



# Nutritional Information

With Dream Dinners, healthy eating is easy for everyone.

# October 2024

Serving Size	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugars	Protein	Vitamin D	Calcium	Iron	Potassium
<b>CHICKEN PARMESAN</b>														
1 chicken breast & sauce (224g)	321	10g	4g	113mg	979mg	11g	2g	6g	0g	45g	1mcg	185mg	2mg	1419mg
<b>SHEET PAN KIELBASA &amp; POTATOES</b>														
1 1/2 cups (258g)	495	37g	9g	47mg	730mg	30g	4g	3g	0g	12g	1mcg	53mg	2mg	848mg
<b>HONEY PECAN PORK TENDERLOIN WITH CRANBERRY APPLESAUCE</b>														
5.3 oz pork & sauce (265g)	498	18g	6g	111mg	635mg	50g	3g	45g	0g	41g	0mcg	35mg	2mg	995mg
<b>KUNG PAO CHICKEN WITH JASMINE RICE</b>														
1 cup chicken/veggies & 3/4 cup rice (408g)	423	8g	2g	65mg	899mg	56g	3g	7g	0g	31g	0mcg	40mg	2mg	830mg
<b>CHEESE LOVERS MANICOTTI</b>														
2 manicotti (408g)	441	16g	8g	96mg	1153mg	52g	4g	7g	0g	20g	1mcg	341mg	4mg	526mg
<b>COD FISH N CHIPS WITH TANGY TARTAR SAUCE</b>														
2 cod strips, sauce & 1 cup of fries (294g)	698	29g	6g	134mg	1388mg	49g	2g	4g	0g	55g	2mcg	187mg	4mg	1515mg
<b>CHICKEN PHILLY CHEESESTEAKS</b>														
1 sandwich (323g)	472	13g	5g	93mg	1554mg	47g	3g	3g	0g	39g	1mcg	340mg	3mg	249mg
<b>HEARTY BRAISED BEEF WITH AUTUMN VEGETABLES</b>														
1 steak & 3/4 cup veggies (307g)	552	27g	9g	139mg	699mg	28g	3g	3g	0g	45g	0mcg	50mg	6mg	856mg
<b>BRUSCHETTA CHICKEN WITH ORZO</b>														
1 breast, sauce, & 2/3 cup orzo (212g)	418	15g	3g	99mg	683mg	27g	2g	5g	0g	43g	0mcg	31mg	3mg	1183mg
<b>CATTLEMAN'S PIE</b>														
1 1/3 cup (384g)	768	52g	21g	172mg	955mg	30g	5g	6g	0g	42g	1mcg	202mg	5mg	1216mg
<b>BUTTERNUT SQUASH RAVIOLI WITH CARAMELIZED ONIONS</b>														
5 oz. ravioli with sauce (247g)	409	18g	8g	86mg	689mg	53g	6g	5g	0g	12g	0mcg	133mg	1mg	91mg
<b>WHITE BEAN, SPINACH &amp; BACON SOUP WITH CHEDDAR BISCUITS</b>														
1 3/4 cup soup & 1 biscuit (250g)	617	29g	9g	43mg	2453mg	63g	9g	8g	0g	29g	1mcg	304mg	5mg	899mg
<b>SWEET CHIPOTLE CHICKEN OVER EGG NOODLES</b>														
1 breast w/sauce & 1 cup noodles (325g)	663	23g	3g	147mg	704mg	70g	2g	26g	0g	47g	1mcg	99mg	6mg	1820mg
<b>GREEK TURKEY MEATBALLS WITH TZATZIKI</b>														
4 meatballs & sauce (467g)	350	26g	6g	83mg	773mg	8g	1g	4g	0g	25g	0mcg	141mg	5mg	492mg
<b>PORK MARSALA WITH MUSHROOMS &amp; MASHED POTATOES</b>														
1 pork chop, sauce & 1 cup potatoes (414g)	561	24g	12g	106mg	1619mg	55g	6g	9g	0g	31g	6mcg	124mg	3mg	1519mg
<b>CRANBERRY BUTTERMILK CHICKEN</b>														
1 chicken breast & sauce (138g)	268	6g	2g	101mg	522mg	16g	1g	13g	0g	39g	0mcg	30mg	2mg	1147mg
<b>GREEK ISLAND SHRIMP WITH PASTA</b>														
4 oz. shrimp, sauce, & 1 cup pasta (467g)	456	11g	5g	171mg	1495mg	59g	5g	10g	0g	30g	1mcg	293mg	5mg	723mg

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.