

November Gluten Free Week One

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 1: Ancho BBQ Glazed Salmon

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 353	
% Daily Value *	
Total Fat 15 g	23 %
Saturated Fat 2 g	11 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 7 g	
Trans Fat 0 g	
Cholesterol 79 mg	26 %
Sodium 1295 mg	54 %
Potassium 1635 mg	47 %
Total Carbohydrate 25 g	8 %
Dietary Fiber 6 g	24 %
Sugars 13 g	
Protein 32 g	64 %
Vitamin A	57 %
Vitamin C	26 %
Calcium	7 %
Iron	25 %
* 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 Mushrooms & Sweet Potatoes

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 174	
% Daily Value *	
Total Fat 10 g	16 %
Saturated Fat 1 g	7 %
Monounsaturated Fat 7 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 49 mg	2 %
Potassium 463 mg	13 %
Total Carbohydrate 19 g	6 %
Dietary Fiber 3 g	12 %
Sugars 5 g	
Protein 3 g	6 %
Vitamin A	236 %
Vitamin C	5 %
Calcium	3 %
Iron	5 %
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Meal 2: Maple- Mustard Chicken Thighs

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 168	
% Daily Value *	
Total Fat 9 g	14 %
Saturated Fat 3 g	13 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 75 mg	25 %
Sodium 250 mg	10 %
Potassium 252 mg	7 %
Total Carbohydrate 7 g	2 %
Dietary Fiber 0 g	0 %
Sugars 6 g	
Protein 16 g	32 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	1 %
Iron	5 %
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Sautéed Swiss Chard

Meal 3: Ancho BBQ Turkey Meatballs

Brussels Sprouts w/
Bacon

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 62	
% Daily Value *	
Total Fat 5 g	8 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 1 mg	0 %
Sodium 13 mg	1 %
Potassium 171 mg	5 %
Total Carbohydrate 4 g	1 %
Dietary Fiber 2 g	7 %
Sugars 1 g	
Protein 1 g	3 %
Vitamin A	7 %
Vitamin C	62 %
Calcium	2 %
Iron	4 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 436	
% Daily Value *	
Total Fat 24 g	38 %
Saturated Fat 4 g	21 %
Monounsaturated Fat 12 g	
Polyunsaturated Fat 6 g	
Trans Fat 0 g	
Cholesterol 171 mg	57 %
Sodium 507 mg	21 %
Potassium 1148 mg	33 %
Total Carbohydrate 27 g	9 %
Dietary Fiber 9 g	36 %
Sugars 7 g	
Protein 34 g	68 %
Vitamin A	76 %
Vitamin C	24 %
Calcium	17 %
Iron	32 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 18	
% Daily Value *	
Total Fat 1 g	2 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 77 mg	3 %
Potassium 141 mg	4 %
Total Carbohydrate 2 g	1 %
Dietary Fiber 1 g	2 %
Sugars 0 g	
Protein 1 g	1 %
Vitamin A	44 %
Vitamin C	19 %
Calcium	2 %
Iron	4 %
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Nutrition Facts

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Meal 4: Butternut
Squash, Caramelized
Onion, & Blue Cheese
Tart (8 Servings)

Salad: Pear,
Pomegranate,
Hazelnut, Celery, Blue
Cheese & Balsamic
Vinaigrette

Snack: Celery, Peanut
Butter, &
Pomegranate

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 398	
% Daily Value *	
Total Fat 34 g	52 %
Saturated Fat 8 g	41 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 51 mg	17 %
Sodium 255 mg	11 %
Potassium 215 mg	6 %
Total Carbohydrate 17 g	6 %
Dietary Fiber 6 g	23 %
Sugars 4 g	
Protein 14 g	28 %
Vitamin A	130 %
Vitamin C	20 %
Calcium	20 %
Iron	12 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 440	
% Daily Value *	
Total Fat 36 g	56 %
Saturated Fat 7 g	36 %
Monounsaturated Fat 21 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 25 mg	8 %
Sodium 414 mg	17 %
Potassium 195 mg	6 %
Total Carbohydrate 24 g	8 %
Dietary Fiber 5 g	21 %
Sugars 15 g	
Protein 9 g	19 %
Vitamin A	7 %
Vitamin C	13 %
Calcium	16 %
Iron	2 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 48	
% 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 76 mg	3 %
Potassium 333 mg	10 %
Total Carbohydrate 10 g	3 %
Dietary Fiber 3 g	12 %
Sugars 7 g	
Protein 1 g	3 %
Vitamin A	8 %
Vitamin C	11 %
Calcium	4 %
Iron	2 %
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Nutrition Facts

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Breakfast: Mushroom,
Caramelized Onion &
Goat Cheese
Breakfast Frittata
(8 servings)

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 192	
% Daily Value *	
Total Fat 15 g	22 %
Saturated Fat 6 g	32 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 198 mg	66 %
Sodium 200 mg	8 %
Potassium 84 mg	2 %
Total Carbohydrate 2 g	1 %
Dietary Fiber 0 g	0 %
Sugars 1 g	
Protein 13 g	25 %
Vitamin A	13 %
Vitamin C	0 %
Calcium	7 %
Iron	8 %
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Dessert: Spiced
Butternut Squash
Bars
(12 servings)

Nutrition Facts	
Servings 12.0	
Amount Per Serving	
calories 168	
% Daily Value *	
Total Fat 11 g	17 %
Saturated Fat 3 g	13 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 15 mg	5 %
Sodium 121 mg	5 %
Potassium 244 mg	7 %
Total Carbohydrate 15 g	5 %
Dietary Fiber 3 g	11 %
Sugars 9 g	
Protein 5 g	10 %
Vitamin A	76 %
Vitamin C	12 %
Calcium	7 %
Iron	7 %
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