# The Gluten-Free Almond Flour Cookbook

**Breakfast** Pages 14-24

#### **Banana Blueberry Muffins Orange Apricot Scones Cinnamon Apple Muffins Nutrition Facts Nutrition Facts Nutrition Facts** Serving Size: 1 Muffin Serving Size: 1 Scone Serving Size: 1 Muffin Servings per Recipe: 12 Servings per Recipe: 16 Servings per Recipe: 10 Allergy Information: Dairy Free, Gluten Free, Soy Free, Allergy Information: Dairy Free, Gluten Free, Sov Free. Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free Vegetarian, Wheat Free Vegetarian, Wheat Free mount per Serving mount per Serving Calories 238 Calories 181 Calories 286 Calories from Fat 162 Calories from Fat 135 % Daily Value Total Fat 18g Total Fat 15g Total Fat 17g Saturated Fat 2g Saturated Fat 1g 5% Saturated Fat 1g 10% Trans Fat 0g Trans Fat 0g Trans Fat 0g Total Carbohydrate 16g 5% Total Carbohydrate 9g 3% Total Carbohydrate 31g 16% 12% Dietary Fiber 4g Dietary Fiber 4g Dietary Fiber 3g Sugars 7g Sugars 5g Sugars 17g 16% 12% Protein Protein 6g Protein 6g Macronutrient Ratios (per serving) Macronutrient Ratios (per serving) Macronutrient Ratios (per serving) Fiber Calories Net Carbs Fiber Calories Net Carbs Calories Protein 238 18g 181 15g 286 17g 8q 12g 4g 6q 3g 6q 21% 22% 32% 22% 34% 12% \*Percent Daily Values are based on a 2.000 calorie diet. Your \*Percent Daily Values are based on a 2,000 calorie diet. Your \*Percent Daily Values are based on a 2 000 calorie diet. Your daily value may be higher or lower depending on your calorie daily value may be higher or lower depending on your calorie daily value may be higher or lower depending on your calorie

#### **Date Pecan Muffins Chocolate Chip Scones Classic Drop Biscuits Nutrition Facts Nutrition Facts Nutrition Facts** Serving Size: 1 Scone Serving Size: 1 Biscui Servings per Recipe: 12 Servings per Recipe: 16 Servings per Recipe: 8 Allergy Information: Dairy Free, Gluten Free, Sov Free. Allergy Information: Dairy Free, Gluten Free, Sov Free. Allergy Information: Dairy Free, Gluten Free, Sov Free. Vegetarian, Wheat Free Vegetarian, Wheat Free Vegetarian, Wheat Free Amount per Serving Amount per Serving Amount per Serving Calories 313 Calories from Fat 234 Calories 172 Calories from Fat 126 Calories 311 Calories from Fat 234 % Daily Value 40% Total Fat 26g Total Fat 14g Total Fat 26g 22% 40% 10% 10% 10% Saturated Fat 2g Saturated Fat 2g Saturated Fat 2g Trans Fat 0g Trans Fat 0g Trans Fat 0g Total Carbohydrate 17g 6% Total Carbohydrate 9g 3% Total Carbohydrate 16g 5% 16% Dietary Fiber 5g 20% Dietary Fiber 2g 8% Dietary Fiber 4g Sugars 10g Sugars 5g Sugars 10g Protein 8g 16% Protein 5g 10% Protein 9g 18% Macronutrient Ratios (per serving) Macronutrient Ratios (per serving) Macronutrient Ratios (per serving) Calories Fat Protein Net Carbs Fiber Calories Fat Protein Net Carbs Fiber Calories Fat Protein Net Carbs Fiber 313 26a 8g 12g 172 5g 2g 311 26a 14a 9a 12a 5g 7g 4g 57% 17% 26% 54% 19% 27% 55% 19% 26% \*Percent Daily Values are based on a 2,000 calorie diet. Your \*Percent Daily Values are based on a 2,000 calorie diet. Your \*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie daily value may be higher or lower depending on your calorie daily value may be higher or lower depending on your calorie

Calories from Fat 153

Net Carbs

27q

54%

% Daily Value

5%

10%

16%

12%

Fiber

4g

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#### **Pancakes Cinnamon Coffee Cake French Toast Nutrition Facts Nutrition Facts Nutrition Facts** Serving Size: 1 Serving Serving Size: 1 Piece Serving Size: 1 Pancake Servings per Recipe: 8 Servings per Recipe: 12 Servings per Recipe: 12 Allergy Information: Gluten Free, Soy Free, Vegetarian, Allergy Information: Dairy Free, Gluten Free, Soy Free, Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free Vegetarian, Wheat Free Amount per Serving Amount per Serving Amount per Serving Calories 321 Calories 370 Calories from Fat 243 Calories 142 Calories from Fat 90 Calories from Fat 225 % Daily Value\* % Daily Value % Daily Value\* Total Fat 27g Total Fat 10g Total Fat 25g Saturated Fat 5g 25% Saturated Fat 1g 5% Saturated Fat 2g 10% Trans Fat 0g Trans Fat 0g Total Carbohydrate 21g 7% Total Carbohydrate 10g 3% Total Carbohydrate 23g 8% 16% 8% 16% Dietary Fiber 4g Dietary Fiber 2g Dietary Fiber 4g Sugars 5g Sugars 6g Sugars 16g Protein 13g 26% Protein 4g 8% Protein 8g 16% Macronutrient Ratios (per serving) Macronutrient Ratios (per serving) Macronutrient Ratios (per serving) Calories Fat Protein Net Carbs Fiber Calories Fat Protein Net Carbs Fiber Calories Fat Protein Net Carbs Fiber 13g 25g 370 17g 321 8g 27g 4g 142 10g 4g 8g 2g 19g 4g 47% 23% 30% 18% 36% 48% 15% 37% \*Percent Daily Values are based on a 2,000 calorie diet. Your \*Percent Daily Values are based on a 2,000 calorie diet. Your \*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie daily value may be higher or lower depending on your calorie daily value may be higher or lower depending on your calorie

# 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 Saturated Fat 2g 10% Total Carbohydrate 11g 4% Dietary Fiber 2g 8% Sugars 2g

Protein 6g Macronutrient Ratios (per serving)

Calories Fat Protein Net Carbs Fiber 164 11g 6g 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

#### **Pecan-Raisin Bread**

#### Nutrition Facts

Serving Size: 1 Slice Servings per Recipe: 12

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

Vegetarian, Wheat Free

12%

Amount per Serving Calories 229 Calories from Fat 126 % Daily Value Total Fat 14g Saturated Fat 2g 10% Trans Fat 0g Total Carbohydrate 22g 7% Dietary Fiber 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

#### 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 Saturated Fat 2g 10% Trans Fat 0g

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

Protein 8g 16%

Macronutrient Ratios (per serving) Calories Fat Protein Net Carbs Fiber 250 16g 8a 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

# **Olive-Rosemary Bread**

#### **Nutrition Facts**

Serving Size: 1 Slice

Servings per Recipe: 12 Allergy Information: Dairy Free, Gluten Free. Sov Free.

Vegetarian, Wheat Free

Amount per Serving Calories from Fat 117 Calories 182 % Daily Value Total Fat 13g Saturated Fat 2g 10% Trans Fat 0g Total Carbohydrate 13g 4% Dietary Fiber 2g 8% Sugars 3g Protein 10% **Macronutrient Ratios (per serving)** Calories Protein Net Carbs Fiber 182 13g 5q 11q 2g 45% 17% \*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie

**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 Saturated Fat 2g 10% Trans Fat 0g Total Carbohydrate 18g 6% Dietary Fiber 12% Sugars 14g Protein 6g 12% Macronutrient Ratios (per serving)

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

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

#### **Cheddar Cheese Crackers**

#### **Nutrition Facts**

Serving Size: 1 Cracke Servings per Recipe: 60

Allerov Information: Gluten Free, Soy Free, Vegetarian,

Amount per Serving

Sugars 0g

Protein 1g

Calories 41 Calories from Fat 27 % Daily Value Total Fat 3g Saturated Fat 0g 0% Trans Fat 0g Total Carbohydrate 1g <1% Dietary Fiber 1g 4%

**Macronutrient Ratios (per serving)** 

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

2%

#### **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 Saturated Fat 0g 0% 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 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

#### **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 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 6g 74 4g 1g 1g

36% \*Percent Daily Values are based on a 2,000 calorie diet. Your

daily value may be higher or lower depending on your calorie

9%

55%

Nutrit Serving Size: Servings per I Allergy Inform Vegetarian, W	1 Cracker Recipe: 60 nation: Dairy		Free, Soy Free	
Amount per Serv	ving			
Calories 5	52	(	Calories fro	m Fat 45
			q	% Daily Value
Total Fat	5g			8%
Saturated	aturated Fat 0g 0%			
Trans Fat	0g			
Total Carl	bohydrat	<b>e</b> 2g		1%
Dietary Fil	per 1g			4%
Sugars (	Og			
Protein	2g			4%
Macronut	rient Rat	ios (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
52	5g	2g	1g	1g
	63%	25%	13%	Ü



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#### **Chicken Fingers Nutrition Facts** Serving Size: 1/4 Total Yield Servings per Recipe: 4 Allergy Information: Dairy Free, Gluten Free, Soy Free, Wheat Amount per Serving Calories 426 Calories from Fat 297 % Daily Value\* Total Fat 33g Saturated Fat 4g 20% Total Carbohydrate 6g 2% Dietary Fiber 3g 12% Sugars 1g Protein 31g 62% Macronutrient Ratios (per serving) Calories Fat Protein Net Carbs Fiber 33g 426 31g 3g 46%

# Chicken Parmesan

#### **Nutrition Facts**

Serving Size: 1/4 Total Yield Servings per Recipe: 4

Allergy Information: Gluten Free, Soy Free, Wheat Free

Amount per Serv	niny			
Calories 8	366	С	alories fror	n Fat 531
				% Daily Value
Total Fat	59g			91%
Saturated	Fat 16g			80%
Trans Fat	0g			
Total Carl	oohydrate	28g		9%
Dietary Fiber 9g				36%
Sugars 1	2g			
Protein 6	1g			122%
Macronut	rient Rati	os (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
866	59g	61g	19g	9g
	42%	44%	14%	

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

#### Chicken Piccata

#### **Nutrition Facts**

Serving Size: 1/4 Total Yield Servings per Recipe: 4

Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free,

Amount per Serving

Calories 481 Calories from Fat 324 % Daily Value\* Total Fat 36g Saturated Fat 4g 20% Trans Fat 0g

Total Carbohydrate 6g 2% 8% Dietary Fiber 2g Sugars 2g

Protein 38g

Macronutrient Ratios (per serving) Calories Fat Protein Net Carbs Fiber 36g 38a 4g 2g 49% 46%

76%

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

# Chicken Pot Pie

\*Percent Daily Values are based on a 2,000 calorie diet. Your

daily value may be higher or lower depending on your calorie

#### **Nutrition Facts**

49%

Serving Size: 1/6 Total Yield Servings per Recipe: 6

Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free,

Amount per Sen	ving			
Calories 4	139	С	alories fror	n 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 2	!4g			48%
Macronut	rient Rat	ios (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
439	30g	24g	17g	5g
	42%	34%	24%	

daily value may be higher or lower depending on your calorie

#### Pistachio Chicken

#### **Nutrition Facts**

Serving Size: 1/4 Total Yield Servings per Recipe: 4

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

Wheat Free nount per Serving

Calories 748 Calories from Fat 441 % Daily Value Total Fat 49g 75% 30% Saturated Fat 6g Trans Fat 0g Total Carbohydrate 41g 14% Dietary Fiber 8g 32% Sugars 5g 102% Protein 51g Macronutrient Ratios (per serving) Protein Net Carbs Fiber

38% 37% 25% Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie

51g

33g

8g

49g

#### **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

Calories 348 Calories from Fat 225 % Daily Value Total Fat 25g Saturated Fat 3g 15% Total Carbohydrate 17g Dietary Fiber 4g 16% Sugars 5g 36% Protein 18g Macronutrient Ratios (per serving) Protein Fiber

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

18g

32%

13g

23%

25g

45%

**Entrées** Pages 40-64

# **Turkey Burgers**

#### **Nutrition Facts**

Serving Size: 1/4 Total Yield Servings per Recipe: 4

Allergy Information: Dairy Free, Gluten Free, Soy 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 Sugars 8g

Protein 28g

Macronutrient Ratios (per serving) Calories Fat Protein Net Carbs Fiber 33g 28g 12g 5g 38% 45% 16%

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

# **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

20%

56%

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 <b>3%</b>
Dietary Fiber 3g	12%
Sugars 4g	
Protein 29g	58%

#### Macronutrient Ratios (per serving)

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

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

# **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 Carbobydrate	aa 306				

Total Carbohydrate 20% Dietary Fiber 5g Sugars 3g

Protein 33g 66%

Macronut	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

# 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

nount per Serving Calories 412

Protein 26g

Calories from Fat 297 Total Fat 33g 51% Saturated Fat 3g 15% Trans Fat 0g Total Carbohydrate 7g Dietary Fiber 2g 8% Sugars 3g

Macronutrient Ratios (per serving) Calories Fiber 33g 26g 5g 2g 412 41% 52% 8%

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

#### 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 ount per Serving

52%

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

#### **Macronutrient Ratios (per serving)**

Calories	Fat	Protein	Net Carbs	Fiber
279	17g 38%	27g <b>60</b> %	1g <b>2</b> %	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

#### 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

Calories 358 Calories from Fat 279 % Daily Value Total Fat 31g Saturated Fat 3g 15% Trans Fat 0g

Total Carbohydrate 11g Dietary Fiber 4g 16% Sugars 2g 24% Protein 12g

Macronutrient Ratios (per serving)

(1				
Calories	Fat	Protein	Net Carbs	Fiber
358	31g <b>62%</b>	12g <b>24%</b>	7g <b>14%</b>	4g

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#### Southwestern Salmon Burgers **Nutrition Facts** Serving Size: 1/4 Total Yield Servings per Recipe: 4 Allergy Information: Dairy Free, Gluten Free, Soy Free, Amount per Serving Calories 301 Calories from Fat 153 Total Fat 17g Saturated Fat 2g 10% Total Carbohydrate 9g 3% Dietary Fiber 4g 16% Sugars 2g Protein 29g 58% Macronutrient Ratios (per serving) Calories Fat Protein Net Carbs Fiber 29g 301 17g 4g 33% **57**% 10% \*Percent Daily Values are based on a 2,000 calorie diet. Your

# Thai Fish Cakes

#### **Nutrition Facts**

Serving Size: 1/4 Total Yield Servings per Recipe: 4

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

Calories from Fat 189
% Daily Value*
32%
35%
5g <b>2</b> %
8%
74%

#### Macronutrient Ratios (per serving)

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

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

# **Shrimp Fritters**

#### **Nutrition Facts**

Serving Size: 1/4 Total Yield

Amount per Serving	
Calories 308	Calories from Fat 180
	% Daily Value
Total Fat 20g	31%
Saturated Fat 2g	10%
Trans Fat 0g	
Total Carbohydrate 1	.2g <b>4</b> %
Dietary Fiber 3g	12%
Sugars 4g	
Protein 35g	70%

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

35g

55%

9g

14%

3g

20g

31%

308

# **Black Bean Burgers**

daily value may be higher or lower depending on your calorie

#### **Nutrition Facts**

Serving Size: 1/6 Total Yield

Servings per Recipe: 6 Allergy Information: Dairy Free, Gluten Free, Soy Free,

Vegetarian, Wheat Free

Calories 2	240	С	Calories from Fat 13	
				% Daily Value
Total Fat	15g			23%
Saturated	Fat 2g			10%
Trans Fat	0g			
Total Carl	oohydrat	e 19g		69
Dietary Fil	Dietary Fiber 7g 2			
Sugars 2	2g			
Protein 1	.1g			229
Macronut	rient Rati	os (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
240	15g <b>39</b> %	11g <b>29</b> %	12g <b>32%</b>	7g

daily value may be higher or lower depending on your calorie

# **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 Servino

Calories	484	(	Calories from	n Fat 315
				% Daily Value*
Total Fat	35g			54%
Saturated	Fat 7g			35%
Trans Fat	0g			
Total Car	bohydrate	<b>e</b> 27g		9%
Dietary Fi	ber 10g			40%
Sugars	9g			
Protein :	24g			48%
Macronu	trient Rati	ios (per	serving)	
Calories	Fat	Protein	Net Carbs	Fiber
484	35g	24g	17g	10g

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

32%

22%

46%

# **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 Serv	ring			
Calories 8	325	С	alories fron	n Fat 486
				% Daily Value*
Total Fat	54g			83%
Saturated Fat 14g				70%
Trans Fat	0g			
Total Carl	ohydrat	<b>e</b> 55g		18%
Dietary Fiber 15g				60%
Sugars 2	3g			
Protein 4	5g			90%
Macronut	rient Rat	ios (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
825	54g <b>39%</b>	45g <b>32%</b>	40g <b>29%</b>	15g

Entrées Pages 40-64

#### 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 30% Saturated Fat 6g Total Carbohydrate 11g 4% Dietary Fiber 5g 20% Sugars 4g Protein 15g 30% Macronutrient Ratios (per serving) Calories Fat Protein Net Carbs Fiber 34g 392 15g 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

#### **Asparagus Onion Quiche Nutrition Facts** Serving Size: 1/6 Total Yield Servings per Recipe: 6 Allergy Information: Gluten Free, Soy Free, Vegetarian, Amount per Serving Calories 457 Calories from Fat 351 % Daily Value Total Fat 39g 40% Saturated Fat 8g Total Carbohydrate 14g 20% Dietary Fiber 5g Sugars 4g Protein 18g 36% Macronutrient Ratios (per serving) Calories Fat Protein Net Carbs Fiber 39g 18g 9g 5g 27% 14%

\*Percent Daily Values are based on a 2,000 calorie diet. Your

Nutrit Serving Size: Servings per I Allergy Inform Vegetarian, W	1/6 Total Yie Recipe: 6 lation: Dairy I	eld	Free, Soy Free	ý.
Amount per Serv	ring			
Calories 2	282	С	alories fron	n Fat 189
				% Daily Value
Total Fat	21g			32%
Saturated				10%
Trans Fat	0g			
Total Carl	oohydrat	<b>e</b> 17g		6%
Dietary Fiber 5g 209				
Sugars	5g			
Protein 1	2g			24%
Macronut	rient Rati	ios (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
282	21g	12g	12g	5g
	47%	27%	27%	-
			,000 calorie die ending on your	



#### **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 Total Fat 14g Saturated Fat 1g 5% Total Carbohydrate 33g 11% Dietary Fiber 5g 20% Sugars 21g Protein 4g 8% Macronutrient Ratios (per serving) Calories Fat Protein Net Carbs Fiber 28g 14g 4g 5g

# **Pecan Pie**

#### **Nutrition Facts**

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	8g	58g	7g
	41%	7%	52%	

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

# **Pumpkin Pie**

#### **Nutrition Facts**

Serving Size: 1 Slice Servings per Recipe: 8

Allergy Information: Dairy Free, Gluten Free, Soy 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	8g	43g	4g
	27%	11%	61%	

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

# **Chocolate Cream Pie**

9%

\*Percent Daily Values are based on a 2,000 calorie diet. Your

daily value may be higher or lower depending on your calorie

61%

#### **Nutrition Facts**

30%

Serving Size: 1 Slice

Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free,

Vegan, Vegetarian, Wheat Free

Amount per Ser	ving			
Calories	534	С	alories fron	n Fat 315
				% Daily Value*
Total Fat	35g			54%
Saturated	Fat 12g			60%
Trans Fat	0g			
Total Car	bohydrate	• 55g		18%
Dietary Fiber 6g				24%
Sugars 3	35g			
Protein	7g			14%
Macronut	trient Rati	os (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
534	35g	7g	49g	6g
	38%	8%	54%	Ü

daily value may be higher or lower depending on your calorie

# **Peach Blueberry Crumble**

#### **Nutrition Facts**

Serving Size: 1 Slice Servings per Recipe: 8

Amount per Serving

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

Calories 2	256	С	alories fror	n Fat 189
				% Daily Value*
Total Fat	21g			32%
Saturated I	Fat 2g			10%
Trans Fat	0g			
Total Cark	ohydrat	<b>e</b> 14g		5%
Dietary Fib	er 4g			16%
Sugars 7	'g			
Protein 7	'g			14%
Macronuti	rient Rat	ios (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
256	21g	7g	10g	4g
	55%	18%	26%	

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

# **Coconut Berry Crisp**

#### **Nutrition Facts**

Serving Size: 1 Slice

Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free,

Calories 4	122	C	alories fror	n Fat 324
				% Daily Value*
Total Fat	36g			55%
Saturated	Fat 18g			90%
Trans Fat	0g			
Total Carl	bohydrate	<b>e</b> 26g		9%
Dietary Fiber 4g			16%	
Sugars 1	.3g			
Protein	6g			12%
Macronut	rient Rati	ios (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
422	36g	6g	22g	4g
	56%	9%	34%	

#### **Pear Crisp Nutrition Facts** 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 Saturated Fat 2g 10% Total Carbohydrate 35g 12% Dietary Fiber 7g 28% Sugars 21g Protein 7g 14% Macronutrient Ratios (per serving) Calories Fat Protein Net Carbs Fiber 21g 28g 335 7g 7g 38% 13% \*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie

# **Apple Clafoutis**

#### **Nutrition Facts**

Serving Size: 1 Slice Servings per Recipe: 8

Allergy Information: Gluten Free, Soy Free, Vegetarian,

Wheat Free

Calories 237	Calories from Fat 144
	% Daily Value*
Total Fat 16g	25%
Saturated Fat 8g	40%
Trans Fat 0g	
Total Carbohydrate 219	7%
Dietary Fiber 3g	12%
Sugars 17g	
Protein 5g	10%

#### **Macronutrient Ratios (per serving)**

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

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

# **Strawberry Creme Tart**

#### **Nutrition Facts**

Serving Size: 1 Slice Servings per Pecine: 8

Amount per Ser	ving			
Calories :	326	С	alories fror	n Fat 198
				% Daily Value
Total Fat	22g			34%
Saturated	Fat 1g			5%
Trans Fat	0g			
Total Car	bohydrat	<b>e</b> 29g		10%
Dietary Fi	oer 4g			16%
Sugars 1	.8g			
Protein	7g			14%
Macronut	rient Rati	ios (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
326	22g <b>41%</b>	7g <b>13</b> %	25g <b>46</b> %	4g

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

# **Raspberry Chocolate Chiffon Tart**

**Nutrition Facts** Serving Size: 1 Slice

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

Vegetarian, Wheat Free

Calories 3	379	С	alories fron	n Fat 216
				% Daily Value
Total Fat	24g			37%
Saturated	Fat 6g			30%
Trans Fat	0g			
Total Carl	bohydrat	<b>e</b> 39g		13%
Dietary Fiber 5g 2				
Sugars 2	.9g			
Protein	6g			129
Macronut	rient Rat	ios (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
379	24g	6g	34g	5g
	38%	9%	53%	

#### **Pie Crust**

#### **Nutrition Facts**

Serving Size: 1 Crust

Amount per Serving

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

Calories :	1513	С	alories from	Fat 1242	
				% Daily Value*	
Total Fat	138g			212%	
Saturated	Fat 11g	55			
Trans Fat	0g				
Total Car	bohydrat	<b>e</b> 53g		18%	
Dietary Fiber 18g				72%	
Sugars 2	23g				
Protein 3	36g			72%	
Macronut	trient Rati	ios (per	serving)		
Calories	Fat	Protein	Net Carbs	Fiber	
1513	138g <b>66%</b>	36g <b>17</b> %	35g <b>17%</b>	18g	

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

# **Dark Chocolate Pie Crust**

#### **Nutrition Facts**

Serving Size: 1 Crust

Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free,

Calories	1660	Ca	lories from	Fat 1197	
			.01100 110111	% Daily Value	
Total Fat	133g			205%	
Saturated	Fat 32g	1609			
Trans Fat	0g				
Total Car	bohydrat	<b>e</b> 118g		39%	
Dietary Fiber 23g 92				92%	
Sugars 6	69g				
Protein 3	30g			60%	
Macronut	rient Rat	ios (per s	erving)		
Calories	Fat	Protein	Net Carbs	Fiber	
1660	133g <b>52%</b>	30g <b>12</b> %	95g <b>37</b> %	23g	

#### Coconut Pie Crust

#### **Nutrition Facts**

Servings per Recipe: 1

Protein 21g

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 390% Saturated Fat 78q Total Carbohydrate 39g 13% Dietary Fiber 15g 60% Sugars 15g

Macronutrient Ratios (per serving)

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

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

# **Crunchy Almond Pie Crust**

#### Nutrition Facts

Serving Size: 1 Crust Servings per Recipe: 1

Protein 36g

42%

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 55% Saturated Fat 11q Total Carbohydrate 51g 17% Dietary Fiber 18g 72% Sugars 23g

Macronutrient Ratios (per serving)

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

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

# **Simple Tart Crust**

# Nutrition Facts

Serving Size: 1 Crust

72%

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 55% Saturated Fat 11q Total Carbohydrate 52g 17% Dietary Fiber 18g 72% Sugars 22g Protein 36g 72% Macronutrient Ratios (per serving) Calories Fat Protein Net Carbs Fiber 138g 36a 34g 18g

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

17%

16%

66%

# 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

mount per Serving Calories 1450 Calories from Fat 1242 % Daily Value Total Fat 138g 212% Saturated Fat 11g 55% Trans Fat 0g Total Carbohydrate 38g Dietary Fiber 19g 76% Sugars 7g 74% Protein 37g Macronutrient Ratios (per serving) Calories Protein Net Carbs Fiber 138g 1450 37g 19g 19g 71% 19% 10%

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

#### **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

mount per Serving Calories 1443 Calories from Fat 1251 % Daily Value Total Fat 139g Saturated Fat 11g 55% Trans Fat 0g Total Carbohydrate 36g 12% Dietary Fiber 18g 72% Sugars 6g 72% Protein 36g Macronutrient Ratios (per serving) Protein Net Carbs Fiber

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

36g

19%

18g

18g

139g

72%

1443

#### Pizza Crust

#### **Nutrition Facts**

Serving Size: 1 Crust

Servings per Recipe: 1

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

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

Macronutrient Ratios (per serving)

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

# **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 Saturated Fat 2g 10% 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

# 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 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 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

# **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 Saturated Fat 2g 10% Trans Fat 0g Total Carbohydrate 37g 12% Dietary Fiber 16%

Sugars 28g Protein 8g 16%

Macronutrient Ratios (per serving) Calories Fat Protein Net Carbs Fiber 344 21g 8a 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

#### **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 from Fat 243 Calories 388 Total Fat 27g Saturated Fat 3g 15% Trans Fat 0g Total Carbohydrate 31g 10% Dietary Fiber 20% Sugars 21g Protein 11g 22% **Macronutrient Ratios (per serving)** Calories Protein Net Carbs Fiber 388 27q 26q 11g 5g 17%

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

#### **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 Saturated Fat 6g 30% Trans Fat 0g Total Carbohydrate 24g 8% 8% Dietary Fiber 2g Sugars 19g Protein 4g 8% Macronutrient Ratios (per serving)

Calories Protein Net Carbs Fiber 276 20g 22g 2g 4q 9%

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

# Vanilla Raspberry Torte

#### **Nutrition Facts**

Serving Size: 1 Slice Servings per Recipe: 12

Allergy Information: Dairy Free, Gluten Free, Sov Free.

Vegetarian, Wheat Free

Calories from Fat 261 Calories 539 % Daily Value Total Fat 29g 35% Saturated Fat 7g Trans Fat 0g Total Carbohydrate 66g 22% Dietary Fiber 16% Sugars 57g Protein 10g 20% **Macronutrient Ratios (per serving)** Calories Protein Net Carbs Fiber 539 29q 10g 62a 4q 29% 10%

#### **Strawberry Shortcake Nutrition Facts** Serving Size: 1 Serving Servings per Recipe: 8 Allergy Information: Gluten Free, Soy Free, Vegetarian, Wheat Amount per Serving Calories 539 Calories from Fat 432 % Daily Value\* Total Fat 48g Saturated Fat 16g 80% Total Carbohydrate 23g 8% Dietary Fiber 4g 16% Sugars 16g Protein 10g 20% Macronutrient Ratios (per serving) Calories Fat Protein Net Carbs Fiber 19g 539 48g 10g 4g 62% 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

#### **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 Total Fat 59g Saturated Fat 18g 90% Total Carbohydrate 70g 23% Dietary Fiber 7g 28% Sugars 39g Protein 11g 22% **Macronutrient Ratios (per serving)** Calories Fat Protein Net Carbs Fiber 59g 63g

11g

8%

\*Percent Daily Values are based on a 2,000 calorie diet. Your

daily value may be higher or lower depending on your calorie

7g

823

	, Jiaton	Free, Soy Free	,	
g				
4	C	alories from	Fat 180	
		q	6 Daily Value	
.0g	31			
at 2g 1				
Эg				
hydrate	<b>e</b> 19g		6%	
Dietary Fiber 3g			12%	
1				
			14%	
ent Rati	ios (per s	erving)		
Fat	Protein	Net Carbs	Fiber	
20g	7g	16g	3g	
47%	16%	37%		
	one control of the co	4 C  100g at 2g by bydrate 19g r 3g  ent Ratios (per s  Fat Protein 20g 7g	4 Calories from  100g 20g 20g 20g 20hydrate 19g 21 3g 22 29 247% Protein Net Carbs 20g 7g 16g 247% 16% 37%	



#### **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 Saturated Fat 1g 5% Total Carbohydrate 9g 3% Dietary Fiber 1g 4% Sugars 6g Protein 2g 4% Macronutrient Ratios (per serving) Calories Fat Protein Net Carbs Fiber 9g 2g 1g

11%

\*Percent Daily Values are based on a 2,000 calorie diet. Your

daily value may be higher or lower depending on your calorie

42%

# **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

regent regetenten, ritteat rec	
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	2g	7g	1g			

11%

39%

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

50%

# **Double Chocolate Cherry Cookies**

#### **Nutrition Facts**

Serving Size: Servings per				
Allergy Inform			ee, Gluten Free	e, Soy Free,
Amount per Ser	ving			
Calories 2	217	С	alories fron	n Fat 126
				% Daily Value*
Total Fat	14g			22%
Saturated	Fat 3g			15%
Trans Fat	0g			
Total Carl	bohydrate	23g		8%
Dietary Fil	ber 3g			12%
Sugars 1	.7g			
Protein	3g			6%
Macronut	rient Ratio	os (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
217	14g <b>38%</b>	3g <b>8%</b>	20g <b>54%</b>	3g

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

# **Chewy Chocolate Cookies**

#### **Nutrition Facts**

47%

Serving Size: 1 Cookie Servings per Recipe: 12

Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free,

Vegan, Vegetarian, Wheat Free

Calories 3	865	C	alories from	Fat 207
			9	% Daily Value*
Total Fat	23g			35%
Saturated	Fat 2g			10%
Trans Fat	0g			
Total Carl	ohydrate	. 37g		12%
Dietary Fib	er 4g			16%
Sugars 1	7g			
Protein 7	'g			14%
Macronut	rient Ratio	os (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
365	23g	7g	33g	4g
	37%	11%	52%	_

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

# **Snickerdoodles**

# **Nutrition Facts**

Serving Size: 1 Cookie Servings per Recipe: 36

Amount per Servino

Allergy Information: Dairy Free, Egg Free, Gluten Free, Soy Free,

Vegan, Vegetarian, Wheat Free

Calories 9	9	(	Calories fro	m Fat 54
				% Daily Value
Total Fat	6g			9%
Saturated	Fat 0g			0%
Trans Fat	0g			
Total Cark	ohydrate	10g		3%
Dietary Fib	er 1g			4%
Sugars 4	lg			
Protein 2	2g			4%
Macronuti	rient Ratio	os (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
99	6g	2g	9g	1g
	35%	12%	53%	

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

#### **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

per Serving			
ies 151	С	alories fror	n Fat 117
			% Daily Value*
Fat 13g			20%
ırated Fat 1g			5%
s Fat 0g			
Carbohydrat	<b>e</b> 7g		2%
ary Fiber 2g			8%
ars 4g			
in 3g			6%
onutrient Rati	ios (per s	erving)	
ies Fat	Protein	Net Carbs	Fiber
13g	3g	5g	2g
62%	14%	24%	

#### **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 Total Fat 14g 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 14g 3g 5g 2g 54% 14% 23% \*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie

# **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

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	3g	4g	1g
	46%	23%	31%	

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

# **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%

Macronaurent Matios (per serving)								
Calories	Fat	Protein	Net Carbs	Fiber				
122	9g	3g	6g	2g				
	50%	17%	33%					

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

# Hamantaschen

#### **Nutrition Facts**

Serving Size: 1 Pastry Servings per Recipe: 30

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

Vegetarian, Wheat Free

Amount per Serv	ring			
Calories 1	.34	(	Calories fro	m Fat 81
				% Daily Value*
Total Fat	9g			14%
Saturated	Fat 1g			5%
Trans Fat	0g			
Total Carl	ohydrate	<b>e</b> 11g		4%
Dietary Fib	er 2g			8%
Sugars 8	3g			
Protein 3	3g			6%
Macronut	rient Rati	ios (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
134	9g	3g	9g	2g
	43%	14%	43%	

daily value may be higher or lower depending on your calorie

# **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

Calories 1	L59	(	Calories fro	m Fat 90
				% Daily Value*
Total Fat	10g			15%
Saturated	Fat 1g			5%
Trans Fat	0g			
Total Carl	oohydrate	<b>1</b> 7g		6%
Dietary Fib	er 2g			8%
Sugars 1	2g			
Protein 3	3g			6%
Macronut	rient Rati	os (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
159	10g <b>36</b> %	3g <b>11%</b>	15g <b>54</b> %	2g

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

# **Almond Macaroons**

#### **Nutrition Facts**

Serving Size: 1 Cookie Servings per Recipe: 20

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

78	(	Calories fro	m Fat 54
			% Daily Value*
6g			9%
Fat 0g			0%
0g			
oohydrate	<b>e</b> 6g		2%
per 1g			4%
4g			
3g			6%
rient Rati	os (per s	erving)	
Fat	Protein	Net Carbs	Fiber
6g	3g	5g	1g
43%	21%	36%	
	6g Fat 0g 0g bohydrate per 1g 4g 3g rient Rati 6g	6g Fat 0g 0g bohydrate 6g per 1g 4g 3g rrient Ratios (per sertion of the sertion	6g Fat 0g 0g bohydrate 6g oer 1g 4g 3g rient Ratios (per serving) Fat   Protein   Net Carbs 6g 3g 5g

#### **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 15% Saturated Fat 3g Total Carbohydrate 14g 5% Dietary Fiber 2g 8% Sugars 11g Protein 2g 4% Macronutrient Ratios (per serving) Calories Fat Protein Net Carbs Fiber 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

# 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	m Fat 117
			% Daily Value*
Total Fat 13g			20%
Saturated Fat 2g			10%
Trans Fat 0g			
Total Carbohydrat	<b>e</b> 14g		5%
Dietary Fiber 2g			8%
Sugars 10g			
Protein 4g			8%
Macronutrient Rat	ios (per	serving)	
Calories Fat	Protei	n Net Carbs	Fiber

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

4g

14%

12g

41%

2g

13g

45%

175

#### **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 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 11g 3g 7g 1g 14% **52**% 33% \*Percent Daily Values are based on a 2,000 calorie diet. Your

daily value may be higher or lower depending on your calorie

**Lemon Bars** 

#### **Raspberry Bars Nutrition Facts** Serving Size: 1 Bar Servings per Recipe: 20 Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free Calories 279 Calories from Fat 189 Total Fat 21g 32% Saturated Fat 2g 10% Trans Fat 0g 6% Total Carbohydrate 18g Dietary Fiber 3g 12% Sugars 12g 14% Protein 7g Macronutrient Ratios (per serving) Calories Fiber 21g 7g 15g 3g 279 16% 49% 35% \*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie

#### **Apricot Tea Squares Nutrition Facts** Serving Size: 1 Square Servings per Recipe: 16 Allergy Information: Dairy Free, Gluten Free, Soy Free, Vegetarian, Wheat Free Calories 131 Calories from Fat 90 % Daily Value Total Fat 10g Saturated Fat 3g 15% Trans Fat 0g Total Carbohydrate 9g 3% Dietary Fiber 3g 12% Sugars 5g 8% Protein 4g Macronutrient Ratios (per serving) Fiber 10g 4g 6g 3g 131 20% 50% 30% Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie

Nutrit Serving Size: Servings per Allergy Inforn Wheat Free	1 Square Recipe: 16		ree, Soy Free,	Vegetarian			
Amount per Ser	ving						
Calories	260	С	alories fror	n Fat 216			
% Daily Value*							
Total Fat	24g			37%			
Saturated Fat 5g 25%							
Trans Fat	0g						
Total Car	bohydrat	<b>e</b> 10g		39			
Dietary Fi	ber 3g			129			
Sugars	6g						
Protein	4g			8%			
Macronutrient Ratios (per serving)							
Calories	Fat	Protein	Net Carbs	Fiber			
260	24g	4g	7g	3g			

Ginger Macadamia Brownies					S	'more	es		
Nutrit Serving Size: Servings per F Allergy Inform Vegetarian, W	1 Brownie Recipe: 20 ation: Dairy		Free, Soy Free	,	Nutrit Serving Size: Servings per Allergy Inform Vegetarian, V	1 Cookie Recipe: 16 lation: Dairy		Free, Soy Free	9,
Amount per Serv	ring				Amount per Ser	/ing			
Calories 2	241	С	alories from	n Fat 153	Calories 2	289	С	alories fror	n Fat 171
				% Daily Value*					% Daily Value*
Total Fat         17g         26%         Total Fat         19g         2					29%				
Saturated Fat 3g 15%				15%	Saturated	Saturated Fat 7g 35%			
Trans Fat	0g				Trans Fat 0g				
Total Carl	ohydrat	<b>e</b> 21g		7%	Total Carbohydrate         33g         11%           Dietary Fiber         3g         12%           Sugars         24g				11%
Dietary Fib	er 3g			12%					12%
Sugars 1	6g								
Protein 4	lg			8%	Protein	3g			6%
Macronut	rient Rat	ios (per s	erving)		Macronut	rient Rat	ios (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber	Calories	Fat	Protein	Net Carbs	Fiber
241	17g <b>44%</b>	4g <b>10</b> %	18g <b>46</b> %	3g	289	19g <b>37</b> %	3g <b>6</b> %	30g <b>58%</b>	3g
	Values are	based on a 2	,000 calorie die			y Values are	based on a 2	2,000 calorie di ending on your	

#### **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 from Fat 0 Calories 47 % Daily Value\* Total Fat 0g Saturated Fat 0g 0% Total Carbohydrate 12g 4% Dietary Fiber 1g 4% Sugars 7g Protein <1g 1% Macronutrient Ratios (per serving)

Protein

<1g

\*Percent Daily Values are based on a 2,000 calorie diet. Your

daily value may be higher or lower depending on your calorie

Net Carbs

11g

98%

Fiber

1g

# **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

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%

_					
(	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

# **Tomato Sauce**

# **Nutrition Facts**

Serving Size: 1/4 Cup Servings per Recipe: 12

Calories

38

Fat

0g

Amount per Serving	
Calories 38	Calories from Fat 0
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Total Carbohydrate 8	3%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 2g	5%

2g 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

Protein

Net Carbs

7g

Fiber

1g

#### Pizza Sauce

#### **Nutrition Facts**

Serving Size: 1/4 Cup Servings per Recipe: 4

Calories

0g

0%

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

Amount per Serving

Calories 53		Calories f	rom Fat 0
			% Daily Value*
Total Fat 0g			0%
Saturated Fat 0g			0%
Trans Fat 0g			
Total Carbohydrat	<b>te</b> 11g		4%
Dietary Fiber 2g			7%
Sugars 5g			
Protein 4g			7%
Macronutrient Rat	tios (per s	erving)	
Calories Fat	Protein	Net Carbs	Fiber
53 Og	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

# **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 3	363	С	alories fror	n Fat 272
				% Daily Value*
Total Fat	30g			46%
Saturated	Fat 10g			48%
Trans Fat	0g			
Total Carl	oohydrate	<b>e</b> 27g		9%
Dietary Fil	er 3g			11%
Sugars 1	9g			
Protein	)g			0%
Macronut	rient Rati	os (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
363	30g <b>55%</b>	0g <b>0</b> %	24g <b>45</b> %	3g

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

# **Peanut Butter Frosting**

#### **Nutrition Facts**

Serving Size: 1/4 Cup

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

Amount per Serv	/ing			
Calories 3	335	С	alories fron	n Fat 192
				% Daily Value
Total Fat	21g			33%
Saturated	Fat 3g			17%
Trans Fat	0g			
Total Carl	oohydrat	<b>e</b> 32g		11%
Dietary Fil	oer 3g			11%
Sugars 2	6g			
Protein	9g			19%
Macronut	rient Rat	ios (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
335	21g	9g	30g	3g
	35%	16%	49%	

#### **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 Saturated Fat 0g 0% Total Carbohydrate 11g 4% Dietary Fiber 0g 0% Sugars 11g Protein 1g 2% Macronutrient Ratios (per serving) Calories Protein Net Carbs Fiber 48 0g 1g 11g 0g 0% \*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie

#### **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 Saturated Fat 20g 102% Trans Fat 0g Total Carbohydrate 25g 8% Dietary Fiber <1q 1% Sugars 21g Protein <1g <1% Macronutrient Ratios (per serving) Calories Fat Protein Net Carbs Fiber 24g 298 25g <1g <1g **51**%

\*Percent Daily Values are based on a 2,000 calorie diet. Your

Nutrit Serving Size:	ion F	•	ream	
Servings per I Allergy Inform Vegetarian, W	ation: Egg Fi	ree, Gluten F	ee, Nut Free,	Soy Free,
Amount per Serv	/ing			
Calories 1	L13	С	alories fron	n Fat 100
				% Daily Value*
Total Fat	11g	17%		
Saturated	Fat 7g			35%
Trans Fat	0g			
Total Carl	oohydrate	<b>e</b> 3g		1%
Dietary Fil	oer Og			0%
Sugars 3	Sugars 3g			
Protein	1g			2%
Macronut	rient Rati	os (per s	erving)	
Calories	Fat	Protein	Net Carbs	Fiber
113	11g <b>76%</b>	1g <b>4%</b>	3g <b>20</b> %	0g
			,000 calorie di ending on your	

