

Gobble

APRIL 9TH MENU

Nutrition Information

Happy Easter - Happy Passover - with these amazing meals that everyone will sure to love!



“Good food choices are like good investments that pay dividends for years to come.” - MD

GOBBLE.COM



Dear dinner heros,

My name is Thomas Ricci, Gobble's executive Chef. Itati ipid esectessimin resto cum estin ratustota vel ipsandi ut dia duciatquam voluptatesti dundusam am sam il et aperovit volendit res conem remodi temosanda di iur apiciae volorum, quam, aut licita parunt volut audaeratius ipiste nonsecumquas ipisset et eius expe qui cus nus, officium cuptametus, con experor alia perem ant enim.

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Warm Regard,

Thomas Ricci
Executive Chef

Nutrition Facts

Serving Size (439g)
Servings Per Container 2

Amount Per Serving

Calories 500 Calories from Fat 250

% Daily Value*

Total Fat 28g 43%

Saturated Fat 5g 25%

Trans Fat 0g

Cholesterol 80mg 27%

Sodium 1180mg 49%

Total Carbohydrate 27g 9%

Dietary Fiber 6g 24%

Sugars 8g

Protein 34g

Vitamin A 20% • Vitamin C 35%

Calcium 4% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

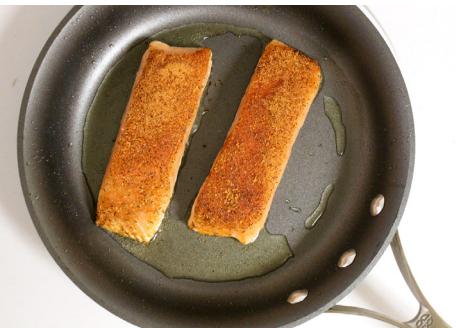
Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

INGREDIENTS: ATLANTIC SALMON FILLETS, PEARL COUSCOUS, CHERRY TOMATOES, PERSIAN CUCUMBER, AVOCADO, TOMATO BASIL VINAIGRETTE (DICED TOMATOES (TOMATOES, TOMATO JUICE, SALT, CALCIUM CHLORIDE), APPLE CIDER VINEGAR, CRUSHED TOMATOES (TOMATOES, SALT), WATER, BASIL, SUGAR, CANOLA OIL, BASIL SEEDS, GARLIC, SHALLOTS, SEA SALT, SPICE, XANTHAM GUM), BROWN SUGAR (CHILI POWDER, BROW SUGAR, SPICES)

Contains Fish, Wheat.



Brown Sugar Crusted Atlantic Salmon with Mashed Avocado & Tomato Vinaigrette

Calories per serving: 500

Sourced from the pristine waters of Norway, sustainably-raised salmon fillets are dusted in a sweet brown sugar seasoning and pan-seared for a perfect crust full of flavor. The salmon is plated over a bed of pearl couscous and creamy mashed avocado with crisp Persian cucumbers and cherry tomatoes tossed in a sweet and tangy tomato vinaigrette.





Chinese Chicken Lettuce Cups with Brown Rice

Calories per serving: 790

You and your family will have a fun time preparing these quick and tasty Chinese-style lettuce cups. Ground chicken is first sautéed in our sweet and savory lettuce cup sauce with shiitake mushrooms and crisp water chestnuts. The chicken and vegetables are then served in refreshing cups of iceberg lettuce and topped with puffed quinoa for a crunchy garnish. A side of steamed brown rice completes this delicious Gobble family-favorite dinner.

Allergens: Soy, Wheat

Food for thoughts:

Lettuce cups originate from Korean cuisine, specifically a dish called ssam where cooked meats are wrapped in leafy greens and drizzled with a spicy red pepper sauce called ssamjang

Nutrition Facts

Serving Size (65g)
Servings Per Container 2

Amount Per Serving

Calories 790 Calories from Fat 280

% Daily Value*

Total Fat 31g 48%

Saturated Fat 7g 35%

Trans Fat 0g

Cholesterol 145mg 48%

Sodium 1750mg 73%

Total Carbohydrate 77g 26%

Dietary Fiber 7g 28%

Sugars 25g

Protein 39g

Vitamin A 30% Vitamin C 15%

Calcium 6% Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

INGREDIENTS: GROUND CHICKEN, COOKED BROWN RICE, ICEBERG LETTUCE, SPICY ASIAN DIPPING SAUCE (SOY SAUCE, WATER, HOISIN SAUCE [SUGAR, WATER, SOYBEANS, SALT, SWEET POTATO, CORN STARCH, SESAME SEEDS, GARLIC, WHEAT FLOUR, CHILI PEPPERS], SESAME OIL, CHILI OIL, CHILI PASTE, BROWN SUGAR, XANTHAM GUM), SHIITAKE MUSHROOMS, WATER CHESTNUTS, LETTUCE CUP SAUCE (HOISIN SAUCE, SOY SAUCE, MUSHROOM STOCK, MICHIU WINE, SUGAR), SPICY DIPPING SAUCE (CHILI SAMBAL, SESAME OIL, SUGAR, GARLIC, LIGHT BROWN SUGAR), GINGER GARLIC CONFIT (GINGER, GARLIC, CANOLA OIL), CILANTRO LEAVES, PUFFED QUINOA

Contains Soy, Wheat.