



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
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	11mcg	96mg	7mg	973mg
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

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.