March Gluten Free Week Five

Nutrition Facts
(per serving, based on yield of 4 servings)

Meal 1: Mahi Mahi

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 102	
	% Daily Value *
Total Fat 1 g	**2 %**
Saturated Fat 0 g	**0 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 85 mg	**28 %**
Sodium 100 mg	**4 %**
Potassium 11 mg	**0 %**
Total Carbohydrate 1 g	**0 %**
Dietary Fiber 0 g	**0 %**
Sugars 0 g	
Protein 21 g	**42 %**
Vitamin A	**4 %**
Vitamin C	**5 %**
Calcium	**2 %**
Iron	**8 %**

* 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.

Pineapple-Black Bean Salsa

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 203	
	% Daily Value *
Total Fat 1 g	**1 %**
Saturated Fat 0 g	**0 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 3 mg	**0 %**
Potassium 685 mg	**20 %**
Total Carbohydrate 50 g	**17 %**
Dietary Fiber 9 g	**35 %**
Sugars 24 g	
Protein 7 g	**14 %**
Vitamin A	**7 %**
Vitamin C	**236 %**
Calcium	**10 %**
Iron	**16 %**

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Asparagus

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 46	
	% Daily Value *
Total Fat 4 g	**5 %**
Saturated Fat 1 g	**3 %**
Monounsaturated Fat 3 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 11 mg	**0 %**
Potassium 168 mg	**5 %**
Total Carbohydrate 3 g	**1 %**
Dietary Fiber 2 g	**6 %**
Sugars 1 g	
Protein 2 g	**4 %**
Vitamin A	**15 %**
Vitamin C	**10 %**
Calcium	**2 %**
Iron	**4 %**

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March Gluten Free Week Five

Nutrition Facts
(per serving, based on yield of 4 servings)

Meal 2: Turkey Meatloaf

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 347	
	% Daily Value *
Total Fat 23 g	**36 %**
Saturated Fat 4 g	**19 %**
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 154 mg	**51 %**
Sodium 218 mg	**9 %**
Potassium 107 mg	**3 %**
Total Carbohydrate 8 g	**3 %**
Dietary Fiber 4 g	**16 %**
Sugars 2 g	
Protein 30 g	**59 %**
Vitamin A	**19 %**
Vitamin C	**2 %**
Calcium	**7 %**
Iron	**21 %**

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Mashed Sweet Potatoes

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 82	
	% Daily Value *
Total Fat 0 g	**0 %**
Saturated Fat 0 g	**0 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 33 mg	**1 %**
Potassium 0 mg	**0 %**
Total Carbohydrate 19 g	**6 %**
Dietary Fiber 3 g	**12 %**
Sugars 6 g	
Protein 2 g	**3 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**0 %**
Iron	**0 %**

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Snap Peas

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 70	
	% Daily Value *
Total Fat 0 g	**0 %**
Saturated Fat 0 g	**0 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 0 mg	**0 %**
Potassium 193 mg	**6 %**
Total Carbohydrate 16 g	**5 %**
Dietary Fiber 5 g	**18 %**
Sugars 7 g	
Protein 4 g	**7 %**
Vitamin A	**35 %**
Vitamin C	**140 %**
Calcium	**7 %**
Iron	**18 %**

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March Gluten Free Week Five

Nutrition Facts
(per serving, based on yield of 4 servings)

Meal 3: Marinated Flank Steak

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 425	
	% Daily Value *
Total Fat 31 g	**47 %**
Saturated Fat 5 g	**27 %**
Monounsaturated Fat 20 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 70 mg	**23 %**
Sodium 1170 mg	**49 %**
Potassium 38 mg	**1 %**
Total Carbohydrate 6 g	**2 %**
Dietary Fiber 0 g	**1 %**
Sugars 5 g	
Protein 29 g	**58 %**
Vitamin A	**5 %**
Vitamin C	**3 %**
Calcium	**1 %**
Iron	**14 %**

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Spanish Rice

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 92	
	% Daily Value *
Total Fat 0 g	**1 %**
Saturated Fat 0 g	**1 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 25 mg	**1 %**
Potassium 253 mg	**7 %**
Total Carbohydrate 20 g	**7 %**
Dietary Fiber 3 g	**10 %**
Sugars 5 g	
Protein 2 g	**4 %**
Vitamin A	**4 %**
Vitamin C	**10 %**
Calcium	**2 %**
Iron	**2 %**

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Green Beans

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 39	
	% Daily Value *
Total Fat 0 g	**0 %**
Saturated Fat 0 g	**0 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 1 mg	**0 %**
Potassium 160 mg	**5 %**
Total Carbohydrate 9 g	**3 %**
Dietary Fiber 4 g	**14 %**
Sugars 2 g	
Protein 2 g	**4 %**
Vitamin A	**15 %**
Vitamin C	**18 %**
Calcium	**4 %**
Iron	**4 %**

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March Gluten Free Week Five

Nutrition Facts
(per serving, based on yield of 4 servings)

Meal 4: Veggie Minestrone

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 191	
	% Daily Value *
Total Fat 1 g	**1 %**
Saturated Fat 0 g	**1 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 636 mg	**27 %**
Potassium 1020 mg	**29 %**
Total Carbohydrate 37 g	**12 %**
Dietary Fiber 8 g	**33 %**
Sugars 9 g	
Protein 10 g	**20 %**
Vitamin A	**73 %**
Vitamin C	**44 %**
Calcium	**13 %**
Iron	**25 %**

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Salad: Arugula w/ Tomatoes, Basil, & Mozzarella

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 349	
	% Daily Value *
Total Fat 29 g	**45 %**
Saturated Fat 11 g	**54 %**
Monounsaturated Fat 3 g	
Polyunsaturated Fat 6 g	
Trans Fat 0 g	
Cholesterol 50 mg	**17 %**
Sodium 61 mg	**3 %**
Potassium 487 mg	**14 %**
Total Carbohydrate 9 g	**3 %**
Dietary Fiber 3 g	**10 %**
Sugars 4 g	
Protein 17 g	**34 %**
Vitamin A	**31 %**
Vitamin C	**29 %**
Calcium	**7 %**
Iron	**11 %**

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Dressing (per serving, based on 8 servings)

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 124	
	% Daily Value *
Total Fat 14 g	**21 %**
Saturated Fat 2 g	**9 %**
Monounsaturated Fat 10 g	
Polyunsaturated Fat 1 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 1 g	
Protein 0 g	**0 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**0 %**
Iron	**0 %**

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March Gluten Free Week Five

Nutrition Facts
(per serving, based on yield of 4 servings)

Breakfast: Asparagus & Bacon Frittata w/ Feta

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 265	
	% Daily Value *
Total Fat 18 g	**27 %**
Saturated Fat 8 g	**40 %**
Monounsaturated Fat 5 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 401 mg	**134 %**
Sodium 529 mg	**22 %**
Potassium 264 mg	**8 %**
Total Carbohydrate 4 g	**1 %**
Dietary Fiber 1 g	**4 %**
Sugars 2 g	
Protein 19 g	**38 %**
Vitamin A	**22 %**
Vitamin C	**7 %**
Calcium	**21 %**
Iron	**13 %**

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Snack: Cucumber Slices & Sunflower Seed Butter

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 209	
	% Daily Value *
Total Fat 18 g	**27 %**
Saturated Fat 2 g	**8 %**
Monounsaturated Fat 12 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 2 mg	**0 %**
Potassium 295 mg	**8 %**
Total Carbohydrate 10 g	**3 %**
Dietary Fiber 2 g	**9 %**
Sugars 5 g	
Protein 6 g	**12 %**
Vitamin A	**2 %**
Vitamin C	**5 %**
Calcium	**3 %**
Iron	**8 %**

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Dessert: Fresh Pineapple

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 113	
	% Daily Value *
Total Fat 0 g	**0 %**
Saturated Fat 0 g	**0 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 2 mg	**0 %**
Potassium 247 mg	**7 %**
Total Carbohydrate 30 g	**10 %**
Dietary Fiber 3 g	**13 %**
Sugars 22 g	
Protein 1 g	**2 %**
Vitamin A	**3 %**
Vitamin C	**180 %**
Calcium	**3 %**
Iron	**4 %**

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