

MENU NUTRITIONAL INFORMATION

August Dream Taste Menu



August 2014

				Nutritional Information ¹											
Time to Table ²				Serving	Cal.	Fat	Sat Fat	Choles-terol	Carbs	Fiber	Sugars	Protein	Sodium	Notes	
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
French Onion Turkey Burgers on Pretzel Buns		⚙	⌚	15-20 min.	burger, mayo & onions bun	380 230	28 g 3 g	7 g 1 g	105 mg 0 mg	5 g 45 g	0 g 1 g	0 g 6 g	24 g 6 g	800 mg 240 mg	
Rio Grande Chicken Fajitas			⌚	15-20 min.	chicken filling for 2 fajitas (about 1/2 cup each) 2 tortillas	220 260	9 g* 6 g	0 g 4 g	65 mg 0 mg	8 g 44 g	2 g 2 g	4 g 0 g	25 g 8 g	360 mg 640 mg	*5 g heart healthy fat from olive oil
Sweet Cider BBQ Chicken		⚙	⌚	20-25 min.	1 breast with sauce	220	3 g	1 g	55 mg	25 g	1 g	21 g	22 g	1050 mg	
Parmesan Pesto Salmon with Cheese Crisps		♥	⌚	20-25 min.	salmon filet with 1 crisp	360	25 g*	6 g	85 mg	3 g	0 g	1 g	30 g	600 mg	*20 g heart healthy fat (12 g from fish, 8 g 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.