# June Gluten Free Week Four

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

Meal 1: Nicoise Salad

| Nutrition Facts | |
|---|---|
| Servings 4.0 | |
| Amount Per Serving | |
| **calories** 375 | |
| | **% Daily Value *** |
| **Total Fat** 8 g | **13 %** |
| Saturated Fat 1 g | **5 %** |
| Monounsaturated Fat 1 g | |
| Polyunsaturated Fat 1 g | |
| Trans Fat 0 g | |
| **Cholesterol** 167 mg | **56 %** |
| **Sodium** 394 mg | **16 %** |
| **Potassium** 1431 mg | **41 %** |
| **Total Carbohydrate** 21 g | **7 %** |
| **Dietary Fiber** 3 g | **12 %** |
| **Sugars** 3 g | |
| **Protein** 46 g | **91 %** |
| Vitamin A | **53 %** |
| Vitamin C | **52 %** |
| Calcium | **8 %** |
| Iron | **16 %** |

* 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: Pork, Pineapple, & Veggie Kabobs

| Nutrition Facts | |
|---|---|
| Servings 4.0 | |
| Amount Per Serving | |
| **calories** 375 | |
| | **% Daily Value *** |
| **Total Fat** 8 g | **13 %** |
| Saturated Fat 1 g | **5 %** |
| Monounsaturated Fat 1 g | |
| Polyunsaturated Fat 1 g | |
| Trans Fat 0 g | |
| **Cholesterol** 167 mg | **56 %** |
| **Sodium** 394 mg | **16 %** |
| **Potassium** 1431 mg | **41 %** |
| **Total Carbohydrate** 21 g | **7 %** |
| **Dietary Fiber** 3 g | **12 %** |
| **Sugars** 3 g | |
| **Protein** 46 g | **91 %** |
| Vitamin A | **53 %** |
| Vitamin C | **52 %** |
| Calcium | **8 %** |
| Iron | **16 %** |

* 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 Four

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

Meal 3: Bison Burgers (w/ GF bun)

## Nutrition Facts

Servings 4.0

| Amount Per Serving | |
|---|---|
| **calories** 453 | |
| | **% Daily Value *** |
| **Total Fat** 23 g | **35 %** |
| Saturated Fat 8 g | **39 %** |
| Monounsaturated Fat 7 g | |
| Polyunsaturated Fat 1 g | |
| Trans Fat 0 g | |
| **Cholesterol** 79 mg | **26 %** |
| **Sodium** 435 mg | **18 %** |
| **Potassium** 348 mg | **10 %** |
| **Total Carbohydrate** 36 g | **12 %** |
| **Dietary Fiber** 4 g | **16 %** |
| **Sugars** 5 g | |
| **Protein** 25 g | **50 %** |
| Vitamin A | **0 %** |
| Vitamin C | **0 %** |
| Calcium | **3 %** |
| 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.

Sweet Potato Wedges

## Nutrition Facts

Servings 4.0

| Amount Per Serving | |
|---|---|
| **calories** 152 | |
| | **% Daily Value *** |
| **Total Fat** 8 g | **12 %** |
| Saturated Fat 1 g | **5 %** |
| Monounsaturated Fat 5 g | |
| Polyunsaturated Fat 1 g | |
| Trans Fat 0 g | |
| **Cholesterol** 0 mg | **0 %** |
| **Sodium** 89 mg | **4 %** |
| **Potassium** 63 mg | **2 %** |
| **Total Carbohydrate** 20 g | **7 %** |
| **Dietary Fiber** 4 g | **15 %** |
| **Sugars** 6 g | |
| **Protein** 2 g | **5 %** |
| Vitamin A | **358 %** |
| Vitamin C | **29 %** |
| Calcium | **5 %** |
| 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.

Green Apple Coleslaw

## Nutrition Facts

Servings 4.0

| Amount Per Serving | |
|---|---|
| **calories** 312 | |
| | **% Daily Value *** |
| **Total Fat** 27 g | **42 %** |
| Saturated Fat 4 g | **18 %** |
| Monounsaturated Fat 20 g | |
| Polyunsaturated Fat 3 g | |
| Trans Fat 0 g | |
| **Cholesterol** 0 mg | **0 %** |
| **Sodium** 17 mg | **1 %** |
| **Potassium** 214 mg | **6 %** |
| **Total Carbohydrate** 19 g | **6 %** |
| **Dietary Fiber** 4 g | **15 %** |
| **Sugars** 14 g | |
| **Protein** 1 g | **2 %** |
| Vitamin A | **2 %** |
| Vitamin C | **43 %** |
| Calcium | **3 %** |
| Iron | **3 %** |

* 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 Four

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

Meal 4: Walnut Crusted Chicken

| Nutrition Facts | |
|---|---|
| Servings 4.0 | |
| Amount Per Serving | |
| **calories** 592 | |
| | **% Daily Value *** |
| **Total Fat** 43 g | **66 %** |
| Saturated Fat 4 g | **22 %** |
| Monounsaturated Fat 6 g | |
| Polyunsaturated Fat 29 g | |
| Trans Fat 0 g | |
| **Cholesterol** 183 mg | **61 %** |
| **Sodium** 332 mg | **14 %** |
| **Potassium** 300 mg | **9 %** |
| **Total Carbohydrate** 8 g | **3 %** |
| **Dietary Fiber** 4 g | **16 %** |
| **Sugars** 2 g | |
| **Protein** 50 g | **99 %** |
| Vitamin A | **3 %** |
| Vitamin C | **3 %** |
| Calcium | **7 %** |
| 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.

Sautéed Spinach

| Nutrition Facts | |
|---|---|
| Servings 4.0 | |
| Amount Per Serving | |
| **calories** 37 | |
| | **% Daily Value *** |
| **Total Fat** 2 g | **2 %** |
| Saturated Fat 0 g | **1 %** |
| Monounsaturated Fat 1 g | |
| Polyunsaturated Fat 0 g | |
| Trans Fat 0 g | |
| **Cholesterol** 0 mg | **0 %** |
| **Sodium** 90 mg | **4 %** |
| **Potassium** 636 mg | **18 %** |
| **Total Carbohydrate** 4 g | **1 %** |
| **Dietary Fiber** 3 g | **10 %** |
| **Sugars** 0 g | |
| **Protein** 3 g | **7 %** |
| Vitamin A | **213 %** |
| Vitamin C | **53 %** |
| Calcium | **11 %** |
| Iron | **17 %** |

* 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.

Honey-Glazed Carrots

| Nutrition Facts | |
|---|---|
| Servings 4.0 | |
| Amount Per Serving | |
| **calories** 67 | |
| | **% Daily Value *** |
| **Total Fat** 4 g | **7 %** |
| Saturated Fat 1 g | **4 %** |
| Monounsaturated Fat 3 g | |
| Polyunsaturated Fat 1 g | |
| Trans Fat 0 g | |
| **Cholesterol** 0 mg | **0 %** |
| **Sodium** 116 mg | **5 %** |
| **Potassium** 97 mg | **3 %** |
| **Total Carbohydrate** 8 g | **3 %** |
| **Dietary Fiber** 1 g | **4 %** |
| **Sugars** 6 g | |
| **Protein** 0 g | **1 %** |
| Vitamin A | **0 %** |
| Vitamin C | **2 %** |
| 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.

# June Gluten Free Week Four

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

Salad: Mixed Greens w/ Grapes, Walnuts, & Goat Cheese

## Nutrition Facts

Servings 4.0

| Amount Per Serving | |
|---|---|
| **calories** 176 | |
| | **% Daily Value *** |
| **Total Fat** 8 g | **12 %** |
| Saturated Fat 5 g | **23 %** |
| Monounsaturated Fat 0 g | |
| Polyunsaturated Fat 0 g | |
| Trans Fat 0 g | |
| **Cholesterol** 35 mg | **12 %** |
| **Sodium** 151 mg | **6 %** |
| **Potassium** 360 mg | **10 %** |
| **Total Carbohydrate** 16 g | **5 %** |
| **Dietary Fiber** 4 g | **14 %** |
| **Sugars** 11 g | |
| **Protein** 7 g | **14 %** |
| Vitamin A | **40 %** |
| Vitamin C | **54 %** |
| Calcium | **13 %** |
| 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: Hard Boiled Eggs & Oranges

## Nutrition Facts

Servings 4.0

| Amount Per Serving | |
|---|---|
| **calories** 354 | |
| | **% Daily Value *** |
| **Total Fat** 14 g | **22 %** |
| Saturated Fat 4 g | **20 %** |
| Monounsaturated Fat 6 g | |
| Polyunsaturated Fat 3 g | |
| Trans Fat 0 g | |
| **Cholesterol** 369 mg | **123 %** |
| **Sodium** 192 mg | **8 %** |
| **Potassium** 814 mg | **23 %** |
| **Total Carbohydrate** 45 g | **15 %** |
| **Dietary Fiber** 8 g | **32 %** |
| **Sugars** 34 g | |
| **Protein** 17 g | **33 %** |
| Vitamin A | **30 %** |
| Vitamin C | **326 %** |
| Calcium | **20 %** |
| 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.

# June Gluten Free Week Four

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

Snack: Blueberry Chia Pudding

| Nutrition Facts | |
|---|---|
| Servings 4.0 | |
| Amount Per Serving | |
| **calories** 299 | |
| | **% Daily Value *** |
| **Total Fat** 15 g | **24 %** |
| Saturated Fat 5 g | **27 %** |
| Monounsaturated Fat 1 g | |
| Polyunsaturated Fat 1 g | |
| Trans Fat 0 g | |
| **Cholesterol** 0 mg | **0 %** |
| **Sodium** 36 mg | **1 %** |
| **Potassium** 129 mg | **4 %** |
| **Total Carbohydrate** 40 g | **13 %** |
| **Dietary Fiber** 14 g | **57 %** |
| **Sugars** 17 g | |
| **Protein** 7 g | **13 %** |
| Vitamin A | **1 %** |
| Vitamin C | **12 %** |
| Calcium | **54 %** |
| 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 Butter Brownies (per serving, based on 20 servings)

| Nutrition Facts | |
|---|---|
| Servings 20.0 | |
| Amount Per Serving | |
| **calories** 152 | |
| | **% Daily Value *** |
| **Total Fat** 9 g | **14 %** |
| Saturated Fat 2 g | **11 %** |
| Monounsaturated Fat 8 g | |
| Polyunsaturated Fat 2 g | |
| Trans Fat 0 g | |
| **Cholesterol** 19 mg | **6 %** |
| **Sodium** 118 mg | **5 %** |
| **Potassium** 242 mg | **7 %** |
| **Total Carbohydrate** 18 g | **6 %** |
| **Dietary Fiber** 2 g | **9 %** |
| **Sugars** 13 g | |
| **Protein** 4 g | **8 %** |
| Vitamin A | **1 %** |
| Vitamin C | **0 %** |
| Calcium | **8 %** |
| 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.