

MENU NUTRITIONAL INFORMATION

January Dream Taste Menu



January 2015

				Nutritional Information ¹										
Time to Table ²				Serving	Cal.	Fat	Sat Fat	Choles-terol	Carbs	Fiber	Sugars	Protein	Sodium	Notes
Simmered Chinese Chicken with Jasmine Rice			🕒 25-30 min.	1 breast with sauce Jasmine rice (1/2 cup prepared)	220 107	6 g 0 g	0 g 0 g	55 mg 0 mg	17 g 24 g	0 g 0 g	14 g 0 g	23 g 3 g	710 mg 0 mg	
Beach Street Shrimp Scampi with Pasta			🕒 20-25 min.	approx 8 shrimp with sauce fettuccine (2 oz dry wt) - about 1 1/4 cup cooked	180 210	6 g 1 g	3 g 0 g	155 mg 0 mg	15 g 41 g	2 g 2 g	8 g 2 g	16 g 7 g	1000 mg 0 mg	
Meatball Marinara Stuffed French Bread			1 hour	1 piece (loaf divided equally)	470	23 g	10 g	55 mg	56 g	3 g	4 g	22 g	950 mg	
Tangy Down Home Pork Chops with Mashed Potatoes		♥ 🕒	20-25 min.	1 chop with apples & sauce mashed potatoes - 1/2 cup	280 150	6 g 7 g	2 g 4 g	55 mg 15 mg	33 g 20 g	1 g 2 g	24 g 1 g	22 g 3 g	260 mg 410 mg	
Outlaw Chicken Marinara			55-60 min.	2 pieces chicken with sauce	520	26 g*	9 g	110 mg	31 g	2 g	10 g	40 g	1540 mg	*5 g heart healthy fat from olive & soy oil

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.