

MENU NUTRITIONAL INFORMATION

November Dream Taste Event



November 2014

			Nutritional Information ¹											
		Time to Table ²	Serving	Cal.	Fat	Sat Fat	Choles- terol	Carbs	Fiber	Sugars	Protein	Sodium	Notes	
Chateau Chicken with Almond Butter Sauce		♥ ⌚	20-25 min.	1 breast with sauce	270	14 g*	6 g	75 mg	10 g	1 g	5 g	24 g	480 mg	*4 g heart healthy fat from almonds
Old Fashioned Meatloaf with Twice Baked Potatoes			1 hr - 1hr 15 min.	meatloaf - 1/3 (med) or 1/6 (large) pan 1 potato	330 100	12 g 5 g	5 g 3 g	95 mg 10 mg	16 g 11 g	1 g 1 g	7 g 0 g	35 g 3 g	770 mg 160 mg	
Homemade Turkey Parmesan Meatballs with Cavatappi		⌚	25-30 min.	4 meatballs with sauce cavatappi pasta (2 oz dry wt) - about 1 1/2 cups cooked	470 210	31 g 1 g	10 g 0 g	115 mg 0 mg	14 g 41 g	2 g 2 g	9 g 2 g	32 g 7 g	1350 mg 0 mg	
Mango Glazed Salmon		⚙️ ♥	40-45 min.	1 salmon filet	290	17 g*	3 g	65 mg	9 g	0 g	7 g	23 g	125 mg	*15 g heart healthy fat (12 g from fish, 3 g from sesame)
Pacific Rim Glazed Steak with Wonton Crisps		⚙️ ♥ ⌚	15-20 min.	1 steak with two crisps	290	16 g*	6 g	65 mg	12 g	1 g	2 g	23 g	410 mg	*6 g heart healthy fat from sesame & olive oil

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.