



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 |
|---|----------|-----------|---------------|-------------|--------|-------|-------|-------|--------------|---------|-----------|---------|------|-----------|
| PORK TENDERLOIN WELLINGTON | | | | | | | | | | | | | | |
| 2 pork wellington (146g) | 905 | 54g | 17g | 117mg | 940mg | 56g | 2g | 3g | 0g | 52g | 1mcg | 86mg | 5mg | 1055mg |
| BEEF BOURGIGNON | | | | | | | | | | | | | | |
| 5 oz. steak & sauce/veggies (311g) | 620 | 36g | 15g | 171mg | 1046mg | 19g | 1g | 2g | 0g | 48g | 7mcg | 36mg | 6mg | 976mg |
| CHICKEN MARSALA WITH MUSHROOMS & MASHED POTATOES | | | | | | | | | | | | | | |
| 1 breast w/ sauce & 1 cup potatoes (414g) | 585 | 23g | 12g | 148mg | 1661mg | 47g | 6g | 9g | 0g | 46g | 6mcg | 122mg | 3mg | 2182mg |
| FULLY LOADED CHICKEN & POTATO SOUP | | | | | | | | | | | | | | |
| 1 3/4 cups (420g) | 466 | 23g | 10g | 98mg | 1284mg | 38g | 4g | 6g | 0g | 27g | 1mcg | 154mg | 16mg | 918mg |
| MIRABELLA CHICKEN WITH LINGUINE | | | | | | | | | | | | | | |
| 1 breast & 1 cup pasta (375g) | 650 | 18g | 3g | 99mg | 821mg | 77g | 5g | 25g | 0g | 47g | 0mcg | 61mg | 4mg | 1470mg |
| FIREHOUSE THREE CHEESE PASTA WITH MEATBALLS | | | | | | | | | | | | | | |
| 3 meatballs & 2/3 cup pasta (296g) | 442 | 21g | 9g | 58mg | 1164mg | 41g | 5g | 10g | 0g | 23g | 1mcg | 396mg | 3mg | 691mg |
| MINI TURKEY AND VEGETABLE HAND PIES | | | | | | | | | | | | | | |
| 2 hand pies (306g) | 887 | 62g | 15g | 56mg | 1255mg | 59g | 3g | 1g | 0g | 25g | 0mcg | 32mg | 7mg | 422mg |
| GRILLED CHICKEN CAESAR SANDWICHES | | | | | | | | | | | | | | |
| 1 sandwich (358g) | 538 | 21g | 6g | 104mg | 957mg | 41g | 1g | 7g | 0g | 47g | 1mcg | 127mg | 3mg | 1159mg |
| COD WITH NEW ENGLAND CHOWDER SAUCE | | | | | | | | | | | | | | |
| 1 fillet & sauce (213g) | 489 | 21g | 10g | 168mg | 689mg | 18g | 2g | 6g | 0g | 56g | 2mcg | 122mg | 16mg | 1442mg |
| CHICKEN ENCHILADAS | | | | | | | | | | | | | | |
| 1 enchilada (233g) | 405 | 19g | 10g | 77mg | 1237mg | 29g | 2g | 4g | 0g | 27g | 1mcg | 393mg | 3mg | 358mg |
| PECAN CRUSTED PORK CHOPS WITH CREAMY HERBED PEAS | | | | | | | | | | | | | | |
| 1 pork chop & 2/3 cup peas (237g) | 358 | 17g | 4g | 63mg | 559mg | 22g | 6g | 8g | 0g | 31g | 0mcg | 82mg | 3mg | 640mg |
| PASTA AND CHICKEN WITH LEMON & ARTICHOKE SAUCE | | | | | | | | | | | | | | |
| 1 breast & 1 cup pasta (266g) | 600 | 19g | 6g | 122mg | 927mg | 53g | 4g | 4g | 0g | 53g | 1mcg | 196mg | 4mg | 1364mg |
| MINI BEEF TOSTADA CUPS | | | | | | | | | | | | | | |
| 2 tostada cups (166g) | 627 | 52g | 20g | 163mg | 856mg | 44g | 5g | 5g | 0g | 48g | 1mcg | 315mg | 7mg | 907mg |
| YAKITORI CHICKEN OVER JASMINE RICE | | | | | | | | | | | | | | |
| 1 cup chicken & 3/4 cup rice (408g) | 562 | 16g | 3g | 97mg | 1247mg | 61g | 2g | 14g | 0g | 42g | 0mcg | 62mg | 3mg | 1220mg |
| GOLDEN SHRIMP WITH PARMESAN RISOTTO | | | | | | | | | | | | | | |
| 4 oz. shrimp & 3/4 cup risotto (377g) | 553 | 28g | 11g | 187mg | 970mg | 51g | 2g | 2g | 0g | 23g | 1mcg | 196mg | 3mg | 352mg |
| PULLED PORK BBQ SANDWICHES | | | | | | | | | | | | | | |
| 1 sandwich (239g) | 447 | 10g | 5g | 69mg | 1750mg | 61g | 3g | 22g | 0g | 27g | 0mcg | 97mg | 4mg | 416mg |
| CRISPY COCONUT CHICKEN WITH SWEET & SOUR DIPPING SAUCE | | | | | | | | | | | | | | |
| 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.