



Nutritional Information

With Dream Dinners, healthy eating is easy for everyone.

September 2024

Serving Size	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugars	Protein	Vitamin D	Calcium	Iron	Potassium
MINI CHICKEN POT PIES														
2 pot pies (306g)	907	61g	16g	73mg	1090mg	60g	3g	5g	0g	30g	0mcg	134mg	4mg	431mg
PIZZA BURGER SLIDERS WITH CRISPY SHOESTRING FRIES														
2 sliders & 1 cup fries (443g)	1063	70g	25g	212mg	1032mg	61g	3g	9g	0g	52g	1mcg	266mg	6mg	944mg
LOADED MASHED POTATO BOWL														
1 1/2 cups (401g)	494	23g	11g	113mg	1317mg	36g	5g	7g	0g	35g	1mcg	202mg	2mg	958mg
MINI TURKEY MEATLOAVES WITH BACON RANCH GREEN BEANS														
2 meatloaves & 2/3 cup beans (303g)	441	32g	9g	97mg	1096mg	16g	3g	7g	0g	26g	1mcg	63mg	6mg	567mg
CRISPY FRENCH ONION CHICKEN														
1 breast (180g)	463	28g	10g	109mg	618mg	14g	1g	1g	0g	38g	0mcg	10mg	2mg	1101mg
LUCKY DRAGON PORK TENDERLOIN WITH JASMINE RICE														
4 oz. pork & 3/4 cup rice (335g)	539	14g	4g	102mg	1086mg	60g	2g	13g	0g	45g	0mcg	70mg	3mg	1049mg
CHEESY CHICKEN AND BROCCOLI RICE BAKE														
1 1/4 cup (307g)	521	26g	13g	114mg	798mg	33g	2g	3g	0g	37g	1mcg	481mg	3mg	467mg
SWEET & SOUR CHICKEN WITH JASMINE RICE														
1 breast & 3/4 cup rice (247g)	494	5g	2g	99mg	594mg	68g	1g	24g	0g	42g	0mcg	31mg	2mg	1346mg
SLOW COOKED BBQ BEEF WITH BABY ROASTERS														
1 steak with sauce & 5 oz. potatoes (366g)	593	27g	9g	139mg	481mg	38g	1g	11g	0g	46g	0mcg	33mg	6mg	880mg
BALSAMIC CREAM CHICKEN														
1 breast & sauce (239g)	500	31g	12g	149mg	763mg	11g	1g	6g	0g	46g	4mcg	103mg	2mg	1316mg
ITALIAN SAUSAGE LASAGNA SOUP														
1 1/3 cup (491g)	529	27g	11g	60mg	1336mg	50g	5g	13g	0g	25g	4mcg	331mg	79mg	576mg
PULLED PORK BANH MI SANDWICHES														
1 sandwich (215g)	596	18g	5g	69mg	2488mg	78g	3g	20g	0g	27g	0mcg	34mg	5mg	489mg
CATALINA SHRIMP TACOS														
2 tacos (241g)	480	23g	6g	155mg	1262mg	45g	4g	8g	0g	25g	1mcg	267mg	3mg	403mg
SPINACH AND ARTICHOKE RAVIOLI BAKE														
4 ravioli & sauce (327g)	438	20g	12g	92mg	1005mg	42g	5g	5g	0g	24g	1mcg	506mg	3mg	441mg
PARMESAN CRUSTED PORK CHOPS														
1 pork chop (133g)	177	6g	2g	60mg	397mg	5g	1g	2g	0g	25g	1mcg	83mg	1mg	426mg
COUNTRYSIDE CHICKEN OVER LINGUINE														
1 breast, sauce, & 1 cup linguine (500g)	622	22g	12g	145mg	736mg	55g	4g	7g	0g	49g	7mcg	92mg	4mg	1525mg
CRISPY SALMON CAKES WITH TANGY TARTAR SAUCE														
2 salmon cakes & sauce (275g)	487	35g	6g	64mg	962mg	15g	1g	4g	0g	27g	13mcg	54mg	2mg	603mg

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.