

Banana Blueberry Muffins

Nutrition Facts

Serving Size: 1 Muffin
Servings per Recipe: 12
Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving	
Calories 238	Calories from Fat 162
% Daily Value*	
Total Fat 18g	28%
Saturated Fat 2g	10%
Trans Fat 0g	
Total Carbohydrate 16g	5%
Dietary Fiber 4g	16%
Sugars 7g	
Protein 8g	16%

Macronutrient Ratios (per serving)				
Calories	Fat	Protein	Net Carbs	Fiber
238	18g	8g	12g	4g
	47%	21%	32%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Orange Apricot Scones

Nutrition Facts

Serving Size: 1 Scone
Servings per Recipe: 16
Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving	
Calories 181	Calories from Fat 135
% Daily Value*	
Total Fat 15g	23%
Saturated Fat 1g	5%
Trans Fat 0g	
Total Carbohydrate 9g	3%
Dietary Fiber 3g	12%
Sugars 5g	
Protein 6g	12%

Macronutrient Ratios (per serving)				
Calories	Fat	Protein	Net Carbs	Fiber
181	15g	6g	6g	3g
	56%	22%	22%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Cinnamon Apple Muffins

Nutrition Facts

Serving Size: 1 Muffin
Servings per Recipe: 10
Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving	
Calories 286	Calories from Fat 153
% Daily Value*	
Total Fat 17g	26%
Saturated Fat 1g	5%
Trans Fat 0g	
Total Carbohydrate 31g	10%
Dietary Fiber 4g	16%
Sugars 17g	
Protein 6g	12%

Macronutrient Ratios (per serving)				
Calories	Fat	Protein	Net Carbs	Fiber
286	17g	6g	27g	4g
	34%	12%	54%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Date Pecan Muffins

Nutrition Facts

Serving Size: 1 Muffin
Servings per Recipe: 12
Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving	
Calories 313	Calories from Fat 234
% Daily Value*	
Total Fat 26g	40%
Saturated Fat 2g	10%
Trans Fat 0g	
Total Carbohydrate 17g	6%
Dietary Fiber 5g	20%
Sugars 10g	
Protein 8g	16%

Macronutrient Ratios (per serving)				
Calories	Fat	Protein	Net Carbs	Fiber
313	26g	8g	12g	5g
	57%	17%	26%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Chocolate Chip Scones

Nutrition Facts

Serving Size: 1 Scone
Servings per Recipe: 16
Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving	
Calories 172	Calories from Fat 126
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 2g	10%
Trans Fat 0g	
Total Carbohydrate 9g	3%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 5g	10%

Macronutrient Ratios (per serving)				
Calories	Fat	Protein	Net Carbs	Fiber
172	14g	5g	7g	2g
	54%	19%	27%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Classic Drop Biscuits

Nutrition Facts

Serving Size: 1 Biscuit
Servings per Recipe: 8
Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving	
Calories 311	Calories from Fat 234
% Daily Value*	
Total Fat 26g	40%
Saturated Fat 2g	10%
Trans Fat 0g	
Total Carbohydrate 16g	5%
Dietary Fiber 4g	16%
Sugars 10g	
Protein 9g	18%

Macronutrient Ratios (per serving)				
Calories	Fat	Protein	Net Carbs	Fiber
311	26g	9g	12g	4g
	55%	19%	26%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

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Scrumptious Sandwich Bread**Nutrition Facts**

Serving Size: 1 Slice
Servings per Recipe: 12
Allergy Information: Dairy Free, Gluten Free, Soy Free,
Vegetarian, Wheat Free

Amount per Serving

Calories 164 **Calories from Fat 99**

% Daily Value*

Total Fat	11g	17%
Saturated Fat	2g	10%
Trans Fat	0g	

Total Carbohydrate	11g	4%
Dietary Fiber	2g	8%
Sugars	2g	

Protein 6g 12%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
164	11g	6g	9g	2g
	42%	23%	35%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Pecan-Raisin Bread**Nutrition Facts**

Serving Size: 1 Slice
Servings per Recipe: 12
Allergy Information: Dairy Free, Gluten Free, Soy Free,
Vegetarian, Wheat Free

Amount per Serving

Calories 229 **Calories from Fat 126**

% Daily Value*

Total Fat	14g	22%
Saturated Fat	2g	10%
Trans Fat	0g	

Total Carbohydrate	22g	7%
Dietary Fiber	3g	12%
Sugars	9g	

Protein 6g 12%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
229	14g	6g	19g	3g
	36%	15%	49%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Muesli Bread**Nutrition Facts**

Serving Size: 1 Slice
Servings per Recipe: 12
Allergy Information: Dairy Free, Gluten Free, Soy Free,
Vegetarian, Wheat Free

Amount per Serving

Calories 250 **Calories from Fat 144**

% Daily Value*

Total Fat	16g	25%
Saturated Fat	2g	10%
Trans Fat	0g	

Total Carbohydrate	21g	7%
Dietary Fiber	4g	16%
Sugars	9g	

Protein 8g 16%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
250	16g	8g	17g	4g
	39%	20%	41%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Olive-Rosemary Bread**Nutrition Facts**

Serving Size: 1 Slice
Servings per Recipe: 12
Allergy Information: Dairy Free, Gluten Free, Soy Free,
Vegetarian, Wheat Free

Amount per Serving

Calories 182 **Calories from Fat 117**

% Daily Value*

Total Fat	13g	20%
Saturated Fat	2g	10%
Trans Fat	0g	

Total Carbohydrate	13g	4%
Dietary Fiber	2g	8%
Sugars	3g	

Protein 5g 10%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
182	13g	5g	11g	2g
	45%	17%	38%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Zucchini Bread**Nutrition Facts**

Serving Size: 1 Slice
Servings per Recipe: 12
Allergy Information: Dairy Free, Gluten Free, Soy Free,
Vegetarian, Wheat Free

Amount per Serving

Calories 241 **Calories from Fat 162**

% Daily Value*

Total Fat	18g	28%
Saturated Fat	2g	10%
Trans Fat	0g	

Total Carbohydrate	18g	6%
Dietary Fiber	3g	12%
Sugars	14g	

Protein 6g 12%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
241	18g	6g	15g	3g
	46%	15%	38%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Cheddar Cheese Crackers**Nutrition Facts**

Serving Size: 1 Cracker
Servings per Recipe: 60
Allergy Information: Gluten Free, Soy Free, Vegetarian,
Wheat Free

Amount per Serving

Calories 41 **Calories from Fat 27**

% Daily Value*

Total Fat	3g	5%
Saturated Fat	0g	0%
Trans Fat	0g	

Total Carbohydrate	1g	<1%
Dietary Fiber	1g	4%
Sugars	0g	

Protein 1g 2%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
41	3g	1g	0g	1g
	75%	25%	0%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Note: Calculations are approximate and may vary

Herb Crackers**Nutrition Facts**

Serving Size: 1 Cracker
Servings per Recipe: 60
Allergy Information: Dairy Free, Gluten Free, Soy Free,
Vegetarian, Wheat Free

Amount per Serving

Calories 44 Calories from Fat 36

% Daily Value*

Total Fat 4g 6%

Saturated Fat 0g 0%

Trans Fat 0g

Total Carbohydrate 1g <1%

Dietary Fiber 1g 4%

Sugars 0g

Protein 2g 4%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
44	4g	2g	0g	1g
	67%	33%	0%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Pumpkin-Flax Crackers**Nutrition Facts**

Serving Size: 1 Cracker
Servings per Recipe: 60
Allergy Information: Dairy Free, Gluten Free, Soy Free,
Vegetarian, Wheat Free

Amount per Serving

Calories 74 Calories from Fat 54

% Daily Value*

Total Fat 6g 9%

Saturated Fat 1g 5%

Trans Fat 0g

Total Carbohydrate 2g 1%

Dietary Fiber 1g 4%

Sugars 0g

Protein 4g 8%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
74	6g	4g	1g	1g
	55%	36%	9%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Sesame Crackers**Nutrition Facts**

Serving Size: 1 Cracker
Servings per Recipe: 60
Allergy Information: Dairy Free, Gluten Free, Soy Free,
Vegetarian, Wheat Free

Amount per Serving

Calories 52 Calories from Fat 45

% Daily Value*

Total Fat 5g 8%

Saturated Fat 0g 0%

Trans Fat 0g

Total Carbohydrate 2g 1%

Dietary Fiber 1g 4%

Sugars 0g

Protein 2g 4%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
52	5g	2g	1g	1g
	63%	25%	13%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Spicy Crackers**Nutrition Facts**

Serving Size: 1 Cracker
Servings per Recipe: 60
Allergy Information: Dairy Free, Gluten Free, Soy Free,
Vegetarian, Wheat Free

Amount per Serving

Calories 45 Calories from Fat 36

% Daily Value*

Total Fat 4g 6%

Saturated Fat 0g 0%

Trans Fat 0g

Total Carbohydrate 2g 1%

Dietary Fiber 1g 4%

Sugars 0g

Protein 2g 4%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
45	4g	2g	1g	1g
	57%	29%	14%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Note: Calculations are approximate and may vary

Chicken Fingers

Nutrition Facts

Serving Size: 1/4 Total Yield
Servings per Recipe: 4
Allergy Information: Dairy Free, Gluten Free, Soy Free, Wheat Free

Amount per Serving	
Calories 426	Calories from Fat 297
% Daily Value*	
Total Fat 33g	51%
Saturated Fat 4g	20%
Trans Fat 0g	
Total Carbohydrate 6g	2%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 31g	62%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
426	33g 49%	31g 46%	3g 4%	3g

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Chicken Parmesan

Nutrition Facts

Serving Size: 1/4 Total Yield
Servings per Recipe: 4
Allergy Information: Gluten Free, Soy Free, Wheat Free

Amount per Serving	
Calories 866	Calories from Fat 531
% Daily Value*	
Total Fat 59g	91%
Saturated Fat 16g	80%
Trans Fat 0g	
Total Carbohydrate 28g	9%
Dietary Fiber 9g	36%
Sugars 12g	
Protein 61g	122%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
866	59g 42%	61g 44%	19g 14%	9g

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Chicken Piccata

Nutrition Facts

Serving Size: 1/4 Total Yield
Servings per Recipe: 4
Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Wheat Free

Amount per Serving	
Calories 481	Calories from Fat 324
% Daily Value*	
Total Fat 36g	55%
Saturated Fat 4g	20%
Trans Fat 0g	
Total Carbohydrate 6g	2%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 38g	76%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
481	36g 46%	38g 49%	4g 5%	2g

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Chicken Pot Pie

Nutrition Facts

Serving Size: 1/6 Total Yield
Servings per Recipe: 6
Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Wheat Free

Amount per Serving	
Calories 439	Calories from Fat 270
% Daily Value*	
Total Fat 30g	46%
Saturated Fat 3g	15%
Trans Fat 0g	
Total Carbohydrate 22g	7%
Dietary Fiber 5g	20%
Sugars 6g	
Protein 24g	48%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
439	30g 42%	24g 34%	17g 24%	5g

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Pistachio Chicken

Nutrition Facts

Serving Size: 1/4 Total Yield
Servings per Recipe: 4
Allergy Information: Dairy Free, Gluten Free, Soy Free, Wheat Free

Amount per Serving	
Calories 748	Calories from Fat 441
% Daily Value*	
Total Fat 49g	75%
Saturated Fat 6g	30%
Trans Fat 0g	
Total Carbohydrate 41g	14%
Dietary Fiber 8g	32%
Sugars 5g	
Protein 51g	102%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
748	49g 37%	51g 38%	33g 25%	8g

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Matzo Ball Soup

Nutrition Facts

Serving Size: 1/6 Total Yield
Servings per Recipe: 6
Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving	
Calories 348	Calories from Fat 225
% Daily Value*	
Total Fat 25g	38%
Saturated Fat 3g	15%
Trans Fat 0g	
Total Carbohydrate 17g	3%
Dietary Fiber 4g	16%
Sugars 5g	
Protein 18g	36%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
348	25g 45%	18g 32%	13g 23%	4g

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Note: Calculations are approximate and may vary

Turkey Burgers

Nutrition Facts

Serving Size: 1/4 Total Yield
Servings per Recipe: 4
Allergy Information: Dairy Free, Gluten Free, Soy Free, Wheat Free

Amount per Serving	
Calories 453	Calories from Fat 297
% Daily Value*	
Total Fat 33g	51%
Saturated Fat 5g	25%
Trans Fat 0g	
Total Carbohydrate 17g	6%
Dietary Fiber 5g	20%
Sugars 8g	
Protein 28g	56%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
453	33g	28g	12g	5g
	45%	38%	16%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Herbed Turkey Loaf

Nutrition Facts

Serving Size: 1/4 Total Yield
Servings per Recipe: 4
Allergy Information: Dairy Free, Gluten Free, Soy Free, Wheat Free

Amount per Serving	
Calories 401	Calories from Fat 189
% Daily Value*	
Total Fat 21g	32%
Saturated Fat 4g	20%
Trans Fat 0g	
Total Carbohydrate 8g	3%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 29g	58%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
401	21g	29g	5g	3g
	38%	53%	9%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Fish Sticks

Nutrition Facts

Serving Size: 1/4 Total Yield
Servings per Recipe: 4
Allergy Information: Dairy Free, Gluten Free, Soy Free, Wheat Free

Amount per Serving	
Calories 516	Calories from Fat 369
% Daily Value*	
Total Fat 41g	63%
Saturated Fat 4g	20%
Trans Fat 0g	
Total Carbohydrate 9g	3%
Dietary Fiber 5g	20%
Sugars 3g	
Protein 33g	66%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
516	41g	33g	4g	5g
	53%	42%	5%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Cod Piccata Paprika

Nutrition Facts

Serving Size: 1/4 Total Yield
Servings per Recipe: 4
Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Wheat Free

Amount per Serving	
Calories 412	Calories from Fat 297
% Daily Value*	
Total Fat 33g	51%
Saturated Fat 3g	15%
Trans Fat 0g	
Total Carbohydrate 7g	2%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 26g	52%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
412	33g	26g	5g	2g
	52%	41%	8%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Salmon Dill Burgers

Nutrition Facts

Serving Size: 1/4 Total Yield
Servings per Recipe: 4
Allergy Information: Dairy Free, Gluten Free, Soy Free, Wheat Free

Amount per Serving	
Calories 279	Calories from Fat 153
% Daily Value*	
Total Fat 17g	26%
Saturated Fat 2g	10%
Trans Fat 0g	
Total Carbohydrate 4g	1%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 27g	54%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
279	17g	27g	1g	3g
	38%	60%	2%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Smoked Salmon-Leek Tart

Nutrition Facts

Serving Size: 1/6 Total Yield
Servings per Recipe: 6
Allergy Information: Dairy Free, Gluten Free, Soy Free, Wheat Free

Amount per Serving	
Calories 358	Calories from Fat 279
% Daily Value*	
Total Fat 31g	48%
Saturated Fat 3g	15%
Trans Fat 0g	
Total Carbohydrate 11g	4%
Dietary Fiber 4g	16%
Sugars 2g	
Protein 12g	24%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
358	31g	12g	7g	4g
	62%	24%	14%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Southwestern Salmon Burgers

Nutrition Facts

Serving Size: 1/4 Total Yield
Servings per Recipe: 4
Allergy Information: Dairy Free, Gluten Free, Soy Free, Wheat Free

Amount per Serving	
Calories 301	Calories from Fat 153
% Daily Value*	
Total Fat 17g	26%
Saturated Fat 2g	10%
Trans Fat 0g	
Total Carbohydrate 9g	3%
Dietary Fiber 4g	16%
Sugars 2g	
Protein 29g	58%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
301	17g	29g	5g	4g
	33%	57%	10%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Thai Fish Cakes

Nutrition Facts

Serving Size: 1/4 Total Yield
Servings per Recipe: 4
Allergy Information: Dairy Free, Gluten Free, Soy Free, Wheat Free

Amount per Serving	
Calories 357	Calories from Fat 189
% Daily Value*	
Total Fat 21g	32%
Saturated Fat 7g	35%
Trans Fat 0g	
Total Carbohydrate 5g	2%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 37g	74%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
357	21g	37g	3g	2g
	34%	61%	5%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Shrimp Fritters

Nutrition Facts

Serving Size: 1/4 Total Yield
Servings per Recipe: 4
Allergy Information: Dairy Free, Gluten Free, Soy Free, Wheat Free

Amount per Serving	
Calories 308	Calories from Fat 180
% Daily Value*	
Total Fat 20g	31%
Saturated Fat 2g	10%
Trans Fat 0g	
Total Carbohydrate 12g	4%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 35g	70%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
308	20g	35g	9g	3g
	31%	55%	14%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Black Bean Burgers

Nutrition Facts

Serving Size: 1/6 Total Yield
Servings per Recipe: 6
Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving	
Calories 240	Calories from Fat 135
% Daily Value*	
Total Fat 15g	23%
Saturated Fat 2g	10%
Trans Fat 0g	
Total Carbohydrate 19g	6%
Dietary Fiber 7g	28%
Sugars 2g	
Protein 11g	22%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
240	15g	11g	12g	7g
	39%	29%	32%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Broccoli Pizza

Nutrition Facts

Serving Size: 1/4 Total Yield
Servings per Recipe: 4
Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving	
Calories 484	Calories from Fat 315
% Daily Value*	
Total Fat 35g	54%
Saturated Fat 7g	35%
Trans Fat 0g	
Total Carbohydrate 27g	9%
Dietary Fiber 10g	40%
Sugars 9g	
Protein 24g	48%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
484	35g	24g	17g	10g
	46%	32%	22%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Eggplant Parmesan

Nutrition Facts

Serving Size: 1/4 Total Yield
Servings per Recipe: 4
Allergy Information: Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving	
Calories 825	Calories from Fat 486
% Daily Value*	
Total Fat 54g	83%
Saturated Fat 14g	70%
Trans Fat 0g	
Total Carbohydrate 55g	18%
Dietary Fiber 15g	60%
Sugars 23g	
Protein 45g	90%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
825	54g	45g	40g	15g
	39%	32%	29%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Note: Calculations are approximate and may vary

Savory Vegetable Quiche

Nutrition Facts

Serving Size: 1/4 Total Yield
Servings per Recipe: 4
Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving	
Calories 392	Calories from Fat 306
% Daily Value*	
Total Fat 34g	52%
Saturated Fat 6g	30%
Trans Fat 0g	
Total Carbohydrate 11g	4%
Dietary Fiber 5g	20%
Sugars 4g	
Protein 15g	30%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
392	34g	15g	6g	5g
	62%	27%	11%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Asparagus Onion Quiche

Nutrition Facts

Serving Size: 1/6 Total Yield
Servings per Recipe: 6
Allergy Information: Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving	
Calories 457	Calories from Fat 351
% Daily Value*	
Total Fat 39g	60%
Saturated Fat 8g	40%
Trans Fat 0g	
Total Carbohydrate 14g	5%
Dietary Fiber 5g	20%
Sugars 4g	
Protein 18g	36%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
457	39g	18g	9g	5g
	59%	27%	14%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Kale Tart with Cranberries

Nutrition Facts

Serving Size: 1/6 Total Yield
Servings per Recipe: 6
Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving	
Calories 282	Calories from Fat 189
% Daily Value*	
Total Fat 21g	32%
Saturated Fat 2g	10%
Trans Fat 0g	
Total Carbohydrate 17g	6%
Dietary Fiber 5g	20%
Sugars 6g	
Protein 12g	24%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
282	21g	12g	12g	5g
	47%	27%	27%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Spinach Sun-Dried Tomato Tart

Nutrition Facts

Serving Size: 1/6 Total Yield
Servings per Recipe: 6
Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving	
Calories 388	Calories from Fat 270
% Daily Value*	
Total Fat 30g	46%
Saturated Fat 3g	15%
Trans Fat 0g	
Total Carbohydrate 18g	6%
Dietary Fiber 10g	40%
Sugars 6g	
Protein 16g	32%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
388	30g	16g	8g	10g
	56%	30%	15%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Skillet Apple Pie

Nutrition Facts

Serving Size: 1 Slice
Servings per Recipe: 8
Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving
Calories 256 Calories from Fat 126

% Daily Value*

Total Fat 14g 22%
Saturated Fat 1g 5%
Trans Fat 0g

Total Carbohydrate 33g 11%
Dietary Fiber 5g 20%
Sugars 21g

Protein 4g 8%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
256	14g 30%	4g 9%	28g 61%	5g

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Pecan Pie

Nutrition Facts

Serving Size: 1 Slice
Servings per Recipe: 8
Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving
Calories 659 Calories from Fat 414

% Daily Value*

Total Fat 46g 71%
Saturated Fat 6g 30%
Trans Fat 0g

Total Carbohydrate 65g 22%
Dietary Fiber 7g 28%
Sugars 56g

Protein 8g 16%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
659	46g 41%	8g 7%	58g 52%	7g

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Pumpkin Pie

Nutrition Facts

Serving Size: 1 Slice
Servings per Recipe: 8
Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving
Calories 365 Calories from Fat 171

% Daily Value*

Total Fat 19g 29%
Saturated Fat 2g 10%
Trans Fat 0g

Total Carbohydrate 47g 16%
Dietary Fiber 4g 16%
Sugars 33g

Protein 8g 16%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
365	19g 27%	8g 11%	43g 61%	4g

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Chocolate Cream Pie

Nutrition Facts

Serving Size: 1 Slice
Servings per Recipe: 8
Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving
Calories 534 Calories from Fat 315

% Daily Value*

Total Fat 35g 54%
Saturated Fat 12g 60%
Trans Fat 0g

Total Carbohydrate 55g 18%
Dietary Fiber 6g 24%
Sugars 35g

Protein 7g 14%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
534	35g 38%	7g 8%	49g 54%	6g

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Peach Blueberry Crumble

Nutrition Facts

Serving Size: 1 Slice
Servings per Recipe: 8
Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving
Calories 256 Calories from Fat 189

% Daily Value*

Total Fat 21g 32%
Saturated Fat 2g 10%
Trans Fat 0g

Total Carbohydrate 14g 5%
Dietary Fiber 4g 16%
Sugars 7g

Protein 7g 14%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
256	21g 55%	7g 18%	10g 26%	4g

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Coconut Berry Crisp

Nutrition Facts

Serving Size: 1 Slice
Servings per Recipe: 8
Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving
Calories 422 Calories from Fat 324

% Daily Value*

Total Fat 36g 55%
Saturated Fat 18g 90%
Trans Fat 0g

Total Carbohydrate 26g 9%
Dietary Fiber 4g 16%
Sugars 13g

Protein 6g 12%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
422	36g 56%	6g 9%	22g 34%	4g

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Note: Calculations are approximate and may vary

Pear Crisp

Nutrition Facts

Serving Size: 1 Slice
Servings per Recipe: 8
Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving	
Calories 335	Calories from Fat 189
% Daily Value*	
Total Fat 21g	32%
Saturated Fat 2g	10%
Trans Fat 0g	
Total Carbohydrate 35g	12%
Dietary Fiber 7g	28%
Sugars 21g	
Protein 7g	14%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
335	21g 38%	7g 13%	28g 50%	7g

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Apple Clafoutis

Nutrition Facts

Serving Size: 1 Slice
Servings per Recipe: 8
Allergy Information: Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving	
Calories 237	Calories from Fat 144
% Daily Value*	
Total Fat 16g	25%
Saturated Fat 8g	40%
Trans Fat 0g	
Total Carbohydrate 21g	7%
Dietary Fiber 3g	12%
Sugars 17g	
Protein 5g	10%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
237	16g 41%	5g 13%	18g 46%	3g

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Strawberry Creme Tart

Nutrition Facts

Serving Size: 1 Slice
Servings per Recipe: 8
Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving	
Calories 326	Calories from Fat 198
% Daily Value*	
Total Fat 22g	34%
Saturated Fat 1g	5%
Trans Fat 0g	
Total Carbohydrate 29g	10%
Dietary Fiber 4g	16%
Sugars 18g	
Protein 7g	14%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
326	22g 41%	7g 13%	25g 46%	4g

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Raspberry Chocolate Chiffon Tart

Nutrition Facts

Serving Size: 1 Slice
Servings per Recipe: 8
Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving	
Calories 379	Calories from Fat 216
% Daily Value*	
Total Fat 24g	37%
Saturated Fat 6g	30%
Trans Fat 0g	
Total Carbohydrate 39g	13%
Dietary Fiber 5g	20%
Sugars 29g	
Protein 6g	12%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
379	24g 38%	6g 9%	34g 53%	5g

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Pie Crust

Nutrition Facts

Serving Size: 1 Crust
Servings per Recipe: 1
Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving	
Calories 1513	Calories from Fat 1242
% Daily Value*	
Total Fat 138g	212%
Saturated Fat 11g	55%
Trans Fat 0g	
Total Carbohydrate 53g	18%
Dietary Fiber 18g	72%
Sugars 23g	
Protein 36g	72%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
1513	138g 66%	36g 17%	35g 17%	18g

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Dark Chocolate Pie Crust

Nutrition Facts

Serving Size: 1 Crust
Servings per Recipe: 1
Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving	
Calories 1660	Calories from Fat 1197
% Daily Value*	
Total Fat 133g	205%
Saturated Fat 32g	160%
Trans Fat 0g	
Total Carbohydrate 118g	39%
Dietary Fiber 23g	92%
Sugars 69g	
Protein 30g	60%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
1660	133g 52%	30g 12%	95g 37%	23g

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Coconut Pie Crust

Nutrition Facts

Serving Size: 1 Crust
Servings per Recipe: 1
Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving	
Calories 1302	Calories from Fat 1152
% Daily Value*	
Total Fat 128g	197%
Saturated Fat 78g	390%
Trans Fat 0g	
Total Carbohydrate 39g	13%
Dietary Fiber 15g	60%
Sugars 15g	
Protein 21g	42%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
1302	128g 74%	21g 12%	24g 14%	15g

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Crunchy Almond Pie Crust

Nutrition Facts

Serving Size: 1 Crust
Servings per Recipe: 1
Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving	
Calories 1533	Calories from Fat 1260
% Daily Value*	
Total Fat 140g	215%
Saturated Fat 11g	55%
Trans Fat 0g	
Total Carbohydrate 51g	17%
Dietary Fiber 18g	72%
Sugars 23g	
Protein 36g	72%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
1533	138g 67%	36g 17%	33g 16%	18g

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Simple Tart Crust

Nutrition Facts

Serving Size: 1 Crust
Servings per Recipe: 1
Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving	
Calories 1501	Calories from Fat 1242
% Daily Value*	
Total Fat 138g	212%
Saturated Fat 11g	55%
Trans Fat 0g	
Total Carbohydrate 52g	17%
Dietary Fiber 18g	72%
Sugars 22g	
Protein 36g	72%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
1501	138g 66%	36g 17%	34g 16%	18g

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Savory Pie Crust

Nutrition Facts

Serving Size: 1 Crust
Servings per Recipe: 1
Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving	
Calories 1450	Calories from Fat 1242
% Daily Value*	
Total Fat 138g	212%
Saturated Fat 11g	55%
Trans Fat 0g	
Total Carbohydrate 38g	13%
Dietary Fiber 19g	76%
Sugars 7g	
Protein 37g	74%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
1450	138g 71%	37g 19%	19g 10%	19g

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Herb Tart Crust

Nutrition Facts

Serving Size: 1 Crust
Servings per Recipe: 1
Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving	
Calories 1443	Calories from Fat 1251
% Daily Value*	
Total Fat 139g	215%
Saturated Fat 11g	55%
Trans Fat 0g	
Total Carbohydrate 36g	12%
Dietary Fiber 18g	72%
Sugars 6g	
Protein 36g	72%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
1443	139g 72%	36g 19%	18g 9%	18g

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Pizza Crust

Nutrition Facts

Serving Size: 1 Crust
Servings per Recipe: 1
Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving	
Calories 1152	Calories from Fat 918
% Daily Value*	
Total Fat 102g	157%
Saturated Fat 9g	45%
Trans Fat 0g	
Total Carbohydrate 36g	12%
Dietary Fiber 18g	72%
Sugars 6g	
Protein 42g	84%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
1152	102g 63%	42g 26%	18g 11%	18g

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Note: Calculations are approximate and may vary

Chocolate Cake

Nutrition Facts

Serving Size: 1 Slice

Servings per Recipe: 8

Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

Calories 309 Calories from Fat 144

% Daily Value*

Total Fat 16g 25%

Saturated Fat 2g 10%

Trans Fat 0g

Total Carbohydrate 40g 13%

Dietary Fiber 4g 16%

Sugars 33g

Protein 8g 16%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
309	16g	8g	36g	4g
	27%	13%	60%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Chocolate Chip Banana Cake

Nutrition Facts

Serving Size: 1 Slice

Servings per Recipe: 8

Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

Calories 527 Calories from Fat 351

% Daily Value*

Total Fat 39g 60%

Saturated Fat 9g 45%

Trans Fat 0g

Total Carbohydrate 42g 14%

Dietary Fiber 7g 28%

Sugars 25g

Protein 12g 24%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
527	39g	12g	35g	7g
	45%	14%	41%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Spice Cake

Nutrition Facts

Serving Size: 1 Slice

Servings per Recipe: 12

Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

Calories 344 Calories from Fat 189

% Daily Value*

Total Fat 21g 32%

Saturated Fat 2g 10%

Trans Fat 0g

Total Carbohydrate 37g 12%

Dietary Fiber 4g 16%

Sugars 28g

Protein 8g 16%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
344	21g	8g	33g	4g
	34%	13%	53%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Classic Carrot Cake

Nutrition Facts

Serving Size: 1 Slice

Servings per Recipe: 12

Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

Calories 388 Calories from Fat 243

% Daily Value*

Total Fat 27g 42%

Saturated Fat 3g 15%

Trans Fat 0g

Total Carbohydrate 31g 10%

Dietary Fiber 5g 20%

Sugars 21g

Protein 11g 22%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
388	27g	11g	26g	5g
	42%	17%	41%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Chocolate Velvet Torte

Nutrition Facts

Serving Size: 1 Slice

Servings per Recipe: 12

Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

Calories 276 Calories from Fat 180

% Daily Value*

Total Fat 20g 31%

Saturated Fat 6g 30%

Trans Fat 0g

Total Carbohydrate 24g 8%

Dietary Fiber 2g 8%

Sugars 19g

Protein 4g 8%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
276	20g	4g	22g	2g
	43%	9%	48%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Vanilla Raspberry Torte

Nutrition Facts

Serving Size: 1 Slice

Servings per Recipe: 12

Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

Calories 539 Calories from Fat 261

% Daily Value*

Total Fat 29g 45%

Saturated Fat 7g 35%

Trans Fat 0g

Total Carbohydrate 66g 22%

Dietary Fiber 4g 16%

Sugars 57g

Protein 10g 20%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
539	29g	10g	62g	4g
	29%	10%	61%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Note: Calculations are approximate and may vary

Strawberry Shortcake**Nutrition Facts**

Serving Size: 1 Serving

Servings per Recipe: 8

Allergy Information: Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

Calories 539 **Calories from Fat 432**

% Daily Value*

Total Fat 48g 74%

Saturated Fat 16g 80%

Trans Fat 0g

Total Carbohydrate 23g 8%

Dietary Fiber 4g 16%

Sugars 16g

Protein 10g 20%**Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
539	48g	10g	19g	4g
	62%	13%	25%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Icebox Cake**Nutrition Facts**

Serving Size: 1 Slice

Servings per Recipe: 8

Allergy Information: Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

Calories 823 **Calories from Fat 531**

% Daily Value*

Total Fat 59g 91%

Saturated Fat 18g 90%

Trans Fat 0g

Total Carbohydrate 70g 23%

Dietary Fiber 7g 28%

Sugars 39g

Protein 11g 22%**Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
823	59g	11g	63g	7g
	44%	8%	47%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Very Vanilla Cupcakes**Nutrition Facts**

Serving Size: 1 Cupcake

Servings per Recipe: 10

Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

Calories 274 **Calories from Fat 180**

% Daily Value*

Total Fat 20g 31%

Saturated Fat 2g 10%

Trans Fat 0g

Total Carbohydrate 19g 6%

Dietary Fiber 3g 12%

Sugars 14g

Protein 7g 14%**Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
274	20g	7g	16g	3g
	47%	16%	37%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Vanilla Cupcakes with Raspberry Fig Filling**Nutrition Facts**

Serving Size: 1 Mini-cupcake

Servings per Recipe: 24

Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

Calories 152 **Calories from Fat 90**

% Daily Value*

Total Fat 10g 15%

Saturated Fat 1g 5%

Trans Fat 0g

Total Carbohydrate 14g 5%

Dietary Fiber 2g 8%

Sugars 11g

Protein 4g 8%**Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
152	10g	4g	12g	2g
	38%	15%	46%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Note: Calculations are approximate and may vary

Elana's Chocolate Chip Cookies

Nutrition Facts

Serving Size: 1 Cookie

Servings per Recipe: 30

Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving

Calories 121 **Calories from Fat 81**

% Daily Value*

Total Fat 9g 14%

Saturated Fat 1g 5%

Trans Fat 0g

Total Carbohydrate 9g 3%

Dietary Fiber 1g 4%

Sugars 6g

Protein 2g 4%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
121	9g 47%	2g 11%	8g 42%	1g

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Tropical Chocolate Chip Cookies

Nutrition Facts

Serving Size: 1 Cookie

Servings per Recipe: 36

Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving

Calories 115 **Calories from Fat 81**

% Daily Value*

Total Fat 9g 14%

Saturated Fat 4g 20%

Trans Fat 0g

Total Carbohydrate 8g 3%

Dietary Fiber 1g 4%

Sugars 5g

Protein 2g 4%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
115	9g 50%	2g 11%	7g 39%	1g

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Double Chocolate Cherry Cookies

Nutrition Facts

Serving Size: 1 Cookie

Servings per Recipe: 24

Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving

Calories 217 **Calories from Fat 126**

% Daily Value*

Total Fat 14g 22%

Saturated Fat 3g 15%

Trans Fat 0g

Total Carbohydrate 23g 8%

Dietary Fiber 3g 12%

Sugars 17g

Protein 3g 6%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
217	14g 38%	3g 8%	20g 54%	3g

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Chewy Chocolate Cookies

Nutrition Facts

Serving Size: 1 Cookie

Servings per Recipe: 12

Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving

Calories 365 **Calories from Fat 207**

% Daily Value*

Total Fat 23g 35%

Saturated Fat 2g 10%

Trans Fat 0g

Total Carbohydrate 37g 12%

Dietary Fiber 4g 16%

Sugars 17g

Protein 7g 14%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
365	23g 37%	7g 11%	33g 52%	4g

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Snickerdoodles

Nutrition Facts

Serving Size: 1 Cookie

Servings per Recipe: 36

Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving

Calories 99 **Calories from Fat 54**

% Daily Value*

Total Fat 6g 9%

Saturated Fat 0g 0%

Trans Fat 0g

Total Carbohydrate 10g 3%

Dietary Fiber 1g 4%

Sugars 4g

Protein 2g 4%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
99	6g 35%	2g 12%	9g 53%	1g

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Rosemary Hazelnut Shortbread Cookies

Nutrition Facts

Serving Size: 1 Cookie

Servings per Recipe: 24

Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving

Calories 151 **Calories from Fat 117**

% Daily Value*

Total Fat 13g 20%

Saturated Fat 1g 5%

Trans Fat 0g

Total Carbohydrate 7g 2%

Dietary Fiber 2g 8%

Sugars 4g

Protein 3g 6%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
151	13g 62%	3g 14%	5g 24%	2g

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Note: Calculations are approximate and may vary

Pecan Shortbread Cookies**Nutrition Facts**

Serving Size: 1 Cookie

Servings per Recipe: 24

Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving

Calories 152 **Calories from Fat 126**

% Daily Value*

Total Fat 14g 22%

Saturated Fat 1g 5%

Trans Fat 0g

Total Carbohydrate 7g 2%

Dietary Fiber 2g 8%

Sugars 4g

Protein 3g 6%**Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
152	14g 54%	3g 14%	5g 23%	2g

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Holiday Cookies**Nutrition Facts**

Serving Size: 1 Cookie

Servings per Recipe: 24

Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving

Calories 78 **Calories from Fat 54**

% Daily Value*

Total Fat 6g 9%

Saturated Fat 0g 0%

Trans Fat 0g

Total Carbohydrate 5g 2%

Dietary Fiber 1g 4%

Sugars 3g

Protein 3g 6%**Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
78	6g 46%	3g 23%	4g 31%	1g

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Gingerbread Men**Nutrition Facts**

Serving Size: 1 Cookie

Servings per Recipe: 24

Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

Calories 122 **Calories from Fat 81**

% Daily Value*

Total Fat 9g 14%

Saturated Fat 1g 5%

Trans Fat 0g

Total Carbohydrate 8g 3%

Dietary Fiber 2g 8%

Sugars 5g

Protein 3g 6%**Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
122	9g 50%	3g 17%	6g 33%	2g

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Hamantaschen**Nutrition Facts**

Serving Size: 1 Pastry

Servings per Recipe: 30

Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

Calories 134 **Calories from Fat 81**

% Daily Value*

Total Fat 9g 14%

Saturated Fat 1g 5%

Trans Fat 0g

Total Carbohydrate 11g 4%

Dietary Fiber 2g 8%

Sugars 8g

Protein 3g 6%**Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
134	9g 43%	3g 14%	9g 43%	2g

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Fig Newtons**Nutrition Facts**

Serving Size: 1 Newton

Servings per Recipe: 20

Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving

Calories 159 **Calories from Fat 90**

% Daily Value*

Total Fat 10g 15%

Saturated Fat 1g 5%

Trans Fat 0g

Total Carbohydrate 17g 6%

Dietary Fiber 2g 8%

Sugars 12g

Protein 3g 6%**Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
159	10g 36%	3g 11%	15g 54%	2g

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Almond Macaroons**Nutrition Facts**

Serving Size: 1 Cookie

Servings per Recipe: 20

Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

Calories 78 **Calories from Fat 54**

% Daily Value*

Total Fat 6g 9%

Saturated Fat 0g 0%

Trans Fat 0g

Total Carbohydrate 6g 2%

Dietary Fiber 1g 4%

Sugars 4g

Protein 3g 6%**Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
78	6g 43%	3g 21%	5g 36%	1g

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Note: Calculations are approximate and may vary

Chocolate Coconut Macaroons**Nutrition Facts**

Serving Size: 1 Cookie

Servings per Recipe: 24

Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

Calories 121 **Calories from Fat 63**

% Daily Value*

Total Fat 7g **11%**Saturated Fat 3g **15%**

Trans Fat 0g

Total Carbohydrate 14g **5%**Dietary Fiber 2g **8%**

Sugars 11g

Protein 2g **4%****Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
121	7g	2g	12g	2g
	33%	10%	57%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Chocolate Cranberry Biscotti**Nutrition Facts**

Serving Size: 1 Biscotti

Servings per Recipe: 24

Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

Calories 175 **Calories from Fat 117**

% Daily Value*

Total Fat 13g **20%**Saturated Fat 2g **10%**

Trans Fat 0g

Total Carbohydrate 14g **5%**Dietary Fiber 2g **8%**

Sugars 10g

Protein 4g **8%****Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
175	13g	4g	12g	2g
	45%	14%	41%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Lemon Bars**Nutrition Facts**

Serving Size: 1 Bar

Servings per Recipe: 16

Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

Calories 141 **Calories from Fat 99**

% Daily Value*

Total Fat 11g **17%**Saturated Fat 1g **5%**

Trans Fat 0g

Total Carbohydrate 8g **3%**Dietary Fiber 1g **4%**

Sugars 6g

Protein 3g **6%****Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
141	11g	3g	7g	1g
	52%	14%	33%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Raspberry Bars**Nutrition Facts**

Serving Size: 1 Bar

Servings per Recipe: 20

Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

Calories 279 **Calories from Fat 189**

% Daily Value*

Total Fat 21g **32%**Saturated Fat 2g **10%**

Trans Fat 0g

Total Carbohydrate 18g **6%**Dietary Fiber 3g **12%**

Sugars 12g

Protein 7g **14%****Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
279	21g	7g	15g	3g
	49%	16%	35%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Apricot Tea Squares**Nutrition Facts**

Serving Size: 1 Square

Servings per Recipe: 16

Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

Calories 131 **Calories from Fat 90**

% Daily Value*

Total Fat 10g **15%**Saturated Fat 3g **15%**

Trans Fat 0g

Total Carbohydrate 9g **3%**Dietary Fiber 3g **12%**

Sugars 5g

Protein 4g **8%****Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
131	10g	4g	6g	3g
	50%	20%	30%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Praline Shortbread Squares**Nutrition Facts**

Serving Size: 1 Square

Servings per Recipe: 16

Allergy Information: Egg Free, Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

Calories 260 **Calories from Fat 216**

% Daily Value*

Total Fat 24g **37%**Saturated Fat 5g **25%**

Trans Fat 0g

Total Carbohydrate 10g **3%**Dietary Fiber 3g **12%**

Sugars 6g

Protein 4g **8%****Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
260	24g	4g	7g	3g
	69%	11%	20%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Note: Calculations are approximate and may vary

Ginger Macadamia Brownies

Nutrition Facts

Serving Size: 1 Brownie
Servings per Recipe: 20
Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving	
Calories 241	Calories from Fat 153
% Daily Value*	
Total Fat 17g	26%
Saturated Fat 3g	15%
Trans Fat 0g	
Total Carbohydrate 21g	7%
Dietary Fiber 3g	12%
Sugars 16g	
Protein 4g	8%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
241	17g 44%	4g 10%	18g 46%	3g

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

S'mores

Nutrition Facts

Serving Size: 1 Cookie
Servings per Recipe: 16
Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving	
Calories 289	Calories from Fat 171
% Daily Value*	
Total Fat 19g	29%
Saturated Fat 7g	35%
Trans Fat 0g	
Total Carbohydrate 33g	11%
Dietary Fiber 3g	12%
Sugars 24g	
Protein 3g	6%

Macronutrient Ratios (per serving)

Calories	Fat	Protein	Net Carbs	Fiber
289	19g 37%	3g 6%	30g 58%	3g

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Cinnamon Apple Syrup**Nutrition Facts**

Serving Size: 1/4 Cup

Servings per Recipe: 12

Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving

Calories 47 **Calories from Fat 0**

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Total Carbohydrate 12g 4%

Dietary Fiber 1g 4%

Sugars 7g

Protein <1g 1%**Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
47	0g	<1g	11g	1g
	0%	2%	98%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Blueberry Sauce**Nutrition Facts**

Serving Size: 1/4 Cup

Servings per Recipe: 6

Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving

Calories 33 **Calories from Fat 2**

% Daily Value*

Total Fat <1g <1%

Saturated Fat 0g 0%

Trans Fat 0g

Total Carbohydrate 8g 3%

Dietary Fiber 1g 3%

Sugars 3g

Protein <1g 1%**Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
33	<1g	<1g	7g	1g
	2%	4%	93%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Tomato Sauce**Nutrition Facts**

Serving Size: 1/4 Cup

Servings per Recipe: 12

Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving

Calories 38 **Calories from Fat 0**

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Total Carbohydrate 8g 3%

Dietary Fiber 1g 4%

Sugars 4g

Protein 2g 5%**Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
38	0g	2g	7g	1g
	0%	25%	75%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Pizza Sauce**Nutrition Facts**

Serving Size: 1/4 Cup

Servings per Recipe: 4

Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving

Calories 53 **Calories from Fat 0**

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Total Carbohydrate 11g 4%

Dietary Fiber 2g 7%

Sugars 5g

Protein 4g 7%**Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
53	0g	4g	9g	2g
	0%	29%	71%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Chocolate Frosting**Nutrition Facts**

Serving Size: 1/4 Cup

Servings per Recipe: 6

Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving

Calories 363 **Calories from Fat 272**

% Daily Value*

Total Fat 30g 46%

Saturated Fat 10g 48%

Trans Fat 0g

Total Carbohydrate 27g 9%

Dietary Fiber 3g 11%

Sugars 19g

Protein 0g 0%**Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
363	30g	0g	24g	3g
	55%	0%	45%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Peanut Butter Frosting**Nutrition Facts**

Serving Size: 1/4 Cup

Servings per Recipe: 6

Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving

Calories 335 **Calories from Fat 192**

% Daily Value*

Total Fat 21g 33%

Saturated Fat 3g 17%

Trans Fat 0g

Total Carbohydrate 32g 11%

Dietary Fiber 3g 11%

Sugars 26g

Protein 9g 19%**Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
335	21g	9g	30g	3g
	35%	16%	49%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Note: Calculations are approximate and may vary

Marshmallow Frosting

Nutrition Facts

Serving Size: 1/4 Cup

Servings per Recipe: 12

Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving

Calories 48

Calories from Fat 0

% Daily Value*

Total Fat

0g

0%

Saturated Fat

0g

0%

Trans Fat

0g

Total Carbohydrate

11g

4%

Dietary Fiber

0g

0%

Sugars

11g

Protein

1g

2%

Macronutrient Ratios (per serving)

Calories

48

Fat

0g

0%

Protein

1g

5%

Net Carbs

11g

95%

Fiber

0g

Creamy Coconut Frosting

Nutrition Facts

Serving Size: 1/4 Cup

Servings per Recipe: 12

Allergy Information: Dairy Free, Egg Free, Gluten Free, Nut Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving

Calories 298

Calories from Fat 213

% Daily Value*

Total Fat

24g

36%

Saturated Fat

20g

102%

Trans Fat

0g

Total Carbohydrate

25g

8%

Dietary Fiber

<1g

1%

Sugars

21g

Protein

<1g

<1%

Macronutrient Ratios (per serving)

Calories

298

Fat

24g

49%

Protein

<1g

0%

Net Carbs

25g

51%

Fiber

<1g

Whipped Cream

Nutrition Facts

Serving Size: 1/4 Cup

Servings per Recipe: 16

Allergy Information: Egg Free, Gluten Free, Nut Free, Soy Free, Vegetarian, Wheat Free

Amount per Serving

Calories 113

Calories from Fat 100

% Daily Value*

Total Fat

11g

17%

Saturated Fat

7g

35%

Trans Fat

0g

Total Carbohydrate

3g

1%

Dietary Fiber

0g

0%

Sugars

3g

Protein

1g

2%

Macronutrient Ratios (per serving)

Calories

113

Fat

11g

76%

Protein

1g

4%

Net Carbs

3g

20%

Fiber

0g

Creme Patissiere

Nutrition Facts

Serving Size: 1/4 Cup

Servings per Recipe: 6

Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free, Vegan, Vegetarian, Wheat Free

Amount per Serving

Calories 187

Calories from Fat 84

% Daily Value*

Total Fat

9g

14%

Saturated Fat

0g

0%

Trans Fat

0g

Total Carbohydrate

23g

8%

Dietary Fiber

<1g

4%

Sugars

15g

Protein

4g

8%

Macronutrient Ratios (per serving)

Calories

187

Fat

9g

26%

Protein

4g

11%

Net Carbs

23g

63%

Fiber

<1g

Note: Calculations are approximate and may vary