March Gluten Free Week Four

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

Meal 1: Pecan-Crusted Chicken

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 582	
	% Daily Value *
Total Fat 47 g	**72 %**
Saturated Fat 19 g	**96 %**
Monounsaturated Fat 16 g	
Polyunsaturated Fat 9 g	
Trans Fat 0 g	
Cholesterol 168 mg	**56 %**
Sodium 344 mg	**14 %**
Potassium 276 mg	**8 %**
Total Carbohydrate 12 g	**4 %**
Dietary Fiber 5 g	**21 %**
Sugars 5 g	
Protein 34 g	**68 %**
Vitamin A	**33 %**
Vitamin C	**1 %**
Calcium	**7 %**
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.

Collard Green Salad w/ Tomato, White Bean, Olives, & Feta

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 450	
	% Daily Value *
Total Fat 32 g	**49 %**
Saturated Fat 11 g	**55 %**
Monounsaturated Fat 13 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 50 mg	**17 %**
Sodium 1051 mg	**44 %**
Potassium 49 mg	**1 %**
Total Carbohydrate 25 g	**8 %**
Dietary Fiber 6 g	**25 %**
Sugars 7 g	
Protein 15 g	**30 %**
Vitamin A	**25 %**
Vitamin C	**16 %**
Calcium	**34 %**
Iron	**19 %**

* 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.

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 1 mg	**0 %**
Potassium 19 mg	**1 %**
Total Carbohydrate 1 g	**0 %**
Dietary Fiber 0 g	**0 %**
Sugars 1 g	
Protein 0 g	**0 %**
Vitamin A	**0 %**
Vitamin C	**4 %**
Calcium	**0 %**
Iron	**1 %**

* 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.

March Gluten Free Week Four

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

Meal 2: Salmon

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 66	
	% Daily Value *
Total Fat 4 g	**7 %**
Saturated Fat 1 g	**3 %**
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 14 mg	**1 %**
Potassium 0 mg	**0 %**
Total Carbohydrate 0 g	**0 %**
Dietary Fiber 0 g	**0 %**
Sugars 0 g	
Protein 7 g	**14 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**0 %**
Iron	**0 %**

* 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.

Green Bean, Almond, & Strawberry Salad (w/ cheese)

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 276	
	% Daily Value *
Total Fat 20 g	**30 %**
Saturated Fat 9 g	**45 %**
Monounsaturated Fat 8 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 50 mg	**17 %**
Sodium 527 mg	**22 %**
Potassium 290 mg	**8 %**
Total Carbohydrate 15 g	**5 %**
Dietary Fiber 6 g	**24 %**
Sugars 7 g	
Protein 13 g	**26 %**
Vitamin A	**149 %**
Vitamin C	**67 %**
Calcium	**36 %**
Iron	**13 %**

* 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.

Lemon-Basil Vinaigrette (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 1 mg	**0 %**
Potassium 19 mg	**1 %**
Total Carbohydrate 1 g	**0 %**
Dietary Fiber 0 g	**0 %**
Sugars 1 g	
Protein 0 g	**0 %**
Vitamin A	**0 %**
Vitamin C	**4 %**
Calcium	**0 %**
Iron	**1 %**

* 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.

March Gluten Free Week Four

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

Meal 3: Chicken Sausage, Broccoli, & Chickpeas over Zucchini Pesto "Pasta"

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 676	
	% Daily Value *
Total Fat 44 g	**68 %**
Saturated Fat 7 g	**37 %**
Monounsaturated Fat 15 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 92 mg	**31 %**
Sodium 1299 mg	**54 %**
Potassium 937 mg	**27 %**
Total Carbohydrate 39 g	**13 %**
Dietary Fiber 13 g	**51 %**
Sugars 8 g	
Protein 42 g	**84 %**
Vitamin A	**92 %**
Vitamin C	**298 %**
Calcium	**33 %**
Iron	**47 %**

* 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 4: Zucchini, Corn, & Potato Soup (w/ cheese)

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 311	
	% Daily Value *
Total Fat 12 g	**19 %**
Saturated Fat 7 g	**33 %**
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 31 mg	**10 %**
Sodium 1139 mg	**47 %**
Potassium 902 mg	**26 %**
Total Carbohydrate 33 g	**11 %**
Dietary Fiber 7 g	**28 %**
Sugars 12 g	
Protein 19 g	**39 %**
Vitamin A	**160 %**
Vitamin C	**91 %**
Calcium	**51 %**
Iron	**11 %**

* 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.

Salad: Romaine w/ Carrot, Radish, Avocado, & Sunflower Seeds

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 187	
	% Daily Value *
Total Fat 15 g	**23 %**
Saturated Fat 2 g	**9 %**
Monounsaturated Fat 7 g	
Polyunsaturated Fat 6 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 72 mg	**3 %**
Potassium 302 mg	**9 %**
Total Carbohydrate 10 g	**3 %**
Dietary Fiber 5 g	**21 %**
Sugars 2 g	
Protein 4 g	**9 %**
Vitamin A	**34 %**
Vitamin C	**12 %**
Calcium	**2 %**
Iron	**6 %**

* 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.

March Gluten Free Week Four

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

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 %**

* 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.

Breakfast: PB&B Brown Rice Cakes

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 344	
	% Daily Value *
Total Fat 13 g	**20 %**
Saturated Fat 0 g	**1 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 127 mg	**5 %**
Potassium 555 mg	**16 %**
Total Carbohydrate 53 g	**18 %**
Dietary Fiber 6 g	**25 %**
Sugars 19 g	
Protein 8 g	**17 %**
Vitamin A	**1 %**
Vitamin C	**20 %**
Calcium	**1 %**
Iron	**7 %**

* 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.

Snack: Mango, Banana, & Spinach Smoothies

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 114	
	% 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 34 mg	**1 %**
Potassium 368 mg	**11 %**
Total Carbohydrate 28 g	**9 %**
Dietary Fiber 4 g	**16 %**
Sugars 18 g	
Protein 2 g	**5 %**
Vitamin A	**71 %**
Vitamin C	**66 %**
Calcium	**5 %**
Iron	**9 %**

* 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.

March Gluten Free Week Four

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

Dessert: Coconut Milk Ice Cream Topped w/ Balsamic Marinated Strawberries

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 226	
	% Daily Value *
Total Fat 9 g	**14 %**
Saturated Fat 8 g	**40 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 16 mg	**1 %**
Potassium 92 mg	**3 %**
Total Carbohydrate 32 g	**11 %**
Dietary Fiber 3 g	**13 %**
Sugars 24 g	
Protein 2 g	**5 %**
Vitamin A	**0 %**
Vitamin C	**56 %**
Calcium	**3 %**
Iron	**9 %**

* 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.