

November Super Fast Menu

Nutrition Facts

(per serving, based on yield of 4 servings)

Acorn Squash &
Swiss Chard

Meal 2: Sausage and
Bell Pepper Sauté w/
Rice

Meal 1: Ginger-
Orange Chicken Legs

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 250	
% Daily Value *	
Total Fat 14 g	22 %
Saturated Fat 2 g	11 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 128 mg	43 %
Sodium 245 mg	10 %
Potassium 303 mg	9 %
Total Carbohydrate 18 g	6 %
Dietary Fiber 0 g	0 %
Sugars 4 g	
Protein 24 g	48 %
Vitamin A	1 %
Vitamin C	13 %
Calcium	1 %
Iron	6 %
* 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 114	
% Daily Value *	
Total Fat 3 g	4 %
Saturated Fat 0 g	2 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 83 mg	3 %
Potassium 887 mg	25 %
Total Carbohydrate 24 g	8 %
Dietary Fiber 4 g	15 %
Sugars 0 g	
Protein 2 g	5 %
Vitamin A	60 %
Vitamin C	58 %
Calcium	9 %
Iron	12 %
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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 468	
% Daily Value *	
Total Fat 33 g	50 %
Saturated Fat 11 g	56 %
Monounsaturated Fat 15 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 65 mg	22 %
Sodium 1381 mg	58 %
Potassium 940 mg	27 %
Total Carbohydrate 26 g	9 %
Dietary Fiber 7 g	28 %
Sugars 9 g	
Protein 27 g	54 %
Vitamin A	24 %
Vitamin C	440 %
Calcium	7 %
Iron	15 %
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Meal 3: Fajita Salad

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 452	
% Daily Value *	
Total Fat 26 g	40 %
Saturated Fat 6 g	29 %
Monounsaturated Fat 11 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 65 mg	22 %
Sodium 256 mg	11 %
Potassium 1139 mg	33 %
Total Carbohydrate 38 g	13 %
Dietary Fiber 15 g	61 %
Sugars 4 g	
Protein 35 g	69 %
Vitamin A	27 %
Vitamin C	27 %
Calcium	6 %
Iron	37 %
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Meal 4: Shrimp and Veggie Stir fry w/ Rice

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 201	
% Daily Value *	
Total Fat 2 g	3 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 173 mg	58 %
Sodium 883 mg	37 %
Potassium 25 mg	1 %
Total Carbohydrate 26 g	9 %
Dietary Fiber 3 g	12 %
Sugars 7 g	
Protein 32 g	65 %
Vitamin A	35 %
Vitamin C	26 %
Calcium	11 %
Iron	19 %
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Salad: Kale Salad w/ Pomegranate & Avocado

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 134	
% Daily Value *	
Total Fat 8 g	12 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 48 mg	2 %
Potassium 875 mg	25 %
Total Carbohydrate 22 g	7 %
Dietary Fiber 9 g	34 %
Sugars 9 g	
Protein 6 g	12 %
Vitamin A	228 %
Vitamin C	239 %
Calcium	18 %
Iron	12 %
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Dressing for Kale Salad

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 104	
% Daily Value *	
Total Fat 10 g	16 %
Saturated Fat 1 g	7 %
Monounsaturated Fat 7 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 570 mg	24 %
Potassium 17 mg	0 %
Total Carbohydrate 4 g	1 %
Dietary Fiber 0 g	0 %
Sugars 4 g	
Protein 0 g	0 %
Vitamin A	0 %
Vitamin C	8 %
Calcium	0 %
Iron	1 %
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Breakfast: Mushroom & Kale Frittata Cups

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 250	
% Daily Value *	
Total Fat 14 g	22 %
Saturated Fat 4 g	21 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 558 mg	186 %
Sodium 208 mg	9 %
Potassium 455 mg	13 %
Total Carbohydrate 9 g	3 %
Dietary Fiber 2 g	8 %
Sugars 2 g	
Protein 21 g	43 %
Vitamin A	125 %
Vitamin C	113 %
Calcium	15 %
Iron	17 %
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Snack: Fennel Slices

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 18	
% 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 30 mg	1 %
Potassium 242 mg	7 %
Total Carbohydrate 4 g	1 %
Dietary Fiber 2 g	7 %
Sugars 2 g	
Protein 1 g	1 %
Vitamin A	11 %
Vitamin C	12 %
Calcium	3 %
Iron	2 %
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Dessert: Dark
Chocolate

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 280	
% Daily Value *	
Total Fat 18 g	28 %
Saturated Fat 12 g	60 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 4 mg	1 %
Sodium 20 mg	1 %
Potassium 0 mg	0 %
Total Carbohydrate 36 g	12 %
Dietary Fiber 4 g	16 %
Sugars 24 g	
Protein 0 g	0 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	16 %
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