

Prep Dish November 2017 Wk 4 - Gluten Free

Nutrition Facts

(per serving, based on yield of 4 servings)

Meal 1: Curried

Shrimp, Eggplant &
Snow Peas w/ Quinoa

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 526	
% Daily Value *	
Total Fat 23 g	36 %
Saturated Fat 12 g	62 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 221 mg	74 %
Sodium 488 mg	20 %
Potassium 1036 mg	30 %
Total Carbohydrate 57 g	19 %
Dietary Fiber 11 g	46 %
Sugars 7 g	
Protein 33 g	67 %
Vitamin A	12 %
Vitamin C	56 %
Calcium	12 %
Iron	53 %
* 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.	

Meal 2: Balsamic Chicken

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 528	
% Daily Value *	
Total Fat 33 g	51 %
Saturated Fat 5 g	25 %
Monounsaturated Fat 22 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 172 mg	57 %
Sodium 109 mg	5 %
Potassium 810 mg	23 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 53 g	106 %
Vitamin A	1 %
Vitamin C	0 %
Calcium	1 %
Iron	6 %
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Italian Quinoa Pilaf

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 233	
% Daily Value *	
Total Fat 4 g	6 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 81 mg	3 %
Potassium 1294 mg	37 %
Total Carbohydrate 44 g	15 %
Dietary Fiber 8 g	31 %
Sugars 5 g	
Protein 10 g	21 %
Vitamin A	216 %
Vitamin C	301 %
Calcium	21 %
Iron	66 %
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Meal 3: Mexican Stuffed Bell Peppers w/ Pinto Bean, Mushrooms & Tomato Sauce

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 352	
% Daily Value *	
Total Fat 12 g	19 %
Saturated Fat 7 g	33 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 34 mg	11 %
Sodium 709 mg	30 %
Potassium 1033 mg	30 %
Total Carbohydrate 42 g	14 %
Dietary Fiber 10 g	39 %
Sugars 9 g	
Protein 19 g	38 %
Vitamin A	75 %
Vitamin C	603 %
Calcium	35 %
Iron	29 %
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Meal 4: Grass-fed Beef & Vegetable Stew

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 342	
% Daily Value *	
Total Fat 7 g	10 %
Saturated Fat 2 g	12 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 50 mg	17 %
Sodium 1525 mg	64 %
Potassium 1388 mg	40 %
Total Carbohydrate 46 g	15 %
Dietary Fiber 6 g	23 %
Sugars 11 g	
Protein 24 g	48 %
Vitamin A	112 %
Vitamin C	54 %
Calcium	6 %
Iron	22 %
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Salad: Mixed Greens w/ Dried Cherries, Shaved Fennel, Sliced Almonds & Goat Cheese

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 408	
% Daily Value *	
Total Fat 29 g	44 %
Saturated Fat 9 g	43 %
Monounsaturated Fat 16 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 20 mg	7 %
Sodium 201 mg	8 %
Potassium 633 mg	18 %
Total Carbohydrate 27 g	9 %
Dietary Fiber 5 g	19 %
Sugars 18 g	
Protein 13 g	26 %
Vitamin A	70 %
Vitamin C	42 %
Calcium	14 %
Iron	14 %
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Breakfast: Cabbage & Apples w/ Sausage

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 290	
% Daily Value *	
Total Fat 12 g	18 %
Saturated Fat 2 g	12 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 90 mg	30 %
Sodium 424 mg	18 %
Potassium 296 mg	8 %
Total Carbohydrate 38 g	13 %
Dietary Fiber 8 g	33 %
Sugars 24 g	
Protein 12 g	24 %
Vitamin A	49 %
Vitamin C	213 %
Calcium	12 %
Iron	14 %
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Snack: Carrots & Celery w/ Almond Butter

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 149	
% Daily Value *	
Total Fat 11 g	16 %
Saturated Fat 1 g	4 %
Monounsaturated Fat 6 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 170 mg	7 %
Potassium 665 mg	19 %
Total Carbohydrate 11 g	4 %
Dietary Fiber 5 g	21 %
Sugars 4 g	
Protein 4 g	8 %
Vitamin A	119 %
Vitamin C	13 %
Calcium	12 %
Iron	5 %
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Dessert: Honey Broiled Grapefruit

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 112	
% 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 2 mg	0 %
Potassium 211 mg	6 %
Total Carbohydrate 29 g	10 %
Dietary Fiber 0 g	0 %
Sugars 17 g	
Protein 1 g	1 %
Vitamin A	11 %
Vitamin C	78 %
Calcium	1 %
Iron	2 %
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