June Gluten Free Week Five

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

Meal 1: Salmon over Mixed Greens w/ Strawberries, Cucumber, & Walnuts

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 471	
	% Daily Value *
Total Fat 29 g	**45 %**
Saturated Fat 6 g	**32 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 6 g	
Trans Fat 0 g	
Cholesterol 99 mg	**33 %**
Sodium 411 mg	**17 %**
Potassium 1051 mg	**30 %**
Total Carbohydrate 10 g	**3 %**
Dietary Fiber 3 g	**12 %**
Sugars 5 g	
Protein 37 g	**74 %**
Vitamin A	**45 %**
Vitamin C	**56 %**
Calcium	**12 %**
Iron	**12 %**

* 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 126	
	% 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 2 mg	**0 %**
Potassium 9 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	**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.

Meal 2: Grilled Lemon Tenders

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 215	
	% Daily Value *
Total Fat 4 g	**6 %**
Saturated Fat 0 g	**2 %**
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 90 mg	**30 %**
Sodium 0 mg	**0 %**
Potassium 384 mg	**11 %**
Total Carbohydrate 2 g	**1 %**
Dietary Fiber 0 g	**0 %**
Sugars 1 g	
Protein 35 g	**69 %**
Vitamin A	**0 %**
Vitamin C	**15 %**
Calcium	**0 %**
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.

June Gluten Free Week Five

Nutrition Facts

(per serving, based on yield of 4 servings)

Grilled Asparagus

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 56	
	% Daily Value *
Total Fat 3 g	**5 %**
Saturated Fat 0 g	**2 %**
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 0 mg	**0 %**
Potassium 270 mg	**8 %**
Total Carbohydrate 5 g	**2 %**
Dietary Fiber 3 g	**11 %**
Sugars 3 g	
Protein 4 g	**7 %**
Vitamin A	**18 %**
Vitamin C	**9 %**
Calcium	**0 %**
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.

Corn

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 120	
	% Daily Value *
Total Fat 2 g	**2 %**
Saturated Fat 0 g	**0 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 20 mg	**1 %**
Potassium 390 mg	**11 %**
Total Carbohydrate 27 g	**9 %**
Dietary Fiber 4 g	**16 %**
Sugars 8 g	
Protein 5 g	**10 %**
Vitamin A	**8 %**
Vitamin C	**15 %**
Calcium	**0 %**
Iron	**4 %**

* 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 3: Steak

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 235	
	% Daily Value *
Total Fat 10 g	**16 %**
Saturated Fat 5 g	**23 %**
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 83 mg	**28 %**
Sodium 827 mg	**34 %**
Potassium 0 mg	**0 %**
Total Carbohydrate 0 g	**0 %**
Dietary Fiber 0 g	**0 %**
Sugars 0 g	
Protein 35 g	**71 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**1 %**
Iron	**21 %**

* 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.

June Gluten Free Week Five

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

Baked Potatoes (w/ cheddar cheese)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 329	
	% Daily Value *
Total Fat 18 g	**28 %**
Saturated Fat 10 g	**50 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 10 mg	**3 %**
Sodium 551 mg	**23 %**
Potassium 729 mg	**21 %**
Total Carbohydrate 25 g	**8 %**
Dietary Fiber 3 g	**11 %**
Sugars 0 g	
Protein 18 g	**35 %**
Vitamin A	**12 %**
Vitamin C	**45 %**
Calcium	**40 %**
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.

Green Beans

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 60	
	% Daily Value *
Total Fat 3 g	**5 %**
Saturated Fat 0 g	**2 %**
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 450 mg	**19 %**
Potassium 143 mg	**4 %**
Total Carbohydrate 5 g	**2 %**
Dietary Fiber 3 g	**12 %**
Sugars 2 g	
Protein 2 g	**3 %**
Vitamin A	**6 %**
Vitamin C	**3 %**
Calcium	**9 %**
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.

Meal 4: Mexican Zucchini Stuffed w/ Pinto Bean, Mushrooms, Bell Pepper, & Tomato Sauce

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 190	
	% Daily Value *
Total Fat 3 g	**4 %**
Saturated Fat 0 g	**2 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 385 mg	**16 %**
Potassium 888 mg	**25 %**
Total Carbohydrate 35 g	**12 %**
Dietary Fiber 10 g	**40 %**
Sugars 9 g	
Protein 10 g	**21 %**
Vitamin A	**56 %**
Vitamin C	**302 %**
Calcium	**9 %**
Iron	**24 %**

* 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.

June Gluten Free Week Five

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

Salad: Arugula w/ Peach, Sliced Almond, & Goat Cheese

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 189	
	% Daily Value *
Total Fat 14 g	**22 %**
Saturated Fat 5 g	**23 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 35 mg	**12 %**
Sodium 256 mg	**11 %**
Potassium 224 mg	**6 %**
Total Carbohydrate 9 g	**3 %**
Dietary Fiber 3 g	**13 %**
Sugars 5 g	
Protein 8 g	**17 %**
Vitamin A	**20 %**
Vitamin C	**14 %**
Calcium	**8 %**
Iron	**4 %**

* 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 126	
	% 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 2 mg	**0 %**
Potassium 9 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	**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.

Breakfast: Onion, Mushroom, & Spinach Frittata

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 317	
	% Daily Value *
Total Fat 24 g	**37 %**
Saturated Fat 9 g	**45 %**
Monounsaturated Fat 8 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 404 mg	**135 %**
Sodium 363 mg	**15 %**
Potassium 331 mg	**9 %**
Total Carbohydrate 6 g	**2 %**
Dietary Fiber 3 g	**11 %**
Sugars 2 g	
Protein 20 g	**41 %**
Vitamin A	**69 %**
Vitamin C	**15 %**
Calcium	**12 %**
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.

June Gluten Free Week Five

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

Snack: Plums

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 61	
	% Daily Value *
Total Fat 0 g	**1 %**
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 207 mg	**6 %**
Total Carbohydrate 15 g	**5 %**
Dietary Fiber 2 g	**7 %**
Sugars 13 g	
Protein 1 g	**2 %**
Vitamin A	**9 %**
Vitamin C	**21 %**
Calcium	**1 %**
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.

Dessert: Almond Cakes w/ Peaches

Nutrition Facts

Servings 9.0

Amount Per Serving	
calories 245	
	% Daily Value *
Total Fat 16 g	**24 %**
Saturated Fat 2 g	**9 %**
Monounsaturated Fat 1 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 82 mg	**27 %**
Sodium 397 mg	**17 %**
Potassium 115 mg	**3 %**
Total Carbohydrate 21 g	**7 %**
Dietary Fiber 3 g	**13 %**
Sugars 16 g	
Protein 9 g	**17 %**
Vitamin A	**6 %**
Vitamin C	**5 %**
Calcium	**7 %**
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.