

## Prep Dish November 2017 Wk 5 - Gluten Free

### Nutrition Facts

(per serving, based on yield of 4 servings)

#### Meal 1: Asian Glazed

Sea Bass w/ Snow

Peas & Shiitake

Mushrooms

#### Nutrition Facts

Servings: 4

Amount per serving

**Calories** **295**

% Daily Value\*

**Total Fat** 15.8g 20%

Saturated Fat 3.3g 17%

**Cholesterol** 43mg 14%

**Sodium** 595mg 26%

**Total Carbohydrate** 18.3g 7%

Dietary Fiber 4.5g 16%

Total Sugars 6.1g

**Protein** 22.4g

Vitamin D 0mcg 0%

Calcium 51mg 4%

Iron 2mg 14%

Potassium 579mg 12%

\*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.

#### Meal 2: Herb Roasted

Pork Chops w/ Herbed

Sweet Potatoes &

Cucumber Slices

#### Nutrition Facts

Servings: 4

Amount per serving

**Calories** **409**

% Daily Value\*

**Total Fat** 18.9g 24%

Saturated Fat 5.1g 25%

**Cholesterol** 92mg 31%

**Sodium** 722mg 31%

**Total Carbohydrate** 27.3g 10%

Dietary Fiber 3.7g 13%

Total Sugars 4.1g

**Protein** 31g

Vitamin D 0mcg 0%

Calcium 67mg 5%

Iron 2mg 10%

Potassium 751mg 16%

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#### Meal 3: Steaks

w/ Mashed Cauliflower

& Broccoli

#### Nutrition Facts

Servings: 4

Amount per serving

**Calories** **237**

% Daily Value\*

**Total Fat** 7.4g 10%

Saturated Fat 2.5g 13%

**Cholesterol** 70mg 23%

**Sodium** 133mg 6%

**Total Carbohydrate** 13.7g 5%

Dietary Fiber 6g 21%

Total Sugars 5g

**Protein** 30.4g

Vitamin D 0mcg 0%

Calcium 74mg 6%

Iron 3mg 17%

Potassium 724mg 15%

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## Nutrition Facts

(per serving, based on yield of 4 servings)

### Meal 4: White Bean

#### Chicken Chili

##### Nutrition Facts

Servings: 4

Amount per serving

**Calories** **548**

% Daily Value\*

**Total Fat** 14.2g 18%

Saturated Fat 6g 30%

**Cholesterol** 98mg 33%

**Sodium** 999mg 43%

**Total Carbohydrate** 53.9g 20%

Dietary Fiber 11.1g 40%

Total Sugars 4.5g

**Protein** 52g

Vitamin D 128mcg 638%

Calcium 411mg 32%

Iron 11mg 59%

Potassium 2305mg 49%

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### Salad: Mixed Greens

w/ Grapefruit,  
Avocado & Sliced  
Almonds w/  
Champagne  
Vinaigrette

##### Nutrition Facts

Servings: 4

Amount per serving

**Calories** **332**

% Daily Value\*

**Total Fat** 26.4g 34%

Saturated Fat 3.8g 19%

**Cholesterol** 0mg 0%

**Sodium** 16mg 1%

**Total Carbohydrate** 22.6g 8%

Dietary Fiber 7.9g 28%

Total Sugars 10.9g

**Protein** 6.4g

Vitamin D 0mcg 0%

Calcium 70mg 5%

Iron 1mg 8%

Potassium 488mg 10%

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### Breakfast: Shakshuka

##### Nutrition Facts

Servings: 4

Amount per serving

**Calories** **194**

% Daily Value\*

**Total Fat** 10.7g 14%

Saturated Fat 3.2g 16%

**Cholesterol** 329mg 110%

**Sodium** 416mg 18%

**Total Carbohydrate** 11.5g 4%

Dietary Fiber 2.9g 10%

Total Sugars 6.5g

**Protein** 13.6g

Vitamin D 31mcg 154%

Calcium 116mg 9%

Iron 4mg 22%

Potassium 596mg 13%

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## Nutrition Facts

(per serving, based on yield of 4 servings)

**Breakfast:** Pears &  
Cashew Butter

Nutrition Facts	
Servings: 4	
Amount per serving	
<b>Calories</b>	<b>309</b>
	% Daily Value*
<b>Total Fat</b> 16.1g	21%
Saturated Fat 3.1g	16%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 8mg	0%
<b>Total Carbohydrate</b> 40.7g	15%
Dietary Fiber 7.1g	25%
Total Sugars 20.4g	
<b>Protein</b> 6.4g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 9mg	52%
Potassium 417mg	9%
*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.	

**Dessert:** Chai Hot  
Cocoa

Nutrition Facts	
Servings: 4	
Amount per serving	
<b>Calories</b>	<b>150</b>
	% Daily Value*
<b>Total Fat</b> 7.4g	9%
Saturated Fat 6.2g	31%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 11mg	0%
<b>Total Carbohydrate</b> 23.8g	9%
Dietary Fiber 0.8g	3%
Total Sugars 17.3g	
<b>Protein</b> 1.4g	
Vitamin D 0mcg	0%
Calcium 4mg	0%
Iron 1mg	3%
Potassium 79mg	2%
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