

MENU NUTRITIONAL INFORMATION

December Dream Taste Event



December 2014

			Nutritional Information ¹											
Time to Table ²			Serving	Cal.	Fat	Sat Fat	Choles- terol	Carbs	Fiber	Sugars	Protein	Sodium	Notes	
		♥	60-65 min.	1 breast with sauce	330	13 g*	2 g	55 mg	31 g	1 g	24 g	22 g	650 mg	*11 g heart healthy fat from olives & olive oil
	⚙	⌚	20-25 min.	1 breast 1 pita (6 wedges) with 2 1/2 Tbsp. hummus	115 330	3 g 10 g*	1 g 2 g	55 mg 0 mg	1 g 52 g	0 g 5 g	0 g 3 g	21 g 11 g	270 mg 720 mg	*9 g heart healthy fat from sesame & soy oils
			30-40 min.	about 1 1/2 cups	540	22 g	6 g	65 mg	58 g	4 g	4 g	25 g	1390 mg	
		⌚	15 min.	BBQ pork (about 2/3 cup) roll	220 230	6 g 3 g	2 g 0 g	55 mg 0 mg	25 g 44g	3 g 1 g	16 g 3 g	18 g 7 g	1700 mg 420 mg	
			55-60 min.	4 meatballs with sauce	370	12 g	5 g	95 mg	30 g	5 g	12 g	33 g	930 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

**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.