

Kyle

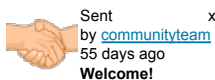


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# Stack on Sports

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## Food of the U.S. Open (Part 2)

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Written by [kylestack](#) on 09/06/2010 5:33:01 PM

Food at sports events isn't often mistaken for being healthy. The most appealing items tend to focus on taste, which means salty food and greasy food is what fans will consume most often. There's no reason to think the food at the U.S. Open is different, even if it's prepared by accomplished chefs. They know what they need to do to make their products appealing to the discriminating tastes of fans: make the food taste delectable.



I continue my Food of the U.S. Open series with two more chef's menus that are apart of the Plaza Master Chef Cafe, a new site available to attendees of the Open. [Maye Musk](#), a registered dietitian in New York City, provides her opinions on the nutritional benefits and deficiencies of the menus.

**Chef Carmen Gonzalez:**  
-Lobster roll with key lime mayonnaise.  
-Pulled pork sandwich with mango slaw on a brioche roll.  
-Barbeque pork quesadillas topped with avocado relish, a lobster and avocado terrine.  
-Carmen's signature flan with caramel sauce.

**Musk:** "These menu items look delicious. That's not a surprise as all foods are high in fat and salt or high in fat and sugar.  
- Lobster roll probably has a white roll, and the mayo is usually slathered on it. There we have some protein, but the rest is high fat and low fiber.  
- Pulled pork is usually high in fat and very filling; on a white roll too. In this dish, the mango slaw is the only item that seems healthily prepared.  
- Quesadillas with pork, avocado, lobster... are they all together? If so, that could be a really high calorie item - up to 1000 calories depending on size. There is avocado which is nutritious, but we need more veggies.  
- As for the dessert, it sounds delicious but is very high in calories due to the sweetened condensed milk, sugar, cream cheese, eggs and whole milk. So high in saturated/bad fats and sugar. Where's the nutritious fruit option?"

**Chef Rick Moonen:**  
-Moon 'N Doggie, an all-natural shrimp hot dog served on a fresh toasted bun with Asian slaw, mint pesto and toga chips. Optional toppings include Honey Ginger Goo, Chipotle Dude and Horseradish Hell.

**Musk:** "While shrimp is a healthier version of a hotdog, the white roll, chips and toppings sabotage any health benefits of the dish. This dish contains protein, is low in fiber and high in fat. The honey ginger goo topping is high in sugar. Asian slaw contains cabbage but could be mixed with high calorie ingredients such as mayonnaise or oil. But at least there's a veggie."

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