

Happy Hour Menu	Classic Stuffed Baked Peppers with Sausage	Caprese Salad Kabobs	Baked Artichoke Bottoms (Without gluten free flat bread)	Meatball Sliders	Baked Wings	Dolmas and Hummus	Organic Cheesy Pesto and Tomato Bread
Serving Size	1	1	1	1	1	1	1
Servings Per Dish	2	2	2	2	2	2	2
Calories	200	250	180	500	700	240	330
Calories From Fat	90	110	70	260	430	80	160
Total Fat (g)	10	12	7	29	47	9	18
Sat Fat (g)	4	6	3.5	6	12	1	3.5
Trans Fat (g)	0	0	0	0	0	0	0
Cholesterol (mg)	30	35	20	45	175	25	15
Sodium (mg)	350	790	330	2020	1010	880	1490
Total CHO (g)	20	18	24	49	6	35	33
Fiber (g)	2	2	12	5	1	3	4
Sugar (g)	14	8	3	11	4	3	7
Protein (g)	11	16	10	17	56	6	13
Vit A(%)	20	20	70	20	10	20	50
Vit C(%)	190	20	40	25	0	10	20
Calcium (%)	15	45	15	8	4	6	20
Iron (%)	10	6	15	20	15	10	15