



# Health-Full Eating & Nutrition



## Understanding Nutritional Content in Homemade Recipes

### Let's Get Cooking!

Food is life! Literally and figuratively, food is something that keeps us going and brings people together. It is meant to taste good and be nutritious for our bodies. With that in mind, it is to our benefit to understand the nutritional content in our homemade food. So let's get cooking and learn what's inside!

### First Steps

- Choose a recipe
- Research and breakdown your ingredients
- Calculate your total nutritional content

The Food and Agriculture Organization of the United Nations has great resources to find food tables. Not only does it contain the US foods, you can also search globally if you're looking to expand your diet. You can find it [HERE](#)

### Recipe Example

Ok let's start simple! This is a chicken and chickpea recipe that is packed with protein and great for meal prep!

#### INGREDIENTS

- 1 pound / 400g chicken breast, boneless, skinless, chopped
- 1 cup chickpeas, canned rinsed and drained
- 2 garlic cloves
- 1 Tbsp olive oil
- 1 tbsp lemon juice
- 2 scallions, thinly chopped
- 2 Tbsp chopped parsley
- 1 tsp crushed red pepper / chili flakes
- 1 tsp black pepper
- salt to taste

## INSTRUCTIONS

Chop the chicken and sauté it in a non-stick pan with the olive oil at medium high heat, add the crushed red pepper and black pepper and a pinch of salt and stir until coated. Cover with a lid for 3-4 minutes or until the chicken isn't pink anymore.

Add the chickpeas and keep stirring for another 3-4 minutes. Then add in the garlic and stir again for 1-2 minutes. Add the chopped scallion and stir again for another 2 minutes or until the chicken is done.

Take the pan off the heat sprinkle some lemon juice and thinly chopped parsley on top.

Enjoy! This would be great to serve with a simple tomato cucumber salad, tzatziki or hummus.

### Calculate Nutrition

- An average chicken breast serving is 3-4 oz
- **Calories:** 122
- **Protein:** 24 grams
- **Fat:** 3 grams
- **Carbs:** 0 grams



### References:

- <https://hh-hm.com/high-protein-chicken-chickpeas-recipe/>
- <https://www.fao.org/infoods/infoods/tables-and-databases/en/>
- <https://fdc.nal.usda.gov/>

- An average chickpea serving is one cup
- **Calories:**269
- **Protein:** 10-15 grams (more if dried)
- **Fat:** 4 grams
- **Carbs:** 35-45 grams (lower if canned)

Depending on your dietary needs, you can also go more in depth and calculate micronutrients as well which include measurements like iron, vitamin C, Vitamin D, etc. Overtime you can start to put some of your favorite foods to memory and you will be able to calculate things on the fly! You can also start to visualize measurements. If you usually don't use exact measurements, maybe start to weigh your meats and measure out your fruits and veggies to get a better idea of how much you're eating. This all can be used to make sure you're meeting your individual needs for your body each day and being the best healthiest version of you!