

MENU NUTRITIONAL INFORMATION

Dream Taste July Menu



July 2014

					Nutritional Information ¹												
					Time to Table ²	Serving	Cal.	Fat	Sat Fat	Choles-terol	Carbs	Fiber	Sugars	Protein	Sodium	Notes	
Savory Grilled Chicken with Sesame Honey Butter					⚙️♥️🕒	20-25 min.	1 breast	250	12 g*	4 g	70 mg	13 g	0 g	10 g	22 g	340 mg	*4g heart healthy fat from sesame
Big Kahuna Burgers with Pineapple Salsa					⚙️🕒	25-30 min.	burger with pineapple salsa sesame bun	320 190	13 g* 3 g	5 g 0 g	95 mg 0 mg	16 g 34 g	1 g 1 g	12 g 6 g	35 g 6 g	1130 mg 280 mg	*2 g heart healthy fat from sesame
Pulled Pork BBQ Sandwiches on French Rolls					🕒	15 min.	BBQ pork (about 2/3 cup) roll	220 230	6 g 3 g	2 g 0 g	55 mg 0 mg	25 g 44g	3 g 1 g	16 g 3 g	18 g 7 g	1700 mg 420 mg	
Soy Glazed Salmon					⚙️♥️🕒	15-20 min.	1 filet	270	15 g*	2 g	65 mg	8 g	0 g	7 g	23 g	290 mg	* 12g Heart healthy fat from salmon
Southwest Chicken with Spanish Rice					⚙️🕒	25-30 min.	1 breast Spanish rice - approx 3/4 c prepared	130 250	3 g 0 g	0 g 0 g	55 mg 0 mg	4 g 52 g	1 g 3 g	2 g 4 g	22 g 6 g	530 mg 560 mg	

Symbol Key

🕒 Dinner takes 30 minutes or less to prepare.

⚙️ Grill Item

♥️ Dream Dinners "Heart Healthy" selection: each serving contains no more than 10 grams fat*, 7 grams saturated fat, 95

**With Dream Dinners, healthy eating is easy
for everyone.**

¹Nutritional information is per serving unless otherwise stated and are based on standard formulations: variations may occur due to manufacture/supplier alterations and individual assembly and preparation.

²Times indicated are for 6 serving dinners, some 3 serving dinners may vary slightly with lessor times.