

MENU NUTRITIONAL INFORMATION

October Dream Taste Menu



October 2014

				Nutritional Information ¹										
Time to Table ²				Serving	Cal.	Fat	Sat Fat	Choles- terol	Carbs	Fiber	Sugars	Protein	Sodium	Notes
Sicilian Cheese Stuffed Turkey Burgers on Pretzel Buns	⚙	⌚	15-20 min.	burger with pesto mayo pretzel bun	470 230	36 g* 3 g	9 g 1 g	120 mg 0 mg	6 g 45 g	1 g 1 g	0 g 6 g	28 g 6 g	840 mg 240 mg	*14 g heart healthy fat from olive & vegetable oils
Santa Fe Shredded Pork Burritos			40-45 min.	approx. 1/2 cup filling tortilla	200 130	5 g 3 g	1 g 2 g	60 mg 0 mg	16 g 22 g	4 g 1 g	5 g 0 g	24 g 4 g	1140 mg 320 mg	
Pecan Crusted Pork Chops	♥	⌚	20-25 min.	1 pork chop	280	15 g*	3 g	60 mg	11 g	1 g	2 g	25 g	230 mg	*9 g heart healthy fat from pecans
French Tarragon Chicken with Redskin Potato Wedges	♥	⌚	25-30 min.	1 breast with sauce potato wedges - about 3/4 cup (3.3 oz)	190 110	8 g 4g*	3 g 0 g	70 mg 0 mg	4 g 18 g	0 g 2 g	3 g 0 g	23 g 2 g	350 mg 190 mg	*4 g heart healthy canola oil
Creamy Chicken Chipotle Ravioli		⌚	10-15 min.	5 ravioli with chicken in sauce	530	20 g*	9 g	140 mg	44 g	3 g	11 g	35 g	1350 mg	*3 g heart healthy fat 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

**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.