



Nutrition Information

Monday: Red Beans and Quinoa				Serves: 4	
Serving Size: 1 3/4 cup red beans and quinoa					
Calories	507	kcal	Fat	13.6	g
Protein	20.8	g	Saturated	1.6	g
Carbohydrate	76.6	g	Sugar	3.4	g
Sodium	868	mg	Calcium	15.2	%DV
Fiber	14.9	g	Iron	36.2	%DV
Cholesterol	0	mg			

Tuesday: Cucumber Carpaccio with Mint Quinoa Salad				Serves: 4	
Serving Size: 2 cups					
Calories	422	kcal	Fat	13.8	g
Protein	14.8	g	Saturated	1.8	g
Carbohydrate	60.2	g	Sugar	2.4	g
Sodium	310	mg	Calcium	7.9	%DV
Fiber	7	g	Iron	26.5	%DV
Cholesterol	0	mg			

Wednesday: Swiss Chard Frittata with Spicy Pinto Beans				Serves: 4	
Serving Size: 1/5 frittata					
Calories	282	kcal	Fat	15.5	g
Protein	17.1	g	Saturated	5.6	g
Carbohydrate	18.9	g	Sugar	2.1	g
Sodium	762	mg	Calcium	16.5	%DV
Fiber	5.4	g	Iron	19.1	%DV
Cholesterol	291	mg			

Thursday: Asian Noodle Soup				Serves: 4	
Serving Size: 2 cups					
Calories	311	kcal	Fat	10.7	g
Protein	7.6	g	Saturated	1.3	g
Carbohydrate	45.9	g	Sugar	3.8	g
Sodium	569	mg	Calcium	6.7	%DV
Fiber	3.2	g	Iron	13.2	%DV
Cholesterol	0	mg			

Friday: Radish-Butter Flatbread with Steamed Artichokes				Serves: 4	
Serving Size: 1 assembled flatbread, 1 artichoke with mayonnaise dressing					
Calories	435	kcal	Fat	21	g
Protein	13.3	g	Saturated	6.6	g
Carbohydrate	56.3	g	Sugar	4	g
Sodium	714	mg	Calcium	10	%DV
Fiber	17.7	g	Iron	22	%DV
Cholesterol	45	mg			