

A TASTE OF THE WILD RECIPE BOOK



*Created by
UNH Dietetic Interns 2016*



University of
New Hampshire

BACKWOODS BEET AND GREENS SALAD

Created by: Casey Larsen

Serves 8 • Preparation Time 30 minutes

INGREDIENTS

- 2 medium sized (2" diameter) beets
- 2 cups spinach
- 2 cups arugula
- $\frac{1}{4}$ cup chopped walnuts
- 2 oz soft fresh goat cheese

DIRECTIONS

1. Begin by removing the beet stems and greens. (Optional: The leaves can be used as part of the salad).
2. Rinse beets free of excess dirt and pat dry with a towel.
3. Use a peeler to remove the skin from the beets. The red insides should be visible on the entirety of the beet.
4. Use a box grater to coarsely shred the beets and place into a large bowl.
5. Wash and rinse spinach and arugula.
6. In the large bowl, add spinach, and arugula to shredded beets and mix.
7. Sprinkle walnuts and fresh goat cheese over the top and serve with your favorite dressing.



University of
New Hampshire

UNH Dietetic Internship 2016

BACKWOODS BEET AND GREENS SALAD

USDA Nutrition Facts Panel

Serving Size: 1/2 cup

Calories – 54kcal

Fat – 4g (5% DV)

Saturated Fat – 1g (5% DV)

Trans Fat – 0g (0% DV)

Monounsaturated Fat – 0.5g

Polyunsaturated Fat – 1.5g

Cholesterol – Less than 5mg (1% DV)

Sodium – 55mg (2% DV)

Total Carbohydrates – 3g (1% DV)

Dietary Fiber – 1g (4% DV)

Sugars – 2g (4% DV)

Protein – 3g (6% DV)

Micronutrients (%DV)

Vitamin A – 903 IU (18% DV)

Vitamin C – 4 mg (7% DV)

Vitamin D – 9 IU (2% DV)

Calcium – 32 mg (3% DV)

Iron – 1 mg (6% DV)

Potassium – 145 mg (4% DV)



University of
New Hampshire

UNH Dietetic Internship 2016

CARROTS, UNTAMED

Created by: Hannah Greulich

Serves 8 • Preparation Time 70 minutes

INGREDIENTS

- 2 lb carrots
- 4 TBS butter
- 2-3 tsp fresh thyme, chopped
- $\frac{1}{4}$ cup maple syrup
- 1 TBS Dijon mustard
- $\frac{1}{4}$ tsp nutmeg
- Pinch of salt and pepper, each
- 3-4 TBS fresh parsley, chopped

DIRECTIONS

1. Preheat oven to 400 degrees
2. Wash and peel carrots, then cut into thirds or fourths
3. Set cut carrots aside
3. Place saucepan over medium heat, add butter and thyme
4. Warm and mix until melted
5. Remove and let cool
6. Whisk together syrup, mustard, nutmeg, and salt and pepper in separate bowl
7. Slowly whisk in butter and thyme mixture
8. Pour new mixture over carrots and toss until evenly coated
9. Evenly spread carrots on baking sheet
10. Place carrots in oven for 30 minutes
11. Remove and turn carrots
12. Place back in oven for another 30 minutes
13. Remove from oven and top with chopped parsley



University of
New Hampshire

UNH Dietetic Internship 2016

CARROTS, UNTAMED

USDA Nutrition Facts Panel

Serving Size: 7–10 carrot strips

Calories – 112kcal

Fat – 4g (6% DV)

Saturated Fat – 3g (15% DV)

Trans Fat – 0g (0% DV)

Monounsaturated Fat – 2g

Polyunsaturated Fat – 0g

Cholesterol – 12mg (4% DV)

Sodium – 134mg (6% DV)

Total Carbohydrates – 17g (6% DV)

Dietary Fiber – 3g (11% DV)

Sugars – 110g

Protein – 1g (2% DV)

Micronutrients (%DV)

Vitamin A – 18471 IU (369% DV)

Vitamin C – 8 mg (13% DV)

Vitamin D – 0 IU (0% DV)

Calcium – 53 mg (5% DV)

Iron – 1 mg (6% DV)

Potassium – 381 mg (11% DV)



University of
New Hampshire

UNH Dietetic Internship 2016

MEATY MUSHROOMS

Created by: Elise Bolster

Serves 24 • Preparation Time 50 minutes

INGREDIENTS

- 2 Tbsp. extra-virgin olive oil, divided
- ¼ lb. ground pork/chicken sausage
- ¼ lb. ground chorizo or finely chopped sopressata
- 1 cup yellow onion, finely chopped
- 1.5 lb. white button or cremini mushrooms, stems removed and finely chopped, caps left intact (only use half of stems)
- 1 cup steamed and drained spinach
- ¾ cup parmesan cheese
- ¼ tsp. ground black pepper

DIRECTIONS

1. Preheat the oven to 350°F. Line a baking sheet with parchment paper.
2. In a large skillet, heat 1 tablespoon of the oil over medium heat.
3. Add ground pork let cook for 7–10 min. If the chorizo/sopressata is already cooked, then wait until 5 minutes to add to pork
4. Add mushroom stems and let cook for 2–3min.
5. Add onion, garlic, salt and pepper and cook, stirring frequently, until softened.
6. Steam spinach separately and drain when it starts to wilt and turn dark green.
7. Transfer the pork, onion, garlic, mushroom mixture to a large bowl.
8. Add cooked and drained spinach and parmesan cheese. Toss well; let cool.
9. Arrange mushroom caps in a single layer on the prepared baking sheet.
10. Divide filling evenly between mushrooms, mounding it in the center.
Use your hands or a small spoon.
11. Drizzle mushrooms with remaining 1 tablespoon oil and bake until softened and juicy, about 20 minutes.



University of
New Hampshire

UNH Dietetic Internship 2016

MEATY MUSHROOMS

USDA Nutrition Facts Panel

Serving Size: One mushroom

Calories – 63kcal

Fat – 5g (6% DV)

Saturated Fat – 2g (9% DV)

Trans Fat – 0g (0% DV)

Monounsaturated Fat – 2g

Polyunsaturated Fat – 0.46g

Cholesterol – 10mg (3% DV)

Sodium – 126mg (5% DV)

Total Carbohydrates – 2g (<1% DV)

Dietary Fiber – 0g (0% DV)

Sugars – 0g

Protein – 3g (2% DV)

Micronutrients (%DV)

Vitamin A – 985 IU (2% DV)

Vitamin C – 1 mg (2% DV)

Vitamin D – 4 IU (2% DV)

Calcium – 41 mg (4% DV)

Iron – 0.5 mg (0% DV)

Potassium – 1 mg (2% DV)



University of
New Hampshire

UNH Dietetic Internship 2016

ROSEMARY POTATO FORAGERS FLATBREAD

Created by: Melissa Groves

Serves 8 • Preparation Time 90 minutes

INGREDIENTS

- 1 cup whole-wheat flour
- 1½ cups all-purpose flour
- 1 package active yeast
- 1¼ cup lukewarm (110 degree) water
- 2 Tbsp. olive oil
- 2 Tbsp. maple syrup
- 1 tsp. Kosher salt
- 1 small red onion, thinly sliced
- 1 Tbsp. olive oil
- 2 cloves garlic, minced
- ½ lb small red potatoes, thinly sliced
- 1 Tbsp. fresh rosemary
- 1 cup grated cheddar cheese

DIRECTIONS

1. In a mixer, using a dough hook attachment, combine the flour, yeast, water, olive oil, maple syrup, and salt until the dough comes together into a ball.
2. Remove the dough and knead into a round ball.
3. Place in a lightly oiled bowl, using the remaining olive oil. Cover the bowl with plastic wrap and set aside in a warm place for 1 hour.
4. Sauté the slices of onion in olive oil over low heat until caramelized. Add the garlic and cook, stirring, for 5 more minutes. Set aside.
5. Preheat oven to 475°F.
6. Once the dough has doubled in size, remove from bowl and divide into 2 pieces.
7. Stretch each piece into a round crust.
8. Transfer crusts to 2 pizza pans or large cookie sheets and top evenly with onions, potatoes, cheese, rosemary, and salt and pepper to taste.
9. Cook for 8–12 minutes until crust is browned, potatoes are tender, and cheese is melted.



**University of
New Hampshire**

UNH Dietetic Internship 2016

ROSEMARY POTATO FORAGERS FLATBREAD

USDA Nutrition Facts Panel

Serving Size: • $\frac{1}{4}$ cup

Calories – 256 kcal

Fat – 9g (12% DV)

Saturated Fat – 4g (20% DV)

Trans Fat – 0g (0% DV)

Monounsaturated Fat – 4g

Polyunsaturated Fat – 2g

Cholesterol – 19g (6% DV)

Sodium – 325mg (14% DV)

Total Carbohydrates – 32g (12% DV)

Dietary Fiber – 3g (11% DV)

Sugars – 1g

Protein – 39g (19% DV)

Micronutrients (%DV)

Vitamin A – 240 IU (5% DV)

Vitamin C – 3 mg (5% DV)

Vitamin D – 5 IU (1% DV)

Calcium – 148 mg (15% DV)

Iron – 2 mg (11% DV)

Potassium – 236 mg (7% DV)



University of
New Hampshire

UNH Dietetic Internship 2016

COLLEGE WOODS TRAILMIX COOKIES

Created by: Holley Mihok

Serves 12 • Preparation Time 30 minutes

INGREDIENTS

- $\frac{3}{4}$ cup salted butter (softened)
- 1 Tbsp. cinnamon
- 1 cup packed brown sugar
- 1.5 cups oats (old fashioned or quick cook)
- 2 tsp. vanilla extract
- 1.5 cups white whole wheat flour
(add more if batter is too wet)
- 2 eggs
- 1 cup chocolate chips
- 1 tsp. baking soda
- (optional: $\frac{1}{2}$ cup dried cranberries or walnuts)

DIRECTIONS

1. Preheat oven to 375°F.
2. Grease or line cookie sheets with parchment paper.
3. In a bowl, add softened butter, brown sugar, and vanilla.
4. Beat in eggs one at a time.
5. In separate bowl, mix together dry ingredients (flour, baking soda, oats, cinnamon).
6. Add dry mixture to wet mixture, a little bit at a time, stirring between.
7. Stir in chocolate chips and optional dried cranberries and walnuts.
8. Form into 2 inch balls and place on cookie sheet(s), giving at least two inches of room between each dough ball.
9. Bake for 8–11 minutes until edges are slightly golden brown.
10. Store in airtight container for up to one week and enjoy!



University of
New Hampshire

UNH Dietetic Internship 2016

COLLEGE WOODS TRAILMIX COOKIES

USDA Nutrition Facts Panel

Serving Size: 1 cookie

Calories – 380kcal

Fat – 18g (23% DV)

Saturated Fat – 10g (50% DV)

Trans Fat – 0g (0% DV)

Monounsaturated Fat – 5g

Polyunsaturated Fat – 1.5g

Cholesterol – 61.5mg (20% DV)

Sodium – 215mg (9% DV)

Total Carbohydrates – 52g (19% DV)

Dietary Fiber – 3.5g (13% DV)

Sugars – 25.5g (51% DV)

Protein – 7g (13% DV)

Micronutrients (%DV)

Vitamin A – 400 IU (8% DV)

Vitamin C – <1 mg (0% DV)

Vitamin D – 7 IU (2% DV)

Calcium – 45 mg (4% DV)

Iron – 2 mg (10% DV)

Potassium – 193 mg (6% DV)



University of
New Hampshire

UNH Dietetic Internship 2016

WILD BERRY COBBLER

Created by: Kailey Donovan

Serves 9 • Preparation Time 45 minutes

INGREDIENTS

- 2 cups fresh blueberries
- 1 cup fresh blackberries
- 3 Tbsp. granulated white sugar
- $\frac{1}{3}$ cup orange juice (no pulp)
- $\frac{1}{2}$ cup (1 stick) butter, at room temperature
- $\frac{1}{2}$ cup granulated white sugar
- 1 large egg
- $\frac{1}{2}$ tsp. vanilla extract
- $\frac{2}{3}$ cup all-purpose flour
- $\frac{1}{4}$ tsp. baking powder
- Cooking spray

DIRECTIONS

1. Preheat oven to 375°F.
2. Wash berries.
3. Coat a 9-inch square cake pan with cooking spray.
4. In a medium bowl combine the berries, sugar and juice and pour into prepared baking pan.
5. Set aside.
6. In a separate medium bowl, use an electric mixer to beat the butter and sugar together. The mixture should be light and fluffy. Mix in egg and vanilla. Add flour, baking powder, and salt and mix until combined.
7. Drop the batter by spoonful onto the berry mixture and gently adjust so it is evenly distributed over the berries.
8. Bake for 35–40 minutes or until the crust is golden brown and the berries are bubbling. Set it aside to cool for a few minutes before serving (optional).



University of
New Hampshire

UNH Dietetic Internship 2016

WILD BERRY COBBLER

USDA Nutrition Facts Panel

Serving Size: $\frac{3}{4}$ cup

Calories – 232kcal

Fat – 110g (14% DV)

Saturated Fat – 7g (35% DV)

Trans Fat – 0g (0% DV)

Monounsaturated Fat – 3g

Polyunsaturated Fat – 0.6g

Cholesterol – 48mg (16% DV)

Sodium – 103mg (4% DV)

Total Carbohydrates – 32g (12% DV)

Dietary Fiber – 2g (7% DV)

Sugars – 22g

Protein – 2g (4% DV)

Micronutrients (%DV)

Vitamin A – 409 IU (8% DV)

Vitamin C – 10 mg (17% DV)

Vitamin D – 5 IU (0% DV)

Calcium – 23 mg (2% DV)

Iron – 0.8 mg (4% DV)

Potassium – 89 mg (3% DV)



University of
New Hampshire

UNH Dietetic Internship 2016

WHIPPED CREAM

Created by: Kailey Donovan

Serves 20 • Preparation Time 4 minutes

INGREDIENTS

- 1 cup cold heavy whipping cream
- 2 Tbsp. sugar
- ½ tsp. vanilla

DIRECTIONS

1. Place mixer bowl and whisk in freezer for 20 minutes.
2. Pour heavy whipping cream, sugar and vanilla into the mixer bowl on high speed until stiff peaks form, about 1 minute. Do not over beat.



University of
New Hampshire

UNH Dietetic Internship 2016

WHIPPED CREAM

USDA Nutrition Facts Panel

Serving Size: 1.5 Tbsp

Calories – 101kcal

Fat – 10g (13% DV)

Saturated Fat – 6g (30% DV)

Trans Fat – 0g (0% DV)

Monounsaturated Fat – 2g

Polyunsaturated Fat – 0.4g

Cholesterol – 30mg (10% DV)

Sodium – 7mg (0% DV)

Total Carbohydrates – 4g (1% DV)

Dietary Fiber – 0g (0% DV)

Sugars – 4g

Protein – <1g (0% DV)

Micronutrients (%DV)

Vitamin A – 389 IU (8% DV)

Vitamin C – 0.2 mg (0% DV)

Vitamin D – 17 IU (4% DV)

Calcium – 18 mg (2% DV)

Iron – 0 mg (0% DV)

Potassium – 26 mg (0% DV)



University of
New Hampshire

UNH Dietetic Internship 2016

FIESTY FISH CAKES

Created by: Palmer Johnson

Serves 6 • Preparation Time 60 minutes

INGREDIENTS

- 1 lb. haddock
- 1½ lb. potatoes
- 2 Tbsp. diced onion
- 1 large egg
- 1 Tbsp. chopped parsley
- 1 tsp. salt
- ½ tsp. black pepper
- ½ tsp. lemon zest

DIRECTIONS

1. Peel and halve potatoes, place the potatoes in a large pot of water, bring the water to a boil. Let the potatoes cook until they are almost tender (about 15–20 minutes).
2. Add the fish to the pot and let the fish and potatoes cook until they are both soft about 5–10 minutes. Drain well and transfer the potatoes and fish to a large mixing bowl.
3. Add onion, egg, parsley, salt, pepper, and lemon zest to the bowl; mash the mixture together. Mold the mixture into cakes.
4. Broil formed cakes roughly 4 inches from the burner for 5 minutes, flip the cakes and broil another 5 minutes or until golden brown



University of
New Hampshire

UNH Dietetic Internship 2016

FIESTY FISH CAKES

USDA Nutrition Facts Panel

Serving Size: One 3oz cake

Calories – 100kcal

Fat – 1g (1% DV)

Saturated Fat – 0.3g (2% DV)

Trans Fat – 0g (0% DV)

Monounsaturated Fat – 0.3g

Polyunsaturated Fat – 0.3g

Cholesterol – 68mg (23% DV)

Sodium – 317mg (14% DV)

Total Carbohydrates – 8g (3% DV)

Dietary Fiber – 1g (4% DV)

Sugars – 0g

Protein – 14g (28% DV)

Micronutrients (%DV)

Vitamin A – 121 IU (2% DV)

Vitamin C – 6 mg (10% DV)

Vitamin D – 20 IU (4% DV)

Calcium – 17 mg (2% DV)

Iron – 0 mg (0% DV)

Potassium – 375 mg (8% DV)



University of
New Hampshire

UNH Dietetic Internship 2016

CREAMY DILL YOGURT SAUCE

Created by: Megan Schorr

Serves 8 • Preparation Time 5 minutes

INGREDIENTS

- 1 cup Greek low-fat yogurt
- 2 Tbsp. whole grain mustard
- 3 sprigs fresh dill weed
- 1 tsp. fresh lemon juice
- $\frac{1}{4}$ tsp. salt
- $\frac{1}{4}$ tsp. pepper

DIRECTIONS

1. Place 1 cup of Greek yogurt into a medium sized mixing bowl.
2. Add in 2 Tbsp. of whole grain mustard to the yogurt.
3. Wash the fresh dill weed, finely chop 3-sprigs and add to the mixture.
4. Squeeze 1 tsp. of fresh lemon juice into the mixture, being cautious not to add in any lemon seeds.
5. Add in $\frac{1}{4}$ tsp. of salt and $\frac{1}{4}$ tsp. pepper.
6. Chill, stir, and enjoy



University of
New Hampshire

UNH Dietetic Internship 2016

CREAMY DILL YOGURT SAUCE

USDA Nutrition Facts Panel

Serving Size: 2 Tbsp.

Calories – 25kcal

Fat – 1g (1% DV)

Saturated Fat – 0g (0% DV)

Trans Fat – 0g (0% DV)

Monounsaturated Fat – 0g

Polyunsaturated Fat – 0g

Cholesterol – <5mg (1% DV)

Sodium – 150mg (7% DV)

Total Carbohydrates – 2g (1% DV)

Dietary Fiber – 0g (0% DV)

Sugars – 1g (2% DV)

Protein – 3g (6% DV)

Micronutrients (%DV)

Vitamin A – 105 IU (2% DV)

Vitamin C – 0.5 mg (0% DV)

Vitamin D – 0 IU (0% DV)

Calcium – 38 mg (4% DV)

Iron – 0 mg (0% DV)

Potassium – 50 mg (2% DV)



University of
New Hampshire

UNH Dietetic Internship 2016

BREADED EGGPLANT "STEAK"

Created by: Sarah Maskwa

Serves 6 • Preparation Time 80 minutes

INGREDIENTS

- 1/2 large eggplant (1/3 lb)
- 1 egg + 2 Tbsp. water
- 1/2 cup All-purpose flour
- 3/4 cup seasoned bread crumbs
- 1/2 Tbsp. parmesan cheese
- 1/4 oz olive oil spray
- 2 Tbsp. salt
- 1/2 Tbsp. pepper

DIRECTIONS

1. Slice eggplant into 6 round slices, about 1/4 – 1/2 of an inch thick. Then sprinkle with salt (1.5 Tbsp.) and let sit for 45 mins, shake off excess salt.
2. Measure out eggs and water, flour, and bread crumbs plus parmesan cheese into three separate shallow bowls.
3. Dredge eggplant slices, one at a time, in flour.
4. Shake off excess flour and dredge in egg/water mixture.
5. Shake off excess egg and dredge in breadcrumbs.
6. Repeat with remaining eggplant slices.
7. Lay slices on baking sheet.
8. Spray tops with olive oil spray.
9. Sprinkle slices with remaining salt and pepper.
10. Put in oven for 15–20 mins at 350°F (until golden brown, flip slices halfway through cooking).



University of
New Hampshire

UNH Dietetic Internship 2016

BREADED EGGPLANT "STEAK"

USDA Nutrition Facts Panel

Serving Size: 1 slice

Calories – 120kcal

Fat – 2g (2% DV)

Saturated Fat – 0.5g (2.5% DV)

Trans Fat – 0g (0% DV)

Monounsaturated Fat – 0.5g

Polyunsaturated Fat – 0.6g

Cholesterol – 25mg (7.6% DV)

Sodium – 760mg (33% DV)

Total Carbohydrates – 22g (8% DV)

Dietary Fiber – 3g (9% DV)

Sugars – 3g

Protein – 5g (9% DV)

Micronutrients (%DV)

Vitamin A – 86 IU (2% DV)

Vitamin C – 1 mg (2% DV)

Vitamin D – 5 IU (2% DV)

Calcium – 39 mg (4% DV)

Iron – 2 mg (8% DV)

Potassium – 124 mg (4% DV)



University of
New Hampshire

UNH Dietetic Internship 2016

BRUSCHETTA CHUTNEY

Created by: Sarah Maskwa

Serves 8 • Preparation Time 30 minutes

INGREDIENTS

- $\frac{3}{4}$ lb tomatoes, chopped
- $\frac{1}{2}$ garlic clove, minced
- $\frac{1}{4}$ lb. onion ($\frac{1}{4}$ cup), chopped
- 2 Tbsp. oil
- 1 Tbsp. balsamic vinegar
- 2.5 oz. mozzarella, cubed
- 3 basil leaves
- $\frac{1}{2}$ Tbsp. salt
- $\frac{1}{4}$ Tbsp. pepper

DIRECTIONS

1. Chop and mix tomatoes, garlic and onions in a bowl.
2. Measure out oil, balsamic, salt and pepper in separate bowl and whisk together.
3. Cube mozzarella cheese, add to tomato mixture.
4. Drizzle oil mixture over tomato and cheese mixture.
5. Cut basil into ribbons, mix in with tomato and cheese mixture and serve.



University of
New Hampshire

UNH Dietetic Internship 2016

BRUSCHETTA CHUTNEY

USDA Nutrition Facts Panel

Serving Size: 2oz

Calories – 30kcal

Fat – 2g (3% DV)

Saturated Fat – 1g (7% DV)

Trans Fat – 0g (0% DV)

Monounsaturated Fat – 0g

Polyunsaturated Fat – 0g

Cholesterol – <5 mg (1% DV)

Sodium – 170mg (8% DV)

Total Carbohydrates – 0g (0% DV)

Dietary Fiber – 0g (0% DV)

Sugars – 1g

Protein – 1g (3% DV)

Micronutrients (%DV)

Vitamin A – 242 IU (6% DV)

Vitamin C – 4 mg (6% DV)

Vitamin D – 0 IU (0% DV)

Calcium – 30 mg (2% DV)

Iron – 0 mg (0% DV)

Potassium – 69 mg (2% DV)



University of
New Hampshire

UNH Dietetic Internship 2016

STRAIGHT FROM THE TAP MAPLE SYRUP VINAIGRETTE

Created by: Maggie Dagosto

Serves 3 • Preparation Time 5 minutes

INGREDIENTS

- 2 Tbsp. maple syrup
- $\frac{1}{4}$ cup olive oil
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{2}$ tsp. pepper
- 1 Tbsp. apple cider vinegar
- 1 tsp. Dijon/brown mustard

DIRECTIONS

1. Mix maple syrup and oil in a medium mixing bowl with a whisk.
2. Add salt, pepper, vinegar and Dijon mustard in a separate bowl and slowly add to the mixture of maple syrup and olive oil.
3. Ready to serve!



University of
New Hampshire

UNH Dietetic Internship 2016

STRAIGHT FROM THE TAP MAPLE SYRUP VINAIGRETTE

USDA Nutrition Facts Panel

Serving Size: 2 Tbsp.

Calories – 196kcal

Fat – 17.5g (27% DV)

Saturated Fat – 2.5g (13% DV)

Trans Fat – 0g (0% DV)

Monounsaturated Fat – 13g

Polyunsaturated Fat – 2g

Cholesterol – 0mg (0% DV)

Sodium – 406mg (18% DV)

Total Carbohydrates – 0g (0% DV)

Dietary Fiber – 0g (0% DV)

Sugars – 8g (16% DV)

Protein – 0g (0% DV)

Micronutrients (%DV)

Vitamin A – 0 IU (0% DV)

Vitamin C – 0 mg (0% DV)

Vitamin D – 0 IU (0% DV)

Calcium – 32 mg (3% DV)

Iron – 0 mg (0% DV)

Potassium – 40 mg (1% DV)



University of
New Hampshire

UNH Dietetic Internship 2016



UNH Dietetic Internship 2016