



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