## **MENU NUTRITIONAL INFORMATION**

Dream Taste September Menu



September 2014

		Nutritional Information <sup>1</sup>											
		Time to Table <sup>2</sup>	Serving	Cal.	Fat	Sat Fat	Choles- terol	Carbs	Fiber	Sugars	Protein	Sodium	Notes
Meatloaf Milano with Mashed Potatoes		75-85 min.	meatloaf - 1/3 (med) or 1/6 (large) pan 1/2 cup mashed potatoes		16 g 7 g	7 g 4 g	105 mg 15 mg	14 g 20 g	1 g 2 g	5 g 1 g	37 g 3 g	710 mg 410 mg	
Cranberry Buttermilk Chicken	•	15-20 min.	1 breast with sauce	181	3 g	1 g	55 mg	15 g	1 g	12 g	22 g	370 mg	
Parmesan Herb Crusted Chicken with Almond Green Beans	•	30-35 min.	1 breast green beans 2/3 cup		6 g 6 g	2 g 3 g	60 mg 10 mg	12 g 6 g	0 g 2 g	0 g 2 g	25 g 2 g	330 mg 320 mg	
Creamy Chicken Florentine Tortellini		1 hr 15min.	1 1/4 cups	430	20 g	11 g	115 mg	28 g	3 g	4 g	33 g	1040 mg	
Kentucky Pork Chops	•	15-20 min.	1 pork chop with sauce	240	7 g	2 g	55 mg	22 g	2 g	17 g	23 g	620 mg	

## Symbol Key

① Dinner takes 30 minutes or less to prepare.

With Dream Dinners, healthy eating is easy for everyone.

Grill Item

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

<sup>1</sup>Nutritional 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.

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