

## May 2017 Week 3 Gluten-Free Nutrition Facts

**Meal 1:** Penne Pasta w/ Mushrooms, Spring Peas & Spinach

<b>Nutrition Facts</b>	
Servings 4.0	
Amount Per Serving	
<b>calories</b> 464	
% Daily Value *	
<b>Total Fat</b> 10 g	15 %
Saturated Fat 3 g	13 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
<b>Cholesterol</b> 20 mg	7 %
<b>Sodium</b> 703 mg	29 %
<b>Potassium</b> 303 mg	9 %
<b>Total Carbohydrate</b> 79 g	26 %
Dietary Fiber 9 g	35 %
Sugars 4 g	
<b>Protein</b> 17 g	34 %
Vitamin A	96 %
Vitamin C	38 %
Calcium	9 %
Iron	20 %
* 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	

**Meal 2:** Cilantro-Lime Chicken over Mixed Greens w/ Black Beans, Jicama & Avocado

**Chicken**

<b>Nutrition Facts</b>	
Servings 4.0	
Amount Per Serving	
calories 336	
% Daily Value *	
Total Fat 14 g	22 %
Saturated Fat 2 g	10 %
Monounsaturated Fat 8 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 55 mg	18 %
Sodium 424 mg	18 %
Potassium 1042 mg	30 %
Total Carbohydrate 31 g	10 %
Dietary Fiber 12 g	49 %
Sugars 2 g	
Protein 30 g	61 %
Vitamin A	33 %
Vitamin C	30 %
Calcium	9 %
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	

**Cilantro Lime Dressing**

<b>Nutrition Facts</b>	
Servings 24.0	
Amount Per Serving	
calories 88	
% Daily Value *	
Total Fat 9 g	14 %
Saturated Fat 1 g	7 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 0 mg	0 %
Potassium 15 mg	0 %
Total Carbohydrate 1 g	0 %
Dietary Fiber 0 g	0 %
Sugars 1 g	
Protein 0 g	0 %
Vitamin A	0 %
Vitamin C	6 %
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	

**Meal 3:** Grassfed Beef Tostadas  
(with corn tortillas)

<b>Nutrition Facts</b>	
Servings 8.0	
Amount Per Serving	
calories 304	
% Daily Value *	
Total Fat 14 g	22 %
Saturated Fat 4 g	22 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 45 mg	15 %
Sodium 430 mg	18 %
Potassium 254 mg	7 %
Total Carbohydrate 26 g	9 %
Dietary Fiber 9 g	35 %
Sugars 2 g	
Protein 18 g	36 %
Vitamin A	15 %
Vitamin C	11 %
Calcium	9 %
Iron	17 %
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**Meal 4:** Jalapeño Shrimp w/ Green Curried Rice Noodles

Shrimp | Jalapeno-Lime Marinade | Green Curry Peanut Sauce | Rice Noodles + Chopped

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 112	
% Daily Value *	
Total Fat 1 g	2 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 221 mg	74 %
Sodium 253 mg	11 %
Potassium 0 mg	0 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 23 g	47 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	0 %
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Nutrition Facts	
Servings 24.0	
Amount Per Serving	
calories 43	
% Daily Value *	
Total Fat 5 g	7 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 0 mg	0 %
Potassium 6 mg	0 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 0 g	0 %
Vitamin A	0 %
Vitamin C	2 %
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	

Nutrition Facts	
Servings 24.0	
Amount Per Serving	
calories 50	
% Daily Value *	
Total Fat 4 g	6 %
Saturated Fat 1 g	6 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 255 mg	11 %
Potassium 2 mg	0 %
Total Carbohydrate 3 g	1 %
Dietary Fiber 1 g	2 %
Sugars 1 g	
Protein 2 g	3 %
Vitamin A	0 %
Vitamin C	1 %
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	

Peanuts

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 305	
% Daily Value *	
Total Fat 10 g	15 %
Saturated Fat 1 g	7 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 57 mg	2 %
Potassium 121 mg	3 %
Total Carbohydrate 49 g	16 %
Dietary Fiber 6 g	22 %
Sugars 2 g	
Protein 9 g	17 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	1 %
Iron	10 %
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**Salad:** Mixed Greens w/ Strawberries, Pecans & Feta

**Salad**

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 162	
% Daily Value *	
Total Fat 12 g	18 %
Saturated Fat 3 g	15 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 15 mg	5 %
Sodium 357 mg	15 %
Potassium 224 mg	6 %
Total Carbohydrate 8 g	3 %
Dietary Fiber 2 g	7 %
Sugars 3 g	
Protein 8 g	16 %
Vitamin A	60 %
Vitamin C	55 %
Calcium	14 %
Iron	5 %
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**Balsamic Vinaigrette**

Nutrition Facts	
Servings 16.0	
Amount Per Serving	
calories 65	
% 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 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:** Strawberry-Mango Smoothies w/ Peanut Butter

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 326	
% Daily Value *	
Total Fat 21 g	32 %
Saturated Fat 7 g	35 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 180 mg	7 %
Potassium 284 mg	8 %
Total Carbohydrate 32 g	11 %
Dietary Fiber 5 g	21 %
Sugars 19 g	
Protein 8 g	16 %
Vitamin A	16 %
Vitamin C	116 %
Calcium	3 %
Iron	10 %
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**Snack:** Carrots & Sunflower Butter

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 326	
% Daily Value *	
Total Fat 21 g	32 %
Saturated Fat 7 g	35 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 180 mg	7 %
Potassium 284 mg	8 %
Total Carbohydrate 32 g	11 %
Dietary Fiber 5 g	21 %
Sugars 19 g	
Protein 8 g	16 %
Vitamin A	16 %
Vitamin C	116 %
Calcium	3 %
Iron	10 %
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**Dessert:** Blueberry Crisp

Nutrition Facts	
Servings 12.0	
Amount Per Serving	
calories 267	
% Daily Value *	
Total Fat 23 g	35 %
Saturated Fat 9 g	46 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 10 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 1 mg	0 %
Potassium 185 mg	5 %
Total Carbohydrate 16 g	5 %
Dietary Fiber 3 g	14 %
Sugars 12 g	
Protein 4 g	7 %
Vitamin A	1 %
Vitamin C	3 %
Calcium	2 %
Iron	4 %
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