



# Nutritional Information

With Dream Dinners, healthy eating is easy for everyone.

# December 2024

Serving Size	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugars	Protein	Vitamin D	Calcium	Iron	Potassium
<b>HERB CRUSTED PRIME RIB</b> 8 oz prime rib (349g)	696	45g	19g	132mg	1750mg	12g	1g	1g	0g	49g	1mcg	36mg	4mg	1919mg
<b>CHICKEN MARSALA WITH MUSHROOMS &amp; MASHED POTATOES</b> 1 breast w/ sauce & 1 cup potatoes (414g)	585	23g	12g	148mg	1661mg	47g	6g	9g	0g	46g	6mcg	122mg	3mg	2182mg
<b>FULLY LOADED CHICKEN &amp; POTATO SOUP</b> 1 3/4 cups (420g)	466	23g	10g	98mg	1284mg	38g	4g	6g	0g	27g	1mcg	154mg	16mg	918mg
<b>CHICKEN ENCHILADAS</b> 1 enchilada (233g)	405	19g	10g	77mg	1237mg	29g	2g	4g	0g	27g	1mcg	393mg	3mg	358mg
<b>PECAN CRUSTED PORK CHOPS WITH CREAMY HERBED PEAS</b> 1 pork chop & 2/3 cup peas (237g)	358	17g	4g	63mg	559mg	22g	6g	8g	0g	31g	0mcg	82mg	3mg	640mg

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.