September Gluten Free Week Two

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

Meal 1: Grainy Mustard Chicken Thighs

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 457	
	% Daily Value *
Total Fat 32 g	**49 %**
Saturated Fat 9 g	**44 %**
Monounsaturated Fat 13 g	
Polyunsaturated Fat 7 g	
Trans Fat 0 g	
Cholesterol 189 mg	**63 %**
Sodium 381 mg	**16 %**
Potassium 394 mg	**11 %**
Total Carbohydrate 3 g	**1 %**
Dietary Fiber 0 g	**0 %**
Sugars 0 g	
Protein 32 g	**64 %**
Vitamin A	**3 %**
Vitamin C	**0 %**
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.

Acorn Squash & Sautéed Spinach

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 156	
	% Daily Value *
Total Fat 7 g	**11 %**
Saturated Fat 6 g	**30 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 183 mg	**8 %**
Potassium 951 mg	**27 %**
Total Carbohydrate 24 g	**8 %**
Dietary Fiber 4 g	**16 %**
Sugars 0 g	
Protein 3 g	**6 %**
Vitamin A	**62 %**
Vitamin C	**57 %**
Calcium	**11 %**
Iron	**15 %**

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September Gluten Free Week Two

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

Meal 2: Hazelnut Pork Chops with Green Beans

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 457	
	% Daily Value *
Total Fat 32 g	**49 %**
Saturated Fat 4 g	**21 %**
Monounsaturated Fat 19 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 218 mg	**73 %**
Sodium 272 mg	**11 %**
Potassium 470 mg	**13 %**
Total Carbohydrate 9 g	**3 %**
Dietary Fiber 5 g	**19 %**
Sugars 6 g	
Protein 36 g	**72 %**
Vitamin A	**17 %**
Vitamin C	**23 %**
Calcium	**9 %**
Iron	**18 %**

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Celery Root Puree

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 99	
	% 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 382 mg	**16 %**
Potassium 702 mg	**20 %**
Total Carbohydrate 21 g	**7 %**
Dietary Fiber 4 g	**17 %**
Sugars 4 g	
Protein 3 g	**7 %**
Vitamin A	**0 %**
Vitamin C	**30 %**
Calcium	**9 %**
Iron	**9 %**

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Meal 3: Shrimp Stir-fry

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 162	
	% Daily Value *
Total Fat 6 g	**9 %**
Saturated Fat 2 g	**9 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 143 mg	**48 %**
Sodium 1006 mg	**42 %**
Potassium 267 mg	**8 %**
Total Carbohydrate 8 g	**3 %**
Dietary Fiber 3 g	**11 %**
Sugars 3 g	
Protein 18 g	**37 %**
Vitamin A	**66 %**
Vitamin C	**212 %**
Calcium	**11 %**
Iron	**7 %**

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September Gluten Free Week Two

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

Sesame Almond Quinoa

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 427	
	% Daily Value *
Total Fat 16 g	**25 %**
Saturated Fat 2 g	**9 %**
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 5 mg	**0 %**
Potassium 87 mg	**2 %**
Total Carbohydrate 57 g	**19 %**
Dietary Fiber 7 g	**30 %**
Sugars 1 g	
Protein 15 g	**29 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**7 %**
Iron	**24 %**

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Meal 4: Cornish Game Hens

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 315	
	% Daily Value *
Total Fat 10 g	**16 %**
Saturated Fat 2 g	**12 %**
Monounsaturated Fat 4 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 233 mg	**78 %**
Sodium 286 mg	**12 %**
Potassium 575 mg	**16 %**
Total Carbohydrate 2 g	**1 %**
Dietary Fiber 0 g	**0 %**
Sugars 1 g	
Protein 51 g	**103 %**
Vitamin A	**3 %**
Vitamin C	**18 %**
Calcium	**3 %**
Iron	**10 %**

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Roasted Fennel & Fingerling Potatoes

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 300	
	% Daily Value *
Total Fat 15 g	**22 %**
Saturated Fat 6 g	**29 %**
Monounsaturated Fat 7 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 20 mg	**7 %**
Sodium 605 mg	**25 %**
Potassium 1335 mg	**38 %**
Total Carbohydrate 39 g	**13 %**
Dietary Fiber 7 g	**27 %**
Sugars 7 g	
Protein 5 g	**10 %**
Vitamin A	**29 %**
Vitamin C	**60 %**
Calcium	**8 %**
Iron	**13 %**

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September Gluten Free Week Two

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

Salad: Mixed Greens with Apples, Celery and Pecans (cheese not included)

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 161	
	% Daily Value *
Total Fat 10 g	**16 %**
Saturated Fat 1 g	**5 %**
Monounsaturated Fat 6 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 88 mg	**4 %**
Potassium 562 mg	**16 %**
Total Carbohydrate 16 g	**5 %**
Dietary Fiber 5 g	**21 %**
Sugars 10 g	
Protein 3 g	**7 %**
Vitamin A	**48 %**
Vitamin C	**23 %**
Calcium	**6 %**
Iron	**6 %**

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Balsamic Dressing (makes 8 servings)

Nutrition Facts

Servings 8.0

Amount Per Serving	
calories 127	
	% Daily Value *
Total Fat 14 g	**22 %**
Saturated Fat 2 g	**10 %**
Monounsaturated Fat 10 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 76 mg	**3 %**
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	**4 %**

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September Gluten Free Week Two

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

Breakfast: Mashed Acorn Squash w/ Poached Eggs & Avocado

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 332	
	% Daily Value *
Total Fat 22 g	**33 %**
Saturated Fat 9 g	**47 %**
Monounsaturated Fat 8 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 279 mg	**93 %**
Sodium 266 mg	**11 %**
Potassium 1098 mg	**31 %**
Total Carbohydrate 27 g	**9 %**
Dietary Fiber 7 g	**26 %**
Sugars 1 g	
Protein 12 g	**24 %**
Vitamin A	**25 %**
Vitamin C	**48 %**
Calcium	**12 %**
Iron	**17 %**

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Snack: Celery and Cashew Butter

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 208	
	% Daily Value *
Total Fat 16 g	**25 %**
Saturated Fat 3 g	**16 %**
Monounsaturated Fat 9 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 104 mg	**4 %**
Potassium 497 mg	**14 %**
Total Carbohydrate 13 g	**4 %**
Dietary Fiber 3 g	**10 %**
Sugars 2 g	
Protein 6 g	**13 %**
Vitamin A	**11 %**
Vitamin C	**6 %**
Calcium	**6 %**
Iron	**10 %**

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Dessert: Cashew Butter Cups (makes 12 servings)

Nutrition Facts

Servings 12.0

Amount Per Serving	
calories 241	
	% Daily Value *
Total Fat 22 g	**33 %**
Saturated Fat 17 g	**84 %**
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 56 mg	**2 %**
Potassium 161 mg	**5 %**
Total Carbohydrate 12 g	**4 %**
Dietary Fiber 2 g	**9 %**
Sugars 6 g	
Protein 3 g	**5 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**1 %**
Iron	**6 %**

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