

MENU NUTRITIONAL INFORMATION

Dream Taste Menu



				Nutritional Information ¹										Notes
Time to Table ²				Serving	Cal.	Fat	Sat Fat	Choles-terol	Carbs	Fiber	Sugars	Protein	Sodium	
Chicken Marsala with Mushrooms and Mashed Potatoes			🕒	20-25 min.	1 breast with sauce	180	7 g	1 g	55 mg	6 g	0 g	2 g	23 g	
					mashed potatoes 1/2 cup	150	7 g	4 g	15 mg	20 g	2 g	1 g	3 g	
Chicken Soft Tacos with Key Lime Corn			🕒	15-20 min.	chicken taco stuffing & cheese	130	4 g	2 g	45 mg	6 g	1 g	4 g	16 g	
					Key Lime Corn 1/2 cup	100	3 g	2 g	10 mg	16 g	2 g	3 g	2 g	
					1 tortilla	130	3 g	1 g	0 mg	22 g	1 g	0 g	4 g	
Coconut Shrimp with Sweet & Sour Sauce and Jasmine Rice			🕒	40-45 min.	approx 8 shrimp with 2 Tbsp sweet & sour	220	4 g	3 g	145 mg	25 g	2 g	11 g	18 g	
					Sauce Jasmine rice (1/2 cup prepared)	107	0 g	0 g	0 mg	24 g	0 g	0 g	3 g	
Santa Fe Shredded Pork Burritos				40-45 min.	approx. 1/2 cup filling	200	5 g	1 g	60 mg	16 g	4 g	5 g	24 g	
					tortilla	130	3 g	2 g	0 mg	22 g	1 g	0 g	4 g	
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

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 cholesterol & 650 mg sodium (recommended limits for a 2,000 calorie daily diet are 20 grams of saturated fat and 2,300 milligrams of sodium)

*Menu items containing heart healthy fats can receive the “heart healthy” designation even though fat grams exceed the 10 gram cut off.

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.