

# Prep Dish November 2017 Week 2 - Gluten Free

## Nutrition Facts

(per serving, based on yield of 4 servings)

### Meal 1: Pesto Sea Bass

Nutrition Facts	
Servings: 4	
Amount per serving	
Calories	395
% Daily Value*	
Total Fat 27.8g	36%
Saturated Fat 5.1g	25%
Cholesterol 70mg	23%
Sodium 231mg	10%
Total Carbohydrate 3.1g	1%
Dietary Fiber 1.3g	5%
Total Sugars 0.4g	
Protein 35.3g	
Vitamin D 0mcg	0%
Calcium 159mg	12%
Iron 1mg	6%
Potassium 476mg	10%
*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. <a href="#">2,000 calorie a day</a> is used for general nutrition advice.	

### Meal 2: Moroccan Chicken Salad

Nutrition Facts	
Servings: 4	
Amount per serving	
Calories	509
% Daily Value*	
Total Fat 19.6g	25%
Saturated Fat 4.4g	22%
Cholesterol 151mg	50%
Sodium 615mg	27%
Total Carbohydrate 26.5g	10%
Dietary Fiber 5.7g	20%
Total Sugars 0.4g	
Protein 55.1g	
Vitamin D 0mcg	0%
Calcium 77mg	6%
Iron 5mg	27%
Potassium 682mg	15%
*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. <a href="#">2,000 calorie a day</a> is used for general nutrition advice.	

### Meal 3: Pesto Rotini with Pine nuts & Tomatoes

Nutrition Facts	
Servings: 4	
Amount per serving	
Calories	466
% Daily Value*	
Total Fat 39.5g	51%
Saturated Fat 6g	30%
Cholesterol 10mg	3%
Sodium 142mg	6%
Total Carbohydrate 21.2g	8%
Dietary Fiber 5g	18%
Total Sugars 5.7g	
Protein 13.4g	
Vitamin D 0mcg	0%
Calcium 163mg	13%
Iron 2mg	12%
Potassium 593mg	13%
*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. <a href="#">2,000 calorie a day</a> is used for general nutrition advice.	

### Roasted Potatoes & Broccoli

Nutrition Facts	
Servings: 4	
Amount per serving	
Calories	252
% Daily Value*	
Total Fat 7.8g	10%
Saturated Fat 1.1g	6%
Cholesterol 0mg	0%
Sodium 198mg	9%
Total Carbohydrate 42.2g	15%
Dietary Fiber 7.1g	25%
Total Sugars 4.1g	
Protein 7.4g	
Vitamin D 0mcg	0%
Calcium 93mg	7%
Iron 3mg	16%
Potassium 1350mg	29%
*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. <a href="#">2,000 calorie a day</a> is used for general nutrition advice.	

## Prep Dish November 2017 Week 2 - Gluten Free

### Nutrition Facts

(per serving, based on yield of 4 servings)

#### Meal 4: Slow Cooker Chicken Pozole

##### Nutrition Facts

Servings: 4

Amount per serving

**Calories** **589**

% Daily Value\*

**Total Fat** 25.4g **33%**

Saturated Fat 5.3g **26%**

**Cholesterol** 191mg **64%**

**Sodium** 942mg **41%**

**Total Carbohydrate** 35.5g **13%**

Dietary Fiber 11.8g **42%**

Total Sugars 5.7g

**Protein** 54.9g

Vitamin D 0mcg 0%

Calcium 74mg 6%

Iron 4mg 24%

Potassium 432mg 9%

\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.

#### Salad: Mixed Greens with Oranges, Pecans & Feta Cheese

##### Nutrition Facts

Servings: 4

Amount per serving

**Calories** **237**

% Daily Value\*

**Total Fat** 18.2g **23%**

Saturated Fat 2.7g **13%**

**Cholesterol** 6mg **2%**

**Sodium** 180mg **8%**

**Total Carbohydrate** 17.2g **6%**

Dietary Fiber 5.1g **18%**

Total Sugars 9.2g

**Protein** 5.4g

Vitamin D 0mcg 0%

Calcium 148mg 11%

Iron 4mg 21%

Potassium 177mg 4%

\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.

#### Breakfast: Cranberry & Hazelnut Baked Apples (8 Servings)

##### Nutrition Facts

Servings: 8

Amount per serving

**Calories** **226**

% Daily Value\*

**Total Fat** 9.9g **13%**

Saturated Fat 6.1g **31%**

**Cholesterol** 0mg **0%**

**Sodium** 1mg **0%**

**Total Carbohydrate** 42.5g **15%**

Dietary Fiber 5.4g **19%**

Total Sugars 30.1g

**Protein** 1.7g

Vitamin D 0mcg 0%

Calcium 23mg 2%

Iron 1mg 6%

Potassium 160mg 3%

\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.

## Prep Dish November 2017 Week 2 - Gluten Free

### Nutrition Facts

(per serving, based on yield of 4 servings)

**Snack:** Spice Roasted Chickpeas (per serving, makes 8 servings)

**Dessert:** Chocolate Pudding topped with Cacao Nibs (per serving, makes 8 servings)

Nutrition Facts	
Servings: 8	
Amount per serving	
<b>Calories</b>	<b>81</b>
% Daily Value*	
<b>Total Fat</b> 2.5g	3%
Saturated Fat 0.3g	2%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 160mg	7%
<b>Total Carbohydrate</b> 12.6g	5%
Dietary Fiber 2.5g	9%
Total Sugars 0.1g	
<b>Protein</b> 2.8g	
Vitamin D 0mcg	0%
Calcium 22mg	2%
Iron 1mg	5%
Potassium 107mg	2%
<small>*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. <a href="#">2,000 calorie a day</a> is used for general nutrition advice.</small>	

Nutrition Facts	
Servings: 8	
Amount per serving	
<b>Calories</b>	<b>345</b>
% Daily Value*	
<b>Total Fat</b> 14g	18%
Saturated Fat 4g	20%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 49mg	2%
<b>Total Carbohydrate</b> 57.4g	21%
Dietary Fiber 11g	39%
Total Sugars 39g	
<b>Protein</b> 4.3g	
Vitamin D 0mcg	0%
Calcium 40mg	3%
Iron 2mg	10%
Potassium 466mg	10%
<small>*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. <a href="#">2,000 calorie a day</a> is used for general nutrition advice.</small>	