

April Gluten Free Week Four

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 1: Mushroom Bolognese over Gluten-Free Pasta

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 420	
% Daily Value *	
Total Fat 3 g	5 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 6 mg	2 %
Sodium 348 mg	14 %
Potassium 1084 mg	31 %
Total Carbohydrate 88 g	29 %
Dietary Fiber 6 g	24 %
Sugars 13 g	
Protein 10 g	21 %
Vitamin A	41 %
Vitamin C	18 %
Calcium	9 %
Iron	18 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

Meal 2: Lamb Burgers (w/ GF hamburger buns)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 590	
% Daily Value *	
Total Fat 38 g	59 %
Saturated Fat 14 g	72 %
Monounsaturated Fat 14 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 103 mg	34 %
Sodium 1014 mg	42 %
Potassium 315 mg	9 %
Total Carbohydrate 35 g	12 %
Dietary Fiber 6 g	24 %
Sugars 4 g	
Protein 28 g	57 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	6 %
Iron	16 %
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Greek Salad

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 170	
% Daily Value *	
Total Fat 10 g	15 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 1196 mg	50 %
Potassium 331 mg	9 %
Total Carbohydrate 17 g	6 %
Dietary Fiber 6 g	22 %
Sugars 3 g	
Protein 4 g	8 %
Vitamin A	24 %
Vitamin C	44 %
Calcium	10 %
Iron	12 %
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Meal 3: Lemon Baked Cod

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 185	
% Daily Value *	
Total Fat 14 g	21 %
Saturated Fat 2 g	11 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 40 mg	13 %
Sodium 330 mg	14 %
Potassium 45 mg	1 %
Total Carbohydrate 2 g	1 %
Dietary Fiber 0 g	0 %
Sugars 1 g	
Protein 16 g	32 %
Vitamin A	5 %
Vitamin C	24 %
Calcium	2 %
Iron	3 %
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Dill Roasted Carrots & Broccoli

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 123	
% Daily Value *	
Total Fat 6 g	9 %
Saturated Fat 1 g	4 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 94 mg	4 %
Potassium 701 mg	20 %
Total Carbohydrate 16 g	5 %
Dietary Fiber 6 g	23 %
Sugars 5 g	
Protein 5 g	10 %
Vitamin A	224 %
Vitamin C	233 %
Calcium	11 %
Iron	9 %
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Meal 4: Thai Coconut Chicken & Veggie Soup

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 194	
% Daily Value *	
Total Fat 7 g	11 %
Saturated Fat 6 g	28 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 31 mg	10 %
Sodium 721 mg	30 %
Potassium 583 mg	17 %
Total Carbohydrate 19 g	6 %
Dietary Fiber 3 g	13 %
Sugars 8 g	
Protein 14 g	28 %
Vitamin A	35 %
Vitamin C	104 %
Calcium	4 %
Iron	4 %
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Salad: Spinach,
Blueberry, Pecans &
White Cheddar

Dressing (per serving,
based on 8 servings)

Breakfast: Bison,
Sweet Potato,
Spinach & Mushroom
Hash + 1 egg/ serving

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 275	
% Daily Value *	
Total Fat 21 g	33 %
Saturated Fat 8 g	40 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 218 mg	9 %
Potassium 56 mg	2 %
Total Carbohydrate 14 g	5 %
Dietary Fiber 4 g	16 %
Sugars 8 g	
Protein 10 g	20 %
Vitamin A	72 %
Vitamin C	29 %
Calcium	25 %
Iron	8 %
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Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 125	
% Daily Value *	
Total Fat 14 g	22 %
Saturated Fat 2 g	10 %
Monounsaturated Fat 10 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 0 mg	0 %
Potassium 0 mg	0 %
Total Carbohydrate 1 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 0 g	0 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	4 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 386	
% Daily Value *	
Total Fat 22 g	34 %
Saturated Fat 9 g	44 %
Monounsaturated Fat 9 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 226 mg	75 %
Sodium 189 mg	8 %
Potassium 882 mg	25 %
Total Carbohydrate 18 g	6 %
Dietary Fiber 3 g	13 %
Sugars 4 g	
Protein 29 g	58 %
Vitamin A	263 %
Vitamin C	22 %
Calcium	9 %
Iron	29 %
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Snack: Blueberries & Pistachios

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 253	
% Daily Value *	
Total Fat 14 g	22 %
Saturated Fat 2 g	8 %
Monounsaturated Fat 7 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 116 mg	5 %
Potassium 402 mg	11 %
Total Carbohydrate 28 g	9 %
Dietary Fiber 6 g	26 %
Sugars 16 g	
Protein 8 g	16 %
Vitamin A	2 %
Vitamin C	25 %
Calcium	3 %
Iron	8 %
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Dessert: Apricot-Coconut PB Cookies
(per serving, based on 12 servings)

Nutrition Facts	
Servings 12.0	
Amount Per Serving	
calories 172	
% Daily Value *	
Total Fat 12 g	18 %
Saturated Fat 3 g	13 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 18 mg	6 %
Sodium 51 mg	2 %
Potassium 256 mg	7 %
Total Carbohydrate 13 g	4 %
Dietary Fiber 2 g	9 %
Sugars 9 g	
Protein 6 g	12 %
Vitamin A	2 %
Vitamin C	0 %
Calcium	4 %
Iron	4 %
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