

August Gluten Free Week Five

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 1: Smokey
Paprika Chicken

Herb Roasted
Trio Fall Veggies

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 200	
% Daily Value *	
Total Fat 3 g	4 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 258 mg	11 %
Potassium 434 mg	12 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 39 g	79 %
Vitamin A	6 %
Vitamin C	3 %
Calcium	2 %
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.	

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 137	
% Daily Value *	
Total Fat 4 g	6 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 704 mg	29 %
Potassium 818 mg	23 %
Total Carbohydrate 25 g	8 %
Dietary Fiber 8 g	31 %
Sugars 10 g	
Protein 2 g	5 %
Vitamin A	393 %
Vitamin C	39 %
Calcium	9 %
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.	

August Gluten Free Week Five

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 2: Pecan Crusted Salmon

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 607	
% Daily Value *	
Total Fat 48 g	74 %
Saturated Fat 5 g	27 %
Monounsaturated Fat 25 g	
Polyunsaturated Fat 14 g	
Trans Fat 0 g	
Cholesterol 161 mg	54 %
Sodium 348 mg	15 %
Potassium 839 mg	24 %
Total Carbohydrate 9 g	3 %
Dietary Fiber 6 g	24 %
Sugars 2 g	
Protein 39 g	78 %
Vitamin A	18 %
Vitamin C	1 %
Calcium	7 %
Iron	15 %
* 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.	

Roasted Red Pepper & Sweet Potato Soup (does not include gota cheese)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 91	
% 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 221 mg	9 %
Potassium 381 mg	11 %
Total Carbohydrate 20 g	7 %
Dietary Fiber 4 g	15 %
Sugars 7 g	
Protein 2 g	4 %
Vitamin A	218 %
Vitamin C	115 %
Calcium	3 %
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: Pizza Soup

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 228	
% Daily Value *	
Total Fat 12 g	18 %
Saturated Fat 5 g	24 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 30 mg	10 %
Sodium 1132 mg	47 %
Potassium 945 mg	27 %
Total Carbohydrate 22 g	7 %
Dietary Fiber 6 g	25 %
Sugars 15 g	
Protein 13 g	25 %
Vitamin A	79 %
Vitamin C	327 %
Calcium	9 %
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.	

August Gluten Free Week Five

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 4: Black Bean Burger
Patties with Avocado (does
not include cheese or GF
bun)

Paprika Roasted
Cauliflower

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 490	
% Daily Value *	
Total Fat 20 g	31 %
Saturated Fat 4 g	18 %
Monounsaturated Fat 11 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 93 mg	31 %
Sodium 340 mg	14 %
Potassium 1125 mg	32 %
Total Carbohydrate 40 g	13 %
Dietary Fiber 22 g	86 %
Sugars 2 g	
Protein 22 g	43 %
Vitamin A	25 %
Vitamin C	19 %
Calcium	8 %
Iron	41 %
* 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.	

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 87	
% Daily Value *	
Total Fat 4 g	6 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 654 mg	27 %
Potassium 39 mg	1 %
Total Carbohydrate 11 g	4 %
Dietary Fiber 5 g	19 %
Sugars 4 g	
Protein 4 g	8 %
Vitamin A	17 %
Vitamin C	169 %
Calcium	5 %
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.	

August Gluten Free Week Five
Nutrition Facts
(per serving, based on yield of 4 servings)

Salad: Italian Side
Salad

Italian Dressing
(makes 8
servings)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 78	
% Daily Value *	
Total Fat 4 g	5 %
Saturated Fat 0 g	2 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 26 mg	1 %
Potassium 533 mg	15 %
Total Carbohydrate 10 g	3 %
Dietary Fiber 3 g	12 %
Sugars 5 g	
Protein 4 g	7 %
Vitamin A	91 %
Vitamin C	40 %
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.	

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 122	
% 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 75 mg	3 %
Potassium 6 mg	0 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 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.	

August Gluten Free Week Five

Nutrition Facts

(per serving, based on yield of 4 servings)

Breakfast: Gluten Free
Banana Pancakes (does
not include maple syrup)

Snack: Apples with
Pecan Butter

Dessert: Cranberry-
Walnut Dark
Chocolate Drops
(makes 12 servings)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 301	
% Daily Value *	
Total Fat 15 g	24 %
Saturated Fat 2 g	12 %
Monounsaturated Fat 8 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 186 mg	62 %
Sodium 73 mg	3 %
Potassium 644 mg	18 %
Total Carbohydrate 35 g	12 %
Dietary Fiber 5 g	22 %
Sugars 17 g	
Protein 10 g	21 %
Vitamin A	7 %
Vitamin C	20 %
Calcium	7 %
Iron	10 %
* 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.	

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 285	
% Daily Value *	
Total Fat 20 g	31 %
Saturated Fat 2 g	10 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 1 mg	0 %
Potassium 148 mg	4 %
Total Carbohydrate 24 g	8 %
Dietary Fiber 6 g	25 %
Sugars 14 g	
Protein 4 g	9 %
Vitamin A	1 %
Vitamin C	11 %
Calcium	25 %
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.	

Nutrition Facts	
Servings 12.0	
Amount Per Serving	
calories 160	
% Daily Value *	
Total Fat 13 g	19 %
Saturated Fat 5 g	23 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 5 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 7 mg	0 %
Potassium 47 mg	1 %
Total Carbohydrate 14 g	5 %
Dietary Fiber 2 g	9 %
Sugars 11 g	
Protein 2 g	4 %
Vitamin A	0 %
Vitamin C	1 %
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.	