



Nutritional Information

With Dream Dinners, healthy eating is easy for everyone.

January 2025

| Serving Size | Calories | Total Fat | Saturated Fat | Cholesterol | Sodium | Carbs | Fiber | Sugar | Added Sugars | Protein | Vitamin D | Calcium | Iron | Potassium |
|--|----------|-----------|---------------|-------------|--------|-------|-------|-------|--------------|---------|-----------|---------|------|-----------|
| CHICAGO STYLE CHICKEN WITH ROASTED POTATO WEDGES | | | | | | | | | | | | | | |
| 1 breast with sauce & 2/3 cup potatoes (286g) | 360 | 9g | 4g | 110mg | 540mg | 26g | 3g | 3g | 0g | 43g | 0mcg | 41mg | 3mg | 1679mg |
| SMOKED SAUSAGE PENNE PASTA | | | | | | | | | | | | | | |
| 1 1/3 cups (306g) | 570 | 39g | 17g | 98mg | 1233mg | 33g | 2g | 7g | 0g | 23g | 1mcg | 325mg | 3mg | 454mg |
| PORK CHOP MILANESE WITH CREAMY HERBED PEAS | | | | | | | | | | | | | | |
| 1 pork chop, sauce & 2/3 cup peas (305g) | 408 | 17g | 9g | 88mg | 999mg | 28g | 5g | 7g | 0g | 35g | 1mcg | 156mg | 4mg | 648mg |
| BUFFALO RANCH CHICKEN | | | | | | | | | | | | | | |
| 1 breast with toppings (171g) | 254 | 9g | 3g | 110mg | 948mg | 6g | 1g | 3g | 0g | 41g | 0mcg | 54mg | 2mg | 1166mg |
| DYNAMITE SHRIMP WITH JASMINE RICE | | | | | | | | | | | | | | |
| 5 oz. shrimp & 3/4 cup rice (284g) | 562 | 14g | 2g | 180mg | 1667mg | 81g | 1g | 16g | 0g | 24g | 1mcg | 139mg | 1mg | 328mg |
| SALISBURY MEATBALLS WITH MUSHROOM GRAVY OVER NOODLES | | | | | | | | | | | | | | |
| 4 meatballs with gravy & 1 cup noodles (519g) | 905 | 55g | 22g | 221mg | 599mg | 54g | 3g | 5g | 0g | 48g | 11mc | 96mg | 7mg | 973mg |
| TURKEY FLORENTINE BURGERS WITH PRETZEL BUNS AND SALT & PEPPER FRIES | | | | | | | | | | | | | | |
| 1 burger & 1 cup fries (427g) | 1016 | 60g | 14g | 146mg | 2155mg | 87g | 5g | 7g | 0g | 42g | 1mcg | 245mg | 9mg | 691mg |
| RIO GRANDE CHICKEN FAJITAS | | | | | | | | | | | | | | |
| 2 fajitas (205g) | 637 | 22g | 8g | 115mg | 1276mg | 60g | 5g | 9g | 0g | 49g | 1mcg | 282mg | 5mg | 658mg |
| SHIMMERED CHINESE CHICKEN | | | | | | | | | | | | | | |
| 1 breast and 3/4 cup rice (382g) | 450 | 7g | 2g | 99mg | 777mg | 52g | 1g | 11g | 0g | 44g | 0mcg | 62mg | 3mg | 1626mg |
| FISHERMAN'S GRILLED SALMON | | | | | | | | | | | | | | |
| 1 salmon fillet & sauce (140g) | 343 | 27g | 11g | 93mg | 137mg | 1g | 1g | 1g | 0g | 24g | 12mc | 30mg | 1mg | 451mg |
| SAUSALITO CHICKEN ON PITA BREAD | | | | | | | | | | | | | | |
| 1 pita round with toppings (259g) | 535 | 19g | 7g | 75mg | 1522mg | 55g | 4g | 3g | 0g | 34g | 1mcg | 467mg | 2mg | 296mg |
| HONEY CHIPOTLE PORK TENDERLOIN | | | | | | | | | | | | | | |
| 5 oz. pork with glaze (162g) | 317 | 6g | 3g | 101mg | 714mg | 27g | 1g | 24g | 0g | 40g | 0mcg | 23mg | 2mg | 895mg |
| CASHEW CHICKEN WITH NOODLES | | | | | | | | | | | | | | |
| 1 2/3 cups chicken & noodles (218g) | 613 | 23g | 4g | 64mg | 1283mg | 66g | 3g | 15g | 0g | 36g | 0mcg | 28mg | 4mg | 1384mg |
| KOREAN BBQ STEAK | | | | | | | | | | | | | | |
| 1 steak with sauce (189g) | 476 | 25g | 9g | 139mg | 840mg | 17g | 1g | 13g | 0g | 43g | 0mcg | 17mg | 5mg | 1352mg |
| ARROZ CON POLLO | | | | | | | | | | | | | | |
| 1 1/4 cups (307g) | 455 | 14g | 7g | 84mg | 1195mg | 48g | 7g | 6g | 0g | 35g | 1mcg | 323mg | 4mg | 743mg |
| TORTELLINI AND VEGETABLE MEDLEY SOUP WITH ITALIAN BREAD | | | | | | | | | | | | | | |
| 2 cups soup & 3 oz. bread (365g) | 798 | 35g | 9g | 55mg | 1372mg | 97g | 8g | 10g | 0g | 28g | 1mcg | 410mg | 5mg | 707mg |
| NASHVILLE CHICKEN WITH BACON RANCH GREEN BEANS | | | | | | | | | | | | | | |
| 1 breast & 4 oz. beans (332g) | 537 | 12g | 5g | 117mg | 627mg | 58g | 5g | 9g | 0g | 49g | 1mcg | 112mg | 5mg | 1484mg |

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.