



# 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>SPICED CIDER GLAZED CARVING HAM</b> 6 oz ham (206g)	161	4g	1g	70mg	1401mg	7g	1g	7g	0g	24g	0mcg	15mg	1mg	295mg
<b>PORK TENDERLOIN WELLINGTON</b> 2 pork wellington (146g)	905	54g	17g	117mg	940mg	56g	2g	3g	0g	52g	1mcg	86mg	5mg	1055mg
<b>BEEF BOURGUIGNON</b> 5 oz. steak & sauce/veggies (311g)	620	36g	15g	171mg	1046mg	19g	1g	2g	0g	48g	7mcg	36mg	6mg	976mg
<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>MIRABELLA CHICKEN WITH LINGUINE</b> 1 breast & 1 cup pasta (375g)	650	18g	3g	99mg	821mg	77g	5g	25g	0g	47g	0mcg	61mg	4mg	1470mg
<b>FIREHOUSE THREE CHEESE PASTA WITH MEATBALLS</b> 3 meatballs & 2/3 cup pasta (296g)	442	21g	9g	58mg	1164mg	41g	5g	10g	0g	23g	1mcg	396mg	3mg	691mg
<b>MINI TURKEY AND VEGETABLE HAND PIES</b> 2 hand pies (306g)	887	62g	15g	56mg	1255mg	59g	3g	1g	0g	25g	0mcg	32mg	7mg	422mg
<b>GRILLED CHICKEN CAESAR SANDWICHES</b> 1 sandwich (358g)	538	21g	6g	104mg	957mg	41g	1g	7g	0g	47g	1mcg	127mg	3mg	1159mg
<b>COD WITH NEW ENGLAND CHOWDER SAUCE</b> 1 fillet & sauce (213g)	489	21g	10g	168mg	689mg	18g	2g	6g	0g	56g	2mcg	122mg	16mg	1442mg
<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
<b>PASTA AND CHICKEN WITH LEMON &amp; ARTICHOKE SAUCE</b> 1 breast & 1 cup pasta (266g)	600	19g	6g	122mg	927mg	53g	4g	4g	0g	53g	1mcg	196mg	4mg	1364mg
<b>MINI BEEF TOSTADA CUPS</b> 2 tostada cups (166g)	627	52g	20g	163mg	856mg	44g	5g	5g	0g	48g	1mcg	315mg	7mg	907mg
<b>YAKITORI CHICKEN OVER JASMINE RICE</b> 1 cup chicken & 3/4 cup rice (408g)	562	16g	3g	97mg	1247mg	61g	2g	14g	0g	42g	0mcg	62mg	3mg	1220mg
<b>GOLDEN SHRIMP WITH PARMESAN RISOTTO</b> 4 oz. shrimp & 3/4 cup risotto (377g)	553	28g	11g	187mg	970mg	51g	2g	2g	0g	23g	1mcg	196mg	3mg	352mg
<b>PULLED PORK BBQ SANDWICHES</b> 1 sandwich (239g)	447	10g	5g	69mg	1750mg	61g	3g	22g	0g	27g	0mcg	97mg	4mg	416mg
<b>CRISPY COCONUT CHICKEN WITH SWEET &amp; SOUR DIPPING SAUCE</b> 1 breast with 2.5 Tbsp. dipping sauce (191g)	384	12g	8g	100mg	973mg	30g	2g	18g	0g	40g	0mcg	32mg	2mg	1178mg

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.