

# MENU NUTRITIONAL INFORMATION

March 2014 Dream Taste



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				Nutritional Information <sup>1</sup>										
Time to Table <sup>2</sup>				Serving	Cal.	Fat	Sat Fat	Choles- terol	Carbs	Fiber	Sugars	Protein	Sodium	Notes
Chicken and Pasta with Lemon and Artichoke Sauce		🕒	15-20 min.	1 breast pasta with sauce (approx 1 1/4 cups)	280 210	13 g 1 g	5 g 0 g	75 mg 0 mg	12 g 41 g	0 g 2 g	5 g 2 g	26 g 7 g	700 mg 0 mg	
Chateau Chicken with Almond Butter Sauce		♥ 🕒	20-25 min.	1 breast with sauce	270	14 g*	6 g	75 mg	10 g	1 g	5 g	24 g	480 mg	*4 g heart healthy fat from almonds
Creamy Chicken Risotto			35-40 min.	approx 1 1/4 cups	440	16 g*	7 g	70 mg	45 g	2 g	4 g	26 g	860 mg	*2 g heart healthy fat from almonds
Mango Glazed Salmon		⚙️ ♥	40-45 min.	1 salmon fillet	290	17 g*	3 g	65 mg	10 g	0 g	8 g	23 g	125 mg	*15 g heart healthy fat (12 g from fish, 3 g from sesame)
Cattleman's Pie			25-30 min.	approx 1 1/3 cups	510	24 g*	11 g	125 mg	34 g	4 g	4 g	39 g	1040 mg	*9 g fat from vegetable oils

## 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.

<sup>1</sup>Nutritional 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.

<sup>2</sup>Times indicated are for 6 serving dinners, some 3 serving dinners may vary slightly with lessor times.