

February Week 4: Gluten-Free Nutrition Facts

Meal 1: *Beef Stir Fry w/ Broccoli & Sesame Quinoa*

Beef Stir-Fry

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 160	
% Daily Value *	
Total Fat 6 g	9 %
Saturated Fat 2 g	10 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 75 mg	25 %
Sodium 65 mg	3 %
Potassium 0 mg	0 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 25 g	50 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	2 %
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	

Stir Fry Sauce

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 52	
% Daily Value *	
Total Fat 2 g	3 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 711 mg	30 %
Potassium 4 mg	0 %
Total Carbohydrate 3 g	1 %
Dietary Fiber 0 g	1 %
Sugars 0 g	
Protein 2 g	5 %
Vitamin A	0 %
Vitamin C	1 %
Calcium	0 %
Iron	4 %
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Broccoli

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 52	
% Daily Value *	
Total Fat 1 g	1 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 50 mg	2 %
Potassium 480 mg	14 %
Total Carbohydrate 10 g	3 %
Dietary Fiber 4 g	16 %
Sugars 3 g	
Protein 4 g	9 %
Vitamin A	19 %
Vitamin C	226 %
Calcium	7 %
Iron	6 %
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Sesame Quinoa

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 217	
% Daily Value *	
Total Fat 9 g	14 %
Saturated Fat 1 g	6 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 2 mg	0 %
Potassium 0 mg	0 %
Total Carbohydrate 27 g	9 %
Dietary Fiber 3 g	12 %
Sugars 0 g	
Protein 6 g	12 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	2 %
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	

Meal 2: *Chili Roasted Sea Bass w/ Mexican Quinoa Pilaf*Sea Bass
Quinoa Pilaf

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 189	
% Daily Value *	
Total Fat 10 g	15 %
Saturated Fat 2 g	10 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 54 mg	18 %
Sodium 123 mg	5 %
Potassium 28 mg	1 %
Total Carbohydrate 1 g	0 %
Dietary Fiber 0 g	2 %
Sugars 0 g	
Protein 24 g	48 %
Vitamin A	11 %
Vitamin C	1 %
Calcium	1 %
Iron	3 %
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Cilantro Lime Dressing

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 123	
% 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 3 mg	0 %
Potassium 34 mg	1 %
Total Carbohydrate 1 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 0 g	0 %
Vitamin A	5 %
Vitamin C	5 %
Calcium	2 %
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	

Mexican

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 434	
% Daily Value *	
Total Fat 13 g	20 %
Saturated Fat 2 g	10 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 345 mg	14 %
Potassium 631 mg	18 %
Total Carbohydrate 66 g	22 %
Dietary Fiber 11 g	43 %
Sugars 3 g	
Protein 18 g	35 %
Vitamin A	1 %
Vitamin C	6 %
Calcium	9 %
Iron	30 %
* 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	

Meal 3: Lemon-Parsley Pork Chops w/ Cabbage & Apples

Pork Chop

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 136	
% Daily Value *	
Total Fat 4 g	6 %
Saturated Fat 1 g	7 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 74 mg	25 %
Sodium 57 mg	2 %
Potassium 415 mg	12 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 24 g	48 %
Vitamin A	0 %
Vitamin C	2 %
Calcium	1 %
Iron	8 %
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Lemon Parsley Marinade

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 125	
% 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 289 mg	12 %
Potassium 54 mg	2 %
Total Carbohydrate 1 g	0 %
Dietary Fiber 0 g	1 %
Sugars 0 g	
Protein 0 g	1 %
Vitamin A	13 %
Vitamin C	24 %
Calcium	1 %
Iron	3 %
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Cabbage & Apples

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 55	
% Daily Value *	
Total Fat 1 g	1 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 2 mg	1 %
Sodium 14 mg	1 %
Potassium 0 mg	0 %
Total Carbohydrate 13 g	4 %
Dietary Fiber 3 g	12 %
Sugars 9 g	
Protein 0 g	1 %
Vitamin A	7 %
Vitamin C	31 %
Calcium	2 %
Iron	2 %
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Meal 4: *Pinto Bean, Kale & Sweet Potato Soup*

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 150	
% Daily Value *	
Total Fat 1 g	2 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 468 mg	19 %
Potassium 563 mg	16 %
Total Carbohydrate 32 g	11 %
Dietary Fiber 10 g	41 %
Sugars 5 g	
Protein 8 g	16 %
Vitamin A	160 %
Vitamin C	39 %
Calcium	10 %
Iron	19 %
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Salad: *Mixed Greens w/ Strawberries, Pecans & Goat Cheese*

Salad

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 205	
% Daily Value *	
Total Fat 17 g	26 %
Saturated Fat 5 g	26 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 13 mg	4 %
Sodium 107 mg	4 %
Potassium 155 mg	4 %
Total Carbohydrate 9 g	3 %
Dietary Fiber 3 g	13 %
Sugars 5 g	
Protein 7 g	15 %
Vitamin A	7 %
Vitamin C	87 %
Calcium	6 %
Iron	7 %
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Vinaigrette

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 125	
% 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 0 mg	0 %
Potassium 0 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	0 %
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Breakfast: *Black Bean, Bell Pepper & Onion Scramble w/ Avocado*

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 293	
% Daily Value *	
Total Fat 15 g	23 %
Saturated Fat 4 g	19 %
Monounsaturated Fat 8 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 390 mg	130 %
Sodium 316 mg	13 %
Potassium 795 mg	23 %
Total Carbohydrate 24 g	8 %
Dietary Fiber 8 g	32 %
Sugars 3 g	
Protein 18 g	37 %
Vitamin A	42 %
Vitamin C	87 %
Calcium	11 %
Iron	25 %
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Snack: *Pear w/ Sunflower Seed Butter*

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 301	
% Daily Value *	
Total Fat 16 g	25 %
Saturated Fat 2 g	10 %
Monounsaturated Fat 8 g	
Polyunsaturated Fat 6 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 122 mg	5 %
Potassium 206 mg	6 %
Total Carbohydrate 34 g	11 %
Dietary Fiber 10 g	38 %
Sugars 20 g	
Protein 8 g	15 %
Vitamin A	1 %
Vitamin C	13 %
Calcium	4 %
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	

Dessert: *Baked Apples w/ Cherries & Almond*

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 351	
% Daily Value *	
Total Fat 23 g	36 %
Saturated Fat 13 g	64 %
Monounsaturated Fat 7 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 5 mg	0 %
Potassium 338 mg	10 %
Total Carbohydrate 36 g	12 %
Dietary Fiber 7 g	27 %
Sugars 26 g	
Protein 5 g	9 %
Vitamin A	10 %
Vitamin C	10 %
Calcium	8 %
Iron	10 %
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