQKZva\_6177182B-027F-47EE-9C80-39990213CCFC.jpeg'], ['https://img.sndimg.com/food/image/upload/v1/img/feed/56/VZPyxCFZRGDdqWjVI3Ig\_0553DC1D-4ACE-4409-9EDD-5E05816DABF8.jpeg'], ['https://img.sndimg.com/food/image/upload/v1/img/feed/56/PqvYaX51TkK0ftMAzQpW\_SPhotoEditor-20180123\_200317.jpg'], ['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/56/J2tzJWCfRymRlQleEd6y\_pie-1181.jpg'], ['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/56/LOQPyV1SkSvINuu2lHnQ\_pie-1178.jpg'], ['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/56/FKfvNy09TZOJZXhks55M\_image.jpg'], ['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/56/WcvltJdQpaBj0VuIwkRM\_20150221\_185141.jpg'], ['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/56/pfKfVg22RWae0KXp4Zxx\_IMG\_20150221\_124006.jpg'], ['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/56/picJEONrC.jpg'], ['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/56/picrMc1hm.jpg'], ['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/56/picI0FnqN.jpg'], ['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/56/picm865Ry.jpg'], ['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/56/picpY7xxC.jpg'], ['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/56/picG0knyL.jpg'], ['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/56/picMujOhS.jpg'], ['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/56/6mu4U7FdQvSbUJcZsfnb\_2285843731647190.jpg'], ['https://img.sndimg.com/food/image/upload/v1/img/feed/56/irAZOAxdSjOqcEnJuVTG\_2285843731647190.jpg'], ['https://img.sndimg.com/food/image/upload/v1/img/feed/56/pzhS4q7QKSMqZASDBtNB\_IMG\_20180506\_232451.jpg'], ['https://img.sndimg.com/food/image/upload/v1/img/feed/56/Vg7ihmiYSTeiZMT2CpTQ\_Buttermilk%20pie.JPG'], ['https://img.sndimg.com/food/image/upload/v1/img/feed/56/M3067khQQjC4cYTLtBSM\_20170312\_211847.jpg'], ['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/56/NNse5q3TRZum6MXQVNya\_IMG\_6814.JPG'], ['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/56/pick370mI.jpg']]  
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## Food Name: Low-Fat Burgundy Beef & Vegetable Stew  
  
## Nutrition Facts (Nutrition Values) :  
- Calories: 280.1 kcal  
- Fat Content: 6.0 g  
- Saturated Fat Content: 1.5 g  
- Cholesterol Content: 66.9 mg  
- Sodium Content: 591.5 mg  
- Carbohydrate Content: 22.4 g  
- Fiber Content: 6.1 g  
- Sugar Content: 9.2 g  
- Protein Content: 29.8 g  
  
# Description: Make and share this Low-Fat Burgundy Beef & Vegetable Stew .  
  
# Recipe Category: Stew  
  
# Keywords: Vegetable, Meat, Low Cholesterol, Healthy, Free Of..., Weeknight, < 4 Hours  
  
# Recipe Ingredient Quantities: 1 1/2, 1, 1, 1/2, 1/2, 1, 1/2, 3, 5 1/2, 1, 2, 1  
  
# Recipe Ingredient Parts: beef eye round, dried thyme leaves, salt, pepper, ready-to-serve beef broth, Burgundy wine, garlic, cornstarch, frozen sugar snap peas  
  
# Recipe Servings: 6.0  
  
# Recipe Instructions:  
  
1-) Trim fat from beef   
2-) cut into 1-inch pieces.   
3-) In Dutch oven   
4-) heat oil over medium high hunt until hot. Add beef (half at a time and brown evenly   
5-) stirring occasionally.   
6-) Pour off drippings.   
7-) Season with thyme   
8-) salt and pepper.   
9-) Stir in broth   
10-) wine and garlic. Bring to boil; reduce heat to low.   
11-) Cover tightly and simmer 1 1/2 hours.   
12-) Add carrots and onions.   
13-) Cover and continue cooking 35 to 40 minutes or until beef and vegetables are tender.   
14-) Bring beef stew to a boil over medium-high heat. Add cornstarch mixture; cook and stir 1 minute. Stir in sugar snap peas.   
15-) Reduce heat to medium and cook 3 to 4 minutes or until peas are heated through.  
  
# Food images:  
[['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/58/picnE8qoe.jpg'], ['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/58/picwiayaY.jpg'], ['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/58/picAaGXgc.jpg'], ['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/58/picD2ey4Z.jpg'], ['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/58/picKtSTwb.jpg'], ['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/58/picY2Aqui.jpg']]  
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## Food Name: Lou's Fabulous Bruschetta  
  
## Nutrition Facts (Nutrition Values) :  
- Calories: 221.5 kcal  
- Fat Content: 6.5 g  
- Saturated Fat Content: 2.5 g  
- Cholesterol Content: 11.8 mg  
- Sodium Content: 367.8 mg  
- Carbohydrate Content: 32.5 g  
- Fiber Content: 2.5 g  
- Sugar Content: 1.8 g  
- Protein Content: 8.1 g  
  
# Description: Make and share this Lou's Fabulous Bruschetta .  
  
# Recipe Category: Vegetable  
  
# Keywords: European, Low Cholesterol, Healthy, Spring, Summer, < 60 Mins, Oven  
  
# Recipe Ingredient Quantities: 1, NA, NA, 3/4, NA, NA, 4 -5, 1 -2, 4 -5  
  
# Recipe Ingredient Parts: French baguette, butter, garlic powder, ricotta cheese, parmesan cheese, salt, tomatoes, olive oil, fresh basil leaves  
  
# Recipe Servings: 8.0  
  
# Recipe Instructions:  
  
1-) Cut baguette into slices.   
2-) Butter and then sprinkle garlic powder each piece   
3-) and bake till lightly golden brown.   
4-) Mix garlic powder   
5-) Parmesan cheese   
6-) and salt in the ricotta cheese   
7-) till a lovely blended taste.   
8-) Dice tomatoes in small cubes   
9-) add Olive Oil   
10-) and small strips of fresh basil leaves   
11-) cut into thin strips.   
12-) Spread the ricotta mixture   
13-) generously on the cooled garlic bread slices.   
14-) Top with tomato mixture and bake at 350F for 10 minutes.   
15-) Enjoy!  
  
# Food images:  
[['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/59/pickKDLXe.jpg']]  
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## Food Name: Brownie Cheesecake Torte  
  
## Nutrition Facts (Nutrition Values) :  
- Calories: 122.1 kcal  
- Fat Content: 4.9 g  
- Saturated Fat Content: 3.0 g  
- Cholesterol Content: 15.9 mg  
- Sodium Content: 194.7 mg  
- Carbohydrate Content: 14.4 g  
- Fiber Content: 0.5 g  
- Sugar Content: 10.9 g  
- Protein Content: 5.7 g  
  
# Description: Make and share this Brownie Cheesecake Torte .  
  
# Recipe Category: Cheesecake  
  
# Keywords: Dessert, Weeknight, Oven, < 4 Hours  
  
# Recipe Ingredient Quantities: 15 1/4, 2, 1/2, 4, NA, 1/2, 2, 4, 1, 8, 8, 2, 3, 2, NA, NA  
  
# Recipe Ingredient Parts: instant coffee granules, cinnamon, sugar, sugar, all-purpose flour, vanilla extract, fat free cream cheese, skim milk, fresh raspberry  
  
# Recipe Servings: 12.0  
  
# Recipe Instructions:  
  
1-) Preheat oven to 425 degrees F.   
2-) Combine first 4 ingredients in a bowl.   
3-) Firmly press mixture into bottom and 1 inch up sides of a 9-inch springform pan coated with cooking spray.   
4-) Set aside. Combine 1/2 cup sugar   
5-) flour   
6-) vanilla   
7-) and cheeses; beat at medium speed of a mixer until well-blended.   
8-) Add egg whites and 2 tablespoons milk; beat well.   
9-) Combine 1/2 cup batter   
10-) 1 tablespoon milk   
11-) 2 tablespoons sugar   
12-) and cocoa in a small bowl; stir well.   
13-) Spoon remaining batter alternately with cocoa mixture into prepared crust. Swirl together using the tip of a knife. Bake at 425 degrees for 10 minutes.   
14-) Reduce oven temperature to 250 degrees; bake 45 minutes or until almost set. Cool completely on a wire rack.   
15-) Garnish with chocolate syrup and fresh raspberries   
16-) if desired.  
  
# Food images:  
[['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/74/kZ2yXx22RimC8sHBAlFa\_image.jpg']]  
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## Food Name: Alfredo Sauce  
  
## Nutrition Facts (Nutrition Values) :  
- Calories: 489.9 kcal  
- Fat Content: 50.4 g  
- Saturated Fat Content: 31.5 g  
- Cholesterol Content: 159.0 mg  
- Sodium Content: 312.4 mg  
- Carbohydrate Content: 2.5 g  
- Fiber Content: 0.0 g  
- Sugar Content: 0.2 g  
- Protein Content: 8.7 g  
  
# Description: This is my son's favorite meal. I make it with shrimp for him for his birthday every year. GREAT for company because it is so easy and yet taste wonderful! I cook this in the microwave, but I'm sure you could do it on the stove too. Times are what work in my microwave. Please use your own good judgment on times to use in your microwave. (In my quest to eat healthier, I now make it with light butter, light cream and reduced fat Parmesan cheese. It still tastes wonderful, but there isn't any guilt!) PLEASE NOTE! This is an &quot;authentic&quot; Alfredo sauce recipe! Real Alfredo sauce \*only\* contains butter, cream, Parmesan cheese and pepper. It will be thin and there is no garlic in it! If you want a thicker sauce or one with garlic like modern restaurants serve, please look elsewhere! Recipe #52892 and Recipe #8596 are two good places to start.  
  
# Recipe Category: Sauces  
  
# Keywords: European, Very Low Carbs, High In..., < 15 Mins, Easy  
  
# Recipe Ingredient Quantities: 1/4, 1, 3/4, NA, 1/4  
  
# Recipe Ingredient Parts: sweet butter, heavy cream, parmesan cheese, salt, pepper  
  
# Recipe Servings: 4.0  
  
# Recipe Instructions:  
  
1-) Place butter in microwave safe pot and heat on high for 30 seconds or until melted.   
2-) Add cream and warm on high for approximately 1 minute.   
3-) Add Parmesan cheese and warm until cheese melts.   
4-) Add salt and pepper to taste. (If serving with shrimp   
5-) you might not need much salt..   
6-) Pour over 4 servings of warm noodles (I use angel hair and toss to coat. Serve immediately.   
7-) Notes: I serve it with cubed   
8-) grilled or broiled chicken breast mixed in with the noodles or shrimp. Add a green salad and you have a complete meal. I have used margarine and canned Parmesan cheese and it worked fine.  
  
# Food images:  
[['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/76/lfS6kBlpRJMGzvXr3Gkz\_AS%204%20-%20final\_2.jpg'], ['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/76/RU5fnqOQ6kQhNPHuyepw\_AS%204%20-%20final\_4.jpg'], ['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/76/7Zay46y4T5iIMpwytGAh\_9A7A15FF-075C-4696-911B-80C05EC777C8.jpeg'], ['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/76/rD6D3t6SrmNouznAOrTT\_IMG\_1241.JPG'], ['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/76/pic9nC3rH.jpg'], ['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/76/picOZfuNC.jpg'], ['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/76/picvhwJQj.jpg'], ['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/76/piczatR8o.jpg'], ['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/76/picCBDhXY.jpg'], ['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/76/pict87aHR.jpg']]  
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## Food Name: Brazilian Empadinhas  
  
## Nutrition Facts (Nutrition Values) :  
- Calories: 329.7 kcal  
- Fat Content: 16.7 g  
- Saturated Fat Content: 3.4 g  
- Cholesterol Content: 77.5 mg  
- Sodium Content: 446.8 mg  
- Carbohydrate Content: 35.6 g  
- Fiber Content: 2.0 g  
- Sugar Content: 1.9 g  
- Protein Content: 9.3 g  
  
# Description: The empanadas in Brazil are different from those in other Latin american countries and are called empadas or empadinhas. They look more like mini pies  
  
# Recipe Category: Brazilian  
  
# Keywords: South American, Weeknight, Oven, < 4 Hours  
  
# Recipe Ingredient Quantities: NA, 2 1/2, 1/2, 1/4, 1, 1, 3, 1, 1/2, 1/2, 3, 1, 1, NA, NA, NA, 1/2, 2, 2, 1, 2  
  
# Recipe Ingredient Parts: butter, flour, salt, margarine, milk, water, shrimp, onion, tomatoes, parsley, lemon, salt, pepper, Tabasco sauce, garlic, cornstarch, olive oil, cumin, bell peppers  
  
# Recipe Servings: 8.0  
  
# Recipe Instructions:  
  
1-) DOUGH Cut butter into salt and flour.   
2-) Stir in rest of the ingredients and knead to combine or just process everything until it forms a ball.   
3-) Let rest covered 1 hour Make balls the size of a walnut   
4-) from 2/3 of the dough and line small muffin tins with the dough.   
5-) Place 2 tsp. of the cold filling into the lined tins.   
6-) Make small balls with the rest of the dough.   
7-) Flatten them to make lids for the mini pies.   
8-) Brush tops with egg yolk Bake in preheated 350 F oven for 30 to 35 minutes or until golden brown.   
9-) SHRIMP FILLING Clean and devein shrimp   
10-) saving heads and shells.   
11-) Make a broth with the shells and heads and 2 cups water.   
12-) Cook 1 hour   
13-) uncovered over low heat. Strain broth and cook it down to 1/2 cup.   
14-) Cook onions and garlic in olive oil until they start changing color.   
15-) Add bell pepper and cook 2 minutes   
16-) Add tomatoes   
17-) broth and seasonings and simmer almost to a paste. Add shrimp and cook just until they become opaque. Stir in cornstarch diluted in 2 Tbsp water.   
18-) Stir until thick.   
19-) Add parsley.   
20-) Let cool before using   
21-) NOTES : May use other fillings such as chicken   
22-) hearts of palms   
23-) cheese Miriam Podcameni Posvolsky Rio de Janeiro  
  
# Food images:  
[['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/82/82.jpg']]  
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## Food Name: Braised Brussels Sprouts With Vinegar and Dill  
  
## Nutrition Facts (Nutrition Values) :  
- Calories: 40.9 kcal  
- Fat Content: 0.6 g  
- Saturated Fat Content: 0.1 g  
- Cholesterol Content: 0.0 mg  
- Sodium Content: 23.9 mg  
- Carbohydrate Content: 8.1 g  
- Fiber Content: 3.0 g  
- Sugar Content: 2.0 g  
- Protein Content: 2.9 g  
  
# Description: Make and share this Braised Brussels Sprouts With Vinegar and Dill .  
  
# Recipe Category: Vegetable  
  
# Keywords: < 60 Mins, Oven, Easy  
  
# Recipe Ingredient Quantities: 3, 1/4, 2, NA  
  
# Recipe Ingredient Parts: Brussels sprouts, fresh dill, wine vinegar  
  
# Recipe Servings: 12.0  
  
# Recipe Instructions:  
  
1-) Trim sprouts; halved if desired.   
2-) In large pot of boiling salted water   
3-) cook Brussels sprouts for 8 minutes if whole   
4-) 6 minutes if halved   
5-) or until barely tender.   
6-) Drain   
7-) refresh under cold running water and drain again.   
8-) In well-greased 13x9-inch casserole   
9-) combine sprouts   
10-) dill   
11-) vinegar   
12-) and salt and pepper to taste; mix well.   
13-) Bake   
14-) covered   
15-) in 350°F oven for 10 minutes.   
16-) Uncover and bake for 5 minutes longer.  
  
# Food images:  
[['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/84/pickFstbF.jpg']]  
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## Food Name: Butter Madeira Cake  
  
## Nutrition Facts (Nutrition Values) :  
- Calories: 373.8 kcal  
- Fat Content: 19.9 g  
- Saturated Fat Content: 11.8 g  
- Cholesterol Content: 126.3 mg  
- Sodium Content: 243.8 mg  
- Carbohydrate Content: 43.9 g  
- Fiber Content: 0.8 g  
- Sugar Content: 22.2 g  
- Protein Content: 5.5 g  
  
# Description: Make and share this Butter Madeira Cake .  
  
# Recipe Category: Dessert  
  
# Keywords: Weeknight, Oven, < 4 Hours  
  
# Recipe Ingredient Quantities: 225, 2, 175, 175, 3, 1, 1  
  
# Recipe Ingredient Parts: flour, baking powder, caster sugar, butter, eggs, milk, vanilla essence  
  
# Recipe Servings: 8.0  
  
# Recipe Instructions:  
  
1-) Grease lined tin with melted butter.   
2-) Sift flour and baking powder into processor and add all remaining ingredients.   
3-) Run machine for 20 counts.   
4-) Scrape down sides.   
5-) Run machine for a further 30 counts.   
6-) Transfer to prepared tin and spread evenly with a spatula. Bake at 160° C for 1 1/2 hours.   
7-) Leave in tin 15 minutes before turning onto a rack.   
8-) VARIATIONS Seed cake = Add 2-3 tsp caraway seeds after scraping down the sides.   
9-) Orange Cake = omit vanilla.   
10-) Add 1 tsp orange peel.   
11-) Lemon Cake = Add 1 tsp lemon peel.   
12-) Chocolate Speckle Cake = Add 1 crushed Chocolate Flake Bar after scraping down sides.   
13-) Raisin Cake = Add 3 oz raisins after scraping down sides.   
14-) Spicy Cake = Add 2-3 tsp Mixed Spice with the other ingredients.  
  
# Food images:  
[['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/85/picH7CI8k.jpg'], ['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/85/picxHaQSq.jpg'], ['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/85/pic3a9BE3.jpg']]  
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## Food Name: Cheeseburger Casserole  
  
## Nutrition Facts (Nutrition Values) :  
- Calories: 543.5 kcal  
- Fat Content: 29.2 g  
- Saturated Fat Content: 11.3 g  
- Cholesterol Content: 71.9 mg  
- Sodium Content: 1795.1 mg  
- Carbohydrate Content: 44.8 g  
- Fiber Content: 1.5 g  
- Sugar Content: 12.6 g  
- Protein Content: 25.5 g  
  
# Description: This is popular with the kids especially. My hubby and I find it a bit 'boring' but think adding mustard to it at the table helps give it a little zip.  
  
# Recipe Category: Cheese  
  
# Keywords: Meat, < 60 Mins, Oven  
  
# Recipe Ingredient Quantities: 1 1/2, 1 -2, 1/4, 1, 1/2, 1, 1/8, 1, 1  
  
# Recipe Ingredient Parts: flour, ground beef, onion, tomato sauce, ketchup, salt, pepper, cheddar cheese  
  
# Recipe Servings: 6.0  
  
# Recipe Instructions:  
  
1-) Combine ground beef and flour in skillet. Add onion and brown.   
2-) Pour off drippings.   
3-) Add tomato sauce   
4-) ketchup   
5-) salt and pepper.   
6-) Pour into 1 1/2-quart casserole dish.   
7-) Bake for 10 minutes at 425°F.   
8-) Top with cheese and biscuits.   
9-) Bake for 10-15 minutes longer.  
  
# Food images:  
[['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/10/4/picP5Bk3R.jpg'], ['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/10/4/pic7l8Eud.jpg'], ['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/10/4/picacxtDK.jpg'], ['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/10/4/picdIpfbV.jpg'], ['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/10/4/pic8kCDB4.jpg'], ['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/10/4/picqFCjkj.jpg']]  
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## Food Name: Butterflied Lamb with Garlic Butter  
  
## Nutrition Facts (Nutrition Values) :  
- Calories: 1194.6 kcal  
- Fat Content: 74.8 g  
- Saturated Fat Content: 33.0 g  
- Cholesterol Content: 312.1 mg  
- Sodium Content: 348.1 mg  
- Carbohydrate Content: 52.7 g  
- Fiber Content: 8.0 g  
- Sugar Content: 7.7 g  
- Protein Content: 75.9 g  
  
# Description: Make and share this Butterflied Lamb with Garlic Butter .  
  
# Recipe Category: Lamb/Sheep  
  
# Keywords: Meat, High Protein, High In..., Weeknight, Oven  
  
# Recipe Ingredient Quantities: 2, 1/4, 1, 1, 4, 1, 90, 1/4, 1, 250, 2  
  
# Recipe Ingredient Parts: lamb, parsley, fresh thyme, lemon, rind of, garlic, cracked black pepper, butter, lemon juice, small potato, shallots, olive oil  
  
# Recipe Servings: 4.0  
  
# Recipe Instructions:  
  
1-) Open lamb out flat   
2-) place the fat-side down on a board. Using a meat mallet or rolling pin pound the lamb to even thickness.   
3-) Combine herbs   
4-) rind   
5-) garlic   
6-) pepper and butter in a small bowl; spread the mixture over the fat-side of the lamb.   
7-) Place lamb in a large shallow dish   
8-) drizzle the juice over. Cover   
9-) refrigerate 3 hours or overnight.   
10-) Place the potatoes and onions in a large roasting dish; drizzle with oil. Bake uncovered   
11-) in a moderately hot oven 20 minutes.   
12-) Place lamb   
13-) fat-side up   
14-) over the vegetables in the roasting dish. Bake uncovered in moderately hot oven about 40 minutes or until lamb doneness as desired.   
15-) Remove the lamb from the dish   
16-) cover loosely with foil to keep warm.   
17-) Drain the excess juices from the pan   
18-) bake potatoes and onions in a very hot oven another 15 minutes or until crisp.   
19-) Slice lamb and serve with the vegetables.  
  
# Food images:  
[['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/10/9/picnSlN8g.jpg'], ['https://img.sndimg.com/food/image/upload/w\_555,h\_416,c\_fit,fl\_progressive,q\_95/v1/img/recipes/10/9/picHIRziT.jpg']]  
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