October Super Fast Menu

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

Meal 1: Pan Fried Grouper w/ Polenta & Spinach

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 357	
	% Daily Value *
Total Fat 7 g	**11 %**
Saturated Fat 1 g	**7 %**
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 89 mg	**30 %**
Sodium 385 mg	**16 %**
Potassium 1502 mg	**43 %**
Total Carbohydrate 23 g	**8 %**
Dietary Fiber 5 g	**19 %**
Sugars 1 g	
Protein 49 g	**97 %**
Vitamin A	**147 %**
Vitamin C	**39 %**
Calcium	**11 %**
Iron	**31 %**

* 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: Slow Cooker Pork and Apples

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 703	
	% Daily Value *
Total Fat 40 g	**62 %**
Saturated Fat 4 g	**20 %**
Monounsaturated Fat 19 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 195 mg	**65 %**
Sodium 171 mg	**7 %**
Potassium 977 mg	**28 %**
Total Carbohydrate 26 g	**9 %**
Dietary Fiber 6 g	**23 %**
Sugars 18 g	
Protein 54 g	**107 %**
Vitamin A	**2 %**
Vitamin C	**15 %**
Calcium	**14 %**
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.

Meal 3: Salt & Pepper Drumsticks w/ Peas and Polenta

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 390	
	% Daily Value *
Total Fat 14 g	**22 %**
Saturated Fat 4 g	**18 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 118 mg	**39 %**
Sodium 441 mg	**18 %**
Potassium 127 mg	**4 %**
Total Carbohydrate 32 g	**11 %**
Dietary Fiber 7 g	**26 %**
Sugars 5 g	
Protein 35 g	**70 %**
Vitamin A	**40 %**
Vitamin C	**33 %**
Calcium	**8 %**
Iron	**21 %**

* 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.

October Super Fast Menu

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

Meal 4: Pulled Pork Lettuce Wraps w/ Citrus Slaw

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 619	
	% Daily Value *
Total Fat 44 g	**67 %**
Saturated Fat 5 g	**24 %**
Monounsaturated Fat 24 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 146 mg	**49 %**
Sodium 415 mg	**17 %**
Potassium 765 mg	**22 %**
Total Carbohydrate 10 g	**3 %**
Dietary Fiber 2 g	**9 %**
Sugars 7 g	
Protein 41 g	**83 %**
Vitamin A	**38 %**
Vitamin C	**58 %**
Calcium	**8 %**
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.

Salad: Mixed Greens Salad w/ Shredded Carrot and Pumpkin Seeds

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 227	
	% Daily Value *
Total Fat 15 g	**23 %**
Saturated Fat 2 g	**10 %**
Monounsaturated Fat 6 g	
Polyunsaturated Fat 7 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 272 mg	**11 %**
Potassium 278 mg	**8 %**
Total Carbohydrate 13 g	**4 %**
Dietary Fiber 7 g	**26 %**
Sugars 1 g	
Protein 11 g	**22 %**
Vitamin A	**60 %**
Vitamin C	**7 %**
Calcium	**123 %**
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.

Dressing

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 253	
	% 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 5 mg	**0 %**
Potassium 18 mg	**1 %**
Total Carbohydrate 3 g	**1 %**
Dietary Fiber 0 g	**0 %**
Sugars 2 g	
Protein 0 g	**0 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**0 %**
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.

October Super Fast Menu

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

Breakfast: Pumpkin Smoothie Bowl (includes toppings)

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 477	
	% Daily Value *
Total Fat 30 g	**46 %**
Saturated Fat 26 g	**129 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 30 mg	**1 %**
Potassium 589 mg	**17 %**
Total Carbohydrate 56 g	**19 %**
Dietary Fiber 18 g	**71 %**
Sugars 26 g	
Protein 11 g	**22 %**
Vitamin A	**2 %**
Vitamin C	**22 %**
Calcium	**6 %**
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.

Snack: Orange Wedges

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 160	
	% 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 0 mg	**0 %**
Potassium 500 mg	**14 %**
Total Carbohydrate 38 g	**13 %**
Dietary Fiber 6 g	**24 %**
Sugars 28 g	
Protein 2 g	**4 %**
Vitamin A	**60 %**
Vitamin C	**300 %**
Calcium	**4 %**
Iron	**0 %**

* 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: Frozen Cherries

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 56	
	% 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 0 mg	**0 %**
Potassium 194 mg	**6 %**
Total Carbohydrate 14 g	**5 %**
Dietary Fiber 2 g	**8 %**
Sugars 11 g	
Protein 1 g	**1 %**
Vitamin A	**1 %**
Vitamin C	**9 %**
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.