

November Gluten Free Week Three

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 1: Asian Salmon Pouches w/ Spinach, Mushroom & Bell Pepper

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 492	
% Daily Value *	
Total Fat 20 g	31 %
Saturated Fat 3 g	14 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 6 g	
Trans Fat 0 g	
Cholesterol 79 mg	26 %
Sodium 715 mg	30 %
Potassium 953 mg	27 %
Total Carbohydrate 39 g	13 %
Dietary Fiber 4 g	16 %
Sugars 3 g	
Protein 37 g	73 %
Vitamin A	93 %
Vitamin C	140 %
Calcium	10 %
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.	

Meal 2: Chicken Stir Fry w/ Broccoli & Carrots

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 386	
% Daily Value *	
Total Fat 9 g	15 %
Saturated Fat 2 g	8 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 83 mg	28 %
Sodium 718 mg	30 %
Potassium 673 mg	19 %
Total Carbohydrate 41 g	14 %
Dietary Fiber 4 g	15 %
Sugars 3 g	
Protein 33 g	65 %
Vitamin A	207 %
Vitamin C	41 %
Calcium	8 %
Iron	14 %
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Meal 3: Slow Cooker White Bean & Kale Soup

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 185	
% Daily Value *	
Total Fat 2 g	3 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 1111 mg	46 %
Potassium 1189 mg	34 %
Total Carbohydrate 41 g	14 %
Dietary Fiber 19 g	77 %
Sugars 5 g	
Protein 16 g	32 %
Vitamin A	438 %
Vitamin C	405 %
Calcium	29 %
Iron	64 %
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Meal 4: Turkey
Zucchini Lasagna

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 571	
% Daily Value *	
Total Fat 14 g	22 %
Saturated Fat 5 g	24 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 87 mg	29 %
Sodium 1589 mg	66 %
Potassium 1172 mg	33 %
Total Carbohydrate 41 g	14 %
Dietary Fiber 2 g	7 %
Sugars 22 g	
Protein 59 g	117 %
Vitamin A	25 %
Vitamin C	20 %
Calcium	47 %
Iron	12 %
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Salad: Mixed Greens
w/ Apple, Walnuts &
Goat Cheese

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 472	
% Daily Value *	
Total Fat 43 g	66 %
Saturated Fat 10 g	52 %
Monounsaturated Fat 23 g	
Polyunsaturated Fat 8 g	
Trans Fat 0 g	
Cholesterol 20 mg	7 %
Sodium 180 mg	8 %
Potassium 279 mg	8 %
Total Carbohydrate 13 g	4 %
Dietary Fiber 3 g	13 %
Sugars 8 g	
Protein 10 g	21 %
Vitamin A	43 %
Vitamin C	16 %
Calcium	11 %
Iron	10 %
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Breakfast: Oatmeal w/
Apricots & Pistachios

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 215	
% Daily Value *	
Total Fat 9 g	13 %
Saturated Fat 1 g	6 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 94 mg	4 %
Potassium 406 mg	12 %
Total Carbohydrate 32 g	11 %
Dietary Fiber 5 g	20 %
Sugars 16 g	
Protein 6 g	11 %
Vitamin A	13 %
Vitamin C	2 %
Calcium	3 %
Iron	9 %
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Snack: Cucumber
Slices

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 11	
% 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 2 mg	0 %
Potassium 111 mg	3 %
Total Carbohydrate 3 g	1 %
Dietary Fiber 0 g	2 %
Sugars 1 g	
Protein 0 g	1 %
Vitamin A	2 %
Vitamin C	4 %
Calcium	1 %
Iron	1 %
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Dessert: Dark
Chocolate Dipped
Orange Slices

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 272	
% Daily Value *	
Total Fat 14 g	21 %
Saturated Fat 9 g	45 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 3 mg	1 %
Sodium 15 mg	1 %
Potassium 0 mg	0 %
Total Carbohydrate 42 g	14 %
Dietary Fiber 6 g	24 %
Sugars 30 g	
Protein 1 g	2 %
Vitamin A	6 %
Vitamin C	116 %
Calcium	5 %
Iron	13 %
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