

## May 2017 Week 2 Gluten-Free Nutrition Facts

**Meal 1:** Roasted Sea Bass w/ Mango Salsa, Forbidden Rice & Cucumber

### Roasted Sea Bass w/ Mango Salsa

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 288	
% Daily Value *	
Total Fat 20 g	31 %
Saturated Fat 5 g	23 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 70 mg	23 %
Sodium 81 mg	3 %
Potassium 15 mg	0 %
Total Carbohydrate 6 g	2 %
Dietary Fiber 1 g	3 %
Sugars 5 g	
Protein 19 g	38 %
Vitamin A	13 %
Vitamin C	18 %
Calcium	0 %
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	

### Forbidden Rice

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 6 mg	0 %
Potassium 88 mg	3 %
Total Carbohydrate 32 g	11 %
Dietary Fiber 3 g	12 %
Sugars 0 g	
Protein 4 g	7 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	1 %
Iron	4 %
* 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:** Cajun Turkey Burgers w/ Roasted Carrots & Parsnips

Cajun Turkey Burgers (w/avocado, no bun)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 246	
% Daily Value *	
Total Fat 14 g	22 %
Saturated Fat 4 g	19 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 90 mg	30 %
Sodium 1509 mg	63 %
Potassium 236 mg	7 %
Total Carbohydrate 7 g	2 %
Dietary Fiber 3 g	12 %
Sugars 2 g	
Protein 21 g	42 %
Vitamin A	1 %
Vitamin C	6 %
Calcium	2 %
Iron	10 %
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Roasted Carrots & Parsnips

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 108	
% Daily Value *	
Total Fat 4 g	6 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 53 mg	2 %
Potassium 279 mg	8 %
Total Carbohydrate 18 g	6 %
Dietary Fiber 4 g	17 %
Sugars 40 g	
Protein 2 g	4 %
Vitamin A	83 %
Vitamin C	25 %
Calcium	4 %
Iron	4 %
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**Meal 3:** Pan-Seared Moroccan Pork Chops w/ Roasted Zucchini & Tomatoes w/ Oranges

**Moroccan Pork Chop**

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 268	
% Daily Value *	
Total Fat 16 g	25 %
Saturated Fat 5 g	26 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 70 mg	23 %
Sodium 99 mg	4 %
Potassium 232 mg	7 %
Total Carbohydrate 7 g	2 %
Dietary Fiber 3 g	10 %
Sugars 0 g	
Protein 24 g	48 %
Vitamin A	23 %
Vitamin C	1 %
Calcium	6 %
Iron	8 %
* 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	

**Roasted Veggies w/ Oranges**

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 140	
% Daily Value *	
Total Fat 4 g	6 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 189 mg	8 %
Potassium 492 mg	14 %
Total Carbohydrate 24 g	8 %
Dietary Fiber 6 g	26 %
Sugars 17 g	
Protein 4 g	8 %
Vitamin A	43 %
Vitamin C	159 %
Calcium	10 %
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	

**Meal 4:** Slow Cooker Curried Chicken & Veggies Over Rice  
(Includes 1 C black rice)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 359	
% Daily Value *	
Total Fat 7 g	11 %
Saturated Fat 2 g	11 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 130 mg	43 %
Sodium 871 mg	36 %
Potassium 324 mg	9 %
Total Carbohydrate 26 g	9 %
Dietary Fiber 6 g	23 %
Sugars 7 g	
Protein 50 g	99 %
Vitamin A	42 %
Vitamin C	112 %
Calcium	7 %
Iron	15 %
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**Salad:** Mango, Avocado & Macadamia Nut Salad

**Salad (includes 1 avocado)**

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 200	
% Daily Value *	
Total Fat 18 g	28 %
Saturated Fat 3 g	14 %
Monounsaturated Fat 13 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 5 mg	0 %
Potassium 310 mg	9 %
Total Carbohydrate 10 g	3 %
Dietary Fiber 5 g	18 %
Sugars 5 g	
Protein 2 g	5 %
Vitamin A	7 %
Vitamin C	19 %
Calcium	2 %
Iron	5 %
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**Dressing**

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 66	
% Daily Value *	
Total Fat 7 g	11 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 0 mg	0 %
Potassium 7 mg	0 %
Total Carbohydrate 1 g	0 %
Dietary Fiber 0 g	0 %
Sugars 1 g	
Protein 0 g	0 %
Vitamin A	0 %
Vitamin C	4 %
Calcium	0 %
Iron	0 %
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**Breakfast:** Moroccan Hash

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 508	
% Daily Value *	
Total Fat 33 g	51 %
Saturated Fat 13 g	66 %
Monounsaturated Fat 14 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 269 mg	90 %
Sodium 238 mg	10 %
Potassium 846 mg	24 %
Total Carbohydrate 23 g	8 %
Dietary Fiber 5 g	21 %
Sugars 6 g	
Protein 28 g	57 %
Vitamin A	228 %
Vitamin C	11 %
Calcium	14 %
Iron	22 %
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**Snack:** Snap Peas

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 40	
% 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 10 mg	0 %
Potassium 110 mg	3 %
Total Carbohydrate 7 g	2 %
Dietary Fiber 2 g	8 %
Sugars 3 g	
Protein 2 g	4 %
Vitamin A	15 %
Vitamin C	25 %
Calcium	6 %
Iron	6 %
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**Dessert:** Peanut Butter Brownies

Nutrition Facts	
Servings 24.0	
Amount Per Serving	
calories 350	
% Daily Value *	
Total Fat 25 g	39 %
Saturated Fat 5 g	24 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 16 mg	5 %
Sodium 264 mg	11 %
Potassium 61 mg	2 %
Total Carbohydrate 25 g	8 %
Dietary Fiber 4 g	16 %
Sugars 15 g	
Protein 11 g	23 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	1 %
Iron	11 %
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