

MENU NUTRITIONAL INFORMATION

Dream Taste June Menu



June 2014

				Nutritional Information ¹											
			Time to Table ²	Serving	Cal.	Fat	Sat Fat	Cholesterol	Carbs	Fiber	Sugars	Protein	Sodium	Notes	
Chicken with Honey, Garlic & Orange	⚙	♥	⌚	10-15 min.	1 breast with sauce	190	3 g	1 g	55 mg	18 g	0 g	13 g	22 g	500 mg	
Swiss Bacon Burgers with Tangy BBQ Sauce	⚙		⌚	25-30 min.	burger with sauce (214 g) bun (76 g)	380 200	16 g 2 g	8 g 0 g	125 mg 0 mg	6 g 37 g	1 g 1 g	4 g 5 g	40 g 6 g	590 mg 350 mg	
Savannah Grilled Chicken with Sweet Potato Fries	⚙		⌚	25-30 min.	1 breast sweet potatoes (3 oz)	210 180	4 g 8 g*	1 g 1 g	55 mg 0 mg	22 g 25 g	0 g 3 g	22 g 7 g	21 g 2 g	700 mg 100 mg	*8 g heart healthy fat from canola oil
Creamy Tortellini with Bacon			⌚	20-25 min.	1 cup (277 g)	460	20 g	7 g	70 mg	49 g	7 g	11 g	19 g	1490 mg	
Fisherman's Grilled Salmon with Almond Green Beans	⚙	♥	⌚	10-15 min.	1 salmon filet (132 g) green beans 2/3 cup (84 g)	260 90	18 g* 6 g*	6 g 3 g	80 mg 10 mg	1 g 6 g	0 g 2 g	0 g 2 g	23 g 2 g	170 mg 320 mg	*12 g heart healthy fat from fish *4 g heart healthy fat from almonds

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 mg

**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.