



Standard 1000 Calorie Blenderized Tube Feed (Dairy Free, Gluten Free)

Ingredients:

- 1 cup Peach Halves, Canned in Juice
- 2/3 cup Green Beans, cooked
- 1/2 cup Carrots, cooked
- 1/2 cup Chicken Breast, diced
- 2 tbsp Olive Oil
- 1/2 cup Old Fashioned Oats, dry
- 2/3 cup Sweet Potatoes, boiled, no skin
- 1.5 cups Pea-based Milk for Kids

Instructions:

- Add ingredients into a professional strength blender, place lid on and blenderize under high power for 3 minutes.

Nutrition Information:

Exchange Group	# of Exchanges	Calories
GRAINS	3	240
FRUITS	2	120
VEGETABLES	2	50
PROTEINS	2	120
DAIRY (or alternative)	2	200
FATS	6	240
Totals		970

Standard HBF 1000 cal based on exchanges_Weston [dairy free, gluten free]		
Nutrition Facts		
Serving Size	1 full recipe	
Amount Per Serving		
Calories	1015.5	
% Daily Value*		
Total Fat	47.3 g	61 %
Saturated Fat	7.1 g	36 %
Trans Fat	0.1 g	
Cholesterol	52.5 mg	18 %
Sodium	344.1 mg	15 %
Total Carbohydrate	112 g	41 %
Dietary Fiber	19.6 g	70 %
Total Sugars	49.8 g	
Added Sugars	7.5 g	15 %
Protein	40.7 g	
Vitamin D	9 mcg	45 %
Calcium	833 mg	64 %
Iron	6.7 mg	37 %
Potassium	2148.7 mg	46 %
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		
Full info at cronometer.com		