

MENU NUTRITIONAL INFORMATION

February Dream Taste Menu



February 2015

				Nutritional Information ¹											
Time to Table ²				Serving	Cal.	Fat	Sat Fat	Choles-terol	Carbs	Fiber	Sugars	Protein	Sodium	Notes	
Crispy French Onion Chicken		♥	⌚	30 min.	1 breast	210	12 g*	4 g	65 mg	4 g	0 g	1 g	22 g	280 mg	*6 g heart healthy fat from olive oil
Cheddar Filled Mini Meatloaves with Potato Pancakes				30-35 min.	2 mini meatloaves 4 pancakes with 1 Tbsp sauce	380 210	14 g 15 g*	6 g 3 g	105 mg 0 mg	13 g 16 g	0 g 1 g	9 g 1 g	34 g 2 g	800 mg 540 mg	*12 g heart healthy fat from vegetable oils
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
Chicken Enchiladas				60-70 min.	1 enchilada with sauce	350	13 g	7 g	65 mg	32 g	4 g	7 g	25 g	1140 mg	
Parmesan Pesto Salmon with Cheese Crisps		♥	⌚	20-25 min.	salmon filet with 1 crisp	360	25 g*	6 g	85 mg	3 g	0 g	1 g	30 g	600 mg	*20 g heart healthy fat (12 g from fish, 8 g from pesto)

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.