



Nutritional Information

May 2024

With Dream Dinners, healthy eating is easy for everyone.

Serving Size	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugars	Protein	Vitamin D	Calcium	Iron	Potassium
MAPLE BOURBON BBQ CHICKEN WITH BACON & BACON RANCH GREEN BEANS														
1 chicken breast & 2/3 cup of beans (334g)	477	14g	6g	129mg	982mg	39g	4g	23g	0g	48g	1µg	71mg	3mg	1575mg
SIZZLING SIRLOIN FRIED RICE														
1 3/4 cup (253g)	512	19g	7g	68mg	1287mg	56g	2g	13g	0g	28g	0µg	52mg	4mg	884mg
CHICKEN ENCHILADAS														
1 enchilada (233g)	372	16g	8g	70mg	1053mg	31g	3g	4g	0g	26g	1µg	360mg	3mg	394mg
FRENCH ONION TURKEY BURGERS WITH SALT & PEPPER FRIES														
1 burger & 1 cup fries (364g)	842	49g	12g	82mg	2037mg	72g	2g	7g	0g	30g	1µg	38mg	8mg	639mg
CHIPOTLE SHRIMP WITH MANGO SALSA & JASMINE RICE														
9 shrimp, 3/4 cup of rice, & salsa (481g)	355	7g	1g	143mg	832mg	54g	3g	12g	0g	20g	1µg	95mg	1mg	390mg
FIREHOUSE THREE CHEESE PASTA WITH MEATBALLS														
3 meatballs & 2/3 cup pasta (296g)	442	21g	9g	58mg	1164mg	41g	5g	10g	0g	23g	1µg	396mg	3mg	691mg
SLOW ROASTED CAROLINA BBQ PORK TENDERLOIN WITH ROASTED POTATO WEDGES														
4 oz. pork, sauce & 6 oz. potatoes (244g)	498	8g	3g	101mg	1221mg	65g	5g	26g	0g	46g	0µg	59mg	4mg	2065mg
LEMON CHICKEN PICCATA OVER ORZO														
1 chicken breast & 2/3 cup orzo (412g)	411	11g	2g	107mg	927mg	30g	5g	1g	0g	47g	0µg	28mg	3mg	1364mg
MEXICAN BEEF TORTILLA BAKE														
1/3 (Med) or 1/6 (Lrg) pan (405g)	777	51g	20g	169mg	1027mg	31g	7g	3g	0g	48g	1µg	282mg	7mg	973mg
BUFFALO CHICKEN CAVATAPPI														
2 cups pasta & sauce (353g)	605	25g	11g	114mg	1528mg	58g	2g	8g	0g	36g	1µg	267mg	3mg	599mg
MANGO GLAZED SALMON WITH GARDEN VEGGIE RICE														
1 salmon filet & 3/4 cup of rice (264g)	613	31g	9g	83mg	236mg	55g	2g	13g	0g	28g	12µg	77mg	3mg	580mg
CRISPY SALSA RANCH CHICKEN WITH MEXICAN STREET CORN														
3 tenders with salsa & 2/3 cup of corn (310g)	518	21g	7g	128mg	1443mg	36g	5g	14g	0g	51g	1µg	197mg	3mg	1599mg
PHILLY CHEESESTEAKS														
1 sandwich (323g)	340	21g	9g	81mg	1144mg	6g	1g	1g	0g	32g	1µg	266mg	2mg	136mg
BLACK AND BLEU STEAKS														
1 steak & cheese (120g)	431	27g	10g	144mg	227mg	1g	1g	1g	0g	42g	1µg	37mg	5mg	674mg
CHICKEN WITH HONEY, GARLIC, AND ORANGE WITH OVEN ROASTED BROCCOLI														
1 breast and 2/3 cup broccoli (258g)	369	11g	2g	107mg	924mg	26g	5g	17g	0g	46g	0µg	96mg	3mg	1501mg
SOUTHWEST PULLED PORK WITH CONFETTI CORNBREAD														
1-4"x5" piece (296g)	508	18g	9g	123mg	1661mg	57g	6g	18g	0g	30g	1µg	239mg	4mg	642mg
CHICKEN CHIPOTLE RAVIOLI														
5 ravioli with chicken & sauce (348g)	502	22g	9g	125mg	1341mg	42g	4g	7g	0g	34g	1µg	268mg	4mg	608mg

Nutritional information is per serving unless otherwise stated and are based on standard formulations. For example, if one Large dinner was divided into 6 equal portions, the nutritional information is accurate for one portion. Variations may occur due to manufacture/supplier alterations and individual assembly and preparation.