

September Gluten Free Week Two

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 1: Grainy
Mustard Chicken
Thighs

Acorn Squash &
Sautéed Spinach

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 457	
% Daily Value *	
Total Fat 32 g	49 %
Saturated Fat 9 g	44 %
Monounsaturated Fat 13 g	
Polyunsaturated Fat 7 g	
Trans Fat 0 g	
Cholesterol 189 mg	63 %
Sodium 381 mg	16 %
Potassium 394 mg	11 %
Total Carbohydrate 3 g	1 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 32 g	64 %
Vitamin A	3 %
Vitamin C	0 %
Calcium	1 %
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 professionally evaluated nor have they been evaluated by the U.S. FDA.	

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 156	
% Daily Value *	
Total Fat 7 g	11 %
Saturated Fat 6 g	30 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 183 mg	8 %
Potassium 951 mg	27 %
Total Carbohydrate 24 g	8 %
Dietary Fiber 4 g	16 %
Sugars 0 g	
Protein 3 g	6 %
Vitamin A	62 %
Vitamin C	57 %
Calcium	11 %
Iron	15 %
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Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 2: Hazelnut Pork Chops with Green Beans

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 457	
% Daily Value *	
Total Fat 32 g	49 %
Saturated Fat 4 g	21 %
Monounsaturated Fat 19 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 218 mg	73 %
Sodium 272 mg	11 %
Potassium 470 mg	13 %
Total Carbohydrate 9 g	3 %
Dietary Fiber 5 g	19 %
Sugars 6 g	
Protein 36 g	72 %
Vitamin A	17 %
Vitamin C	23 %
Calcium	9 %
Iron	18 %
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Celery Root Puree

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 99	
% 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 382 mg	16 %
Potassium 702 mg	20 %
Total Carbohydrate 21 g	7 %
Dietary Fiber 4 g	17 %
Sugars 4 g	
Protein 3 g	7 %
Vitamin A	0 %
Vitamin C	30 %
Calcium	9 %
Iron	9 %
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Meal 3: Shrimp Stir-fry

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 162	
% Daily Value *	
Total Fat 6 g	9 %
Saturated Fat 2 g	9 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 143 mg	48 %
Sodium 1006 mg	42 %
Potassium 267 mg	8 %
Total Carbohydrate 8 g	3 %
Dietary Fiber 3 g	11 %
Sugars 3 g	
Protein 18 g	37 %
Vitamin A	66 %
Vitamin C	212 %
Calcium	11 %
Iron	7 %
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Nutrition Facts

(per serving, based on yield of 4 servings)

Sesame Almond
Quinoa

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 427	
% Daily Value *	
Total Fat 16 g	25 %
Saturated Fat 2 g	9 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 5 mg	0 %
Potassium 87 mg	2 %
Total Carbohydrate 57 g	19 %
Dietary Fiber 7 g	30 %
Sugars 1 g	
Protein 15 g	29 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	7 %
Iron	24 %
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Meal 4: Whole
Chicken

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 252	
% Daily Value *	
Total Fat 18 g	28 %
Saturated Fat 5 g	23 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 100 mg	33 %
Sodium 365 mg	15 %
Potassium 21 mg	1 %
Total Carbohydrate 2 g	1 %
Dietary Fiber 1 g	4 %
Sugars 0 g	
Protein 21 g	43 %
Vitamin A	15 %
Vitamin C	23 %
Calcium	1 %
Iron	10 %
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Roasted Fennel &
Fingerling Potatoes

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 300	
% Daily Value *	
Total Fat 15 g	22 %
Saturated Fat 6 g	29 %
Monounsaturated Fat 7 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 20 mg	7 %
Sodium 605 mg	25 %
Potassium 1335 mg	38 %
Total Carbohydrate 39 g	13 %
Dietary Fiber 7 g	27 %
Sugars 7 g	
Protein 5 g	10 %
Vitamin A	29 %
Vitamin C	60 %
Calcium	8 %
Iron	13 %
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Salad: Mixed Greens
with Orange, Celery
and Pecans (cheese
not included)

Balsamic
Dressing(makes
8 servings)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 189	
% Daily Value *	
Total Fat 10 g	16 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 6 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 198 mg	8 %
Potassium 539 mg	15 %
Total Carbohydrate 22 g	7 %
Dietary Fiber 7 g	28 %
Sugars 13 g	
Protein 4 g	7 %
Vitamin A	18 %
Vitamin C	103 %
Calcium	9 %
Iron	6 %
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Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 127	
% 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 76 mg	3 %
Potassium 9 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	4 %
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Nutrition Facts

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Breakfast: Mashed
Acorn Squash w/
Poached Eggs &
Avocado

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 332	
% Daily Value *	
Total Fat 22 g	33 %
Saturated Fat 9 g	47 %
Monounsaturated Fat 8 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 279 mg	93 %
Sodium 266 mg	11 %
Potassium 1098 mg	31 %
Total Carbohydrate 27 g	9 %
Dietary Fiber 7 g	26 %
Sugars 1 g	
Protein 12 g	24 %
Vitamin A	25 %
Vitamin C	48 %
Calcium	12 %
Iron	17 %
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Snack: Celery and
Cashew Butter

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 208	
% Daily Value *	
Total Fat 16 g	25 %
Saturated Fat 3 g	16 %
Monounsaturated Fat 9 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 104 mg	4 %
Potassium 497 mg	14 %
Total Carbohydrate 13 g	4 %
Dietary Fiber 3 g	10 %
Sugars 2 g	
Protein 6 g	13 %
Vitamin A	11 %
Vitamin C	6 %
Calcium	6 %
Iron	10 %
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Dessert: Cashew
Butter Cups
(makes 12
servings)

Nutrition Facts	
Servings 12.0	
Amount Per Serving	
calories 241	
% Daily Value *	
Total Fat 22 g	33 %
Saturated Fat 17 g	84 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 56 mg	2 %
Potassium 161 mg	5 %
Total Carbohydrate 12 g	4 %
Dietary Fiber 2 g	9 %
Sugars 6 g	
Protein 3 g	5 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	1 %
Iron	6 %
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