



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