



Nutritional Information

With Dream Dinners, healthy eating is easy for everyone.

November 2024

| Serving Size | Calories | Total Fat | Saturated Fat | Cholesterol | Sodium | Carbs | Fiber | Sugar | Added Sugars | Protein | Vitamin D | Calcium | Iron | Potassium |
|---|----------|-----------|---------------|-------------|--------|-------|-------|-------|--------------|---------|-----------|---------|------|-----------|
| HOLIDAY ROASTED TURKEY WITH COMPOUND BUTTER | | | | | | | | | | | | | | |
| 8 oz. turkey (226g) | 446 | 24g | 7g | 166mg | 1915mg | 10g | 3g | 1g | 0g | 64g | 0mcg | 9mg | 1mg | 9mg |
| SIZZLING SIRLOIN FRIED RICE | | | | | | | | | | | | | | |
| 1 3/4 cup (253g) | 512 | 19g | 7g | 68mg | 1287mg | 56g | 2g | 13g | 0g | 28g | 0mcg | 52mg | 4mg | 884mg |
| BACON MAC N' THREE CHEESE BAKE | | | | | | | | | | | | | | |
| 1 1/2 cups (241g) | 503 | 26g | 11g | 65mg | 747mg | 46g | 2g | 6g | 0g | 21g | 1mcg | 229mg | 2mg | 380mg |
| ORANGE CHICKEN WITH VEGETABLE FRIED RICE | | | | | | | | | | | | | | |
| 1 chicken breast & 3/4 cup rice (408g) | 577 | 7g | 2g | 100mg | 1185mg | 79g | 3g | 18g | 0g | 48g | 1mcg | 157mg | 4mg | 1834mg |
| BEEF STEW WITH VEGETABLES | | | | | | | | | | | | | | |
| 1 3/4 cups (241g) | 532 | 26g | 9g | 141mg | 1014mg | 25g | 4g | 4g | 0g | 45g | 0mcg | 63mg | 14mg | 1129mg |
| AUTUMN CHICKEN PIE | | | | | | | | | | | | | | |
| 1 1/3 cup (351g) | 358 | 12g | 5g | 72mg | 967mg | 41g | 5g | 17g | 5g | 22g | 1mcg | 87mg | 2mg | 849mg |
| COLA AND LIME PORK TENDERLOIN | | | | | | | | | | | | | | |
| 5 oz. pork tenderloin & sauce (191g) | 307 | 6g | 3g | 101mg | 535mg | 26g | 1g | 25g | 0g | 39g | 0mcg | 21mg | 1mg | 886mg |
| SHERRY CREAM CHICKEN OVER EGG NOODLES | | | | | | | | | | | | | | |
| 1 breast w/sauce & 1 cup noodles (404g) | 550 | 18g | 7g | 169mg | 703mg | 47g | 2g | 3g | 0g | 50g | 4mcg | 114mg | 4mg | 1326mg |
| NEW ORLEANS JAMBALAYA | | | | | | | | | | | | | | |
| 1 3/4 cups (350g) | 459 | 19g | 6g | 103mg | 1596mg | 53g | 4g | 7g | 0g | 19g | 1mcg | 157mg | 5mg | 750mg |
| CHICKEN AND WHITE BEAN CHILI | | | | | | | | | | | | | | |
| 1 1/2 cups (371g) | 246 | 3g | 1g | 49mg | 774mg | 29g | 8g | 7g | 0g | 26g | 0mcg | 91mg | 4mg | 938mg |
| SOUTHWEST PORK CARNITAS WRAP | | | | | | | | | | | | | | |
| 1 wrap (242g) | 454 | 18g | 9g | 87mg | 1735mg | 78g | 5g | 19g | 0g | 32g | 1mcg | 301mg | 7mg | 892mg |
| CHEESE STUFFED TURKEY BURGERS ON PRETZEL BUNS | | | | | | | | | | | | | | |
| 1 burger (276g) | 771 | 48g | 9g | 122mg | 1359mg | 61g | 3g | 7g | 0g | 33g | 1mcg | 88mg | 8mg | 393mg |
| MEATLOAF MILANO WITH MASHED POTATOES | | | | | | | | | | | | | | |
| 5 oz. meatloaf & 1 cup potatoes (417g) | 855 | 58g | 24g | 190mg | 1403mg | 45g | 6g | 9g | 0g | 46g | 1mcg | 165mg | 6mg | 1542mg |
| TORTELLINI AL FORNO | | | | | | | | | | | | | | |
| 1 1/2 cups (288g) | 766 | 31g | 13g | 107mg | 1388mg | 89g | 4g | 6g | 0g | 33g | 1mcg | 547mg | 3mg | 399mg |
| SAVORY CHICKEN WITH SESAME HONEY BUTTER & SWEET GINGERED CARROTS | | | | | | | | | | | | | | |
| 1 breast with butter & 2/3 cup carrots (240g) | 523 | 26g | 10g | 130mg | 975mg | 34g | 5g | 27g | 0g | 41g | 0mcg | 87mg | 3mg | 1744mg |
| PARMESAN PESTO SALMON WITH CHEESE CRISPS | | | | | | | | | | | | | | |
| 1 salmon fillet & 1 cheese crisp (166g) | 379 | 27g | 7g | 79mg | 526mg | 2g | 1g | 1g | 0g | 30g | 13mc | 244mg | 1mg | 469mg |
| CHICKEN AND CHEDDAR EMPANADAS WITH CORN MEDLEY | | | | | | | | | | | | | | |
| 2 empanadas, salsa, & 2/3 cup corn (308g) | 998 | 60g | 20g | 90mg | 1150mg | 83g | 6g | 14g | 0g | 35g | 1mcg | 230mg | 8mg | 550mg |
| CHICKEN AVIGNON | | | | | | | | | | | | | | |
| 1 breast & sauce (212g) | 340 | 10g | 3g | 103mg | 518mg | 19g | 1g | 1g | 0g | 41g | 0mcg | 24mg | 3mg | 1128mg |

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.