

APRIL NUTRITION INFORMATION—FREEZER PLEASERS

Pesto Baked Chicken

Amount Per Serving	
<b>Calories</b>	261.67
Calories From Fat (44%)	116.00
% Daily Value	
<b>Total Fat</b> 13.25g	<b>20%</b>
Saturated Fat 3.39g	<b>17%</b>
<b>Cholesterol</b> 76.04mg	<b>25%</b>
<b>Sodium</b> 248.35mg	<b>10%</b>
<b>Potassium</b> 404.00mg	<b>12%</b>
<b>Carbohydrates</b> 3.19g	<b>1%</b>
Dietary Fiber 0.70g	<b>3%</b>
Sugar 0.28g	
Sugar Alcohols 0.00g	
Net Carbohydrates 2.49g	
<b>Protein</b> 31.75g	<b>63%</b>

Chinese Chicken

Amount Per Serving	
<b>Calories</b>	342.86
Calories From Fat (19%)	66.74
% Daily Value	
<b>Total Fat</b> 7.70g	<b>12%</b>
Saturated Fat 1.28g	<b>6%</b>
<b>Cholesterol</b> 64.44mg	<b>21%</b>
<b>Sodium</b> 405.84mg	<b>17%</b>
<b>Potassium</b> 595.72mg	<b>17%</b>
<b>Carbohydrates</b> 54.10g	<b>18%</b>
Dietary Fiber 7.43g	<b>30%</b>
Sugar 2.13g	
Sugar Alcohols 0.00g	
Net Carbohydrates 46.67g	
<b>Protein</b> 17.27g	<b>35%</b>

Pork Tenderloin with Pineapple Salsa

Amount Per Serving	
<b>Calories</b>	252.65
Calories From Fat (19%)	48.88
% Daily Value	
<b>Total Fat</b> 5.47g	<b>8%</b>
Saturated Fat 1.80g	<b>9%</b>
<b>Cholesterol</b> 98.28mg	<b>33%</b>
<b>Sodium</b> 142.42mg	<b>6%</b>
<b>Potassium</b> 684.98mg	<b>20%</b>
<b>Carbohydrates</b> 17.71g	<b>6%</b>
Dietary Fiber 1.19g	<b>5%</b>
Sugar 15.94g	
Sugar Alcohols 0.00g	
Net Carbohydrates 16.52g	
<b>Protein</b> 32.41g	<b>65%</b>

Chicken Breast Sauté

Amount Per Serving	
<b>Calories</b>	301.37
Calories From Fat (40%)	119.57
% Daily Value	
<b>Total Fat</b> 13.54g	<b>21%</b>
Saturated Fat 7.83g	<b>39%</b>
<b>Cholesterol</b> 98.97mg	<b>33%</b>
<b>Sodium</b> 323.18mg	<b>13%</b>
<b>Potassium</b> 662.27mg	<b>19%</b>
<b>Carbohydrates</b> 13.71g	<b>5%</b>
Dietary Fiber 2.18g	<b>9%</b>
Sugar 0.32g	
Sugar Alcohols 0.00g	
Net Carbohydrates 11.54g	
<b>Protein</b> 30.61g	<b>61%</b>

Chicken Broccoli Divan

Amount Per Serving	
<b>Calories</b>	286.62
Calories From Fat (33%)	93.26
% Daily Value	
<b>Total Fat</b> 10.76g	<b>17%</b>
Saturated Fat 3.17g	<b>16%</b>
<b>Cholesterol</b> 71.61mg	<b>24%</b>
<b>Sodium</b> 1173.56mg	<b>49%</b>
<b>Potassium</b> 496.82mg	<b>14%</b>
<b>Carbohydrates</b> 23.10g	<b>8%</b>
Dietary Fiber 4.97g	<b>20%</b>
Sugar 4.19g	
Sugar Alcohols 0.00g	
Net Carbohydrates 18.13g	
<b>Protein</b> 26.40g	<b>53%</b>

Peachy Ham Slices

Amount Per Serving	
<b>Calories</b>	540.96
Calories From Fat (36%)	194.14
% Daily Value	
<b>Total Fat</b> 21.50g	<b>33%</b>
Saturated Fat 7.49g	<b>37%</b>
<b>Cholesterol</b> 213.19mg	<b>71%</b>
<b>Sodium</b> 217.21mg	<b>9%</b>
<b>Potassium</b> 994.44mg	<b>28%</b>
<b>Carbohydrates</b> 15.95g	<b>5%</b>
Dietary Fiber 1.22g	<b>5%</b>
Sugar 12.75g	
Sugar Alcohols 0.00g	
Net Carbohydrates 14.73g	
<b>Protein</b> 67.40g	<b>135%</b>

Fettuccine Cacciatore

Amount Per Serving	
<b>Calories</b>	349.04
Calories From Fat (17%)	60.59
% Daily Value	
<b>Total Fat</b> 6.90g	<b>11%</b>
Saturated Fat 2.67g	<b>13%</b>
<b>Cholesterol</b> 19.58mg	<b>7%</b>
<b>Sodium</b> 649.71mg	<b>27%</b>
<b>Potassium</b> 635.92mg	<b>18%</b>
<b>Carbohydrates</b> 54.72g	<b>18%</b>
Dietary Fiber 4.39g	<b>18%</b>
Sugar 2.93g	
Sugar Alcohols 0.00g	
Net Carbohydrates 50.33g	
<b>Protein</b> 18.25g	<b>37%</b>

Shepherd's Pie

Amount Per Serving	
<b>Calories</b>	312.79
Calories From Fat (41%)	128.90
% Daily Value	
<b>Total Fat</b> 14.38g	<b>22%</b>
Saturated Fat 8.21g	<b>41%</b>
<b>Cholesterol</b> 76.82mg	<b>26%</b>
<b>Sodium</b> 503.22mg	<b>21%</b>
<b>Potassium</b> 679.80mg	<b>19%</b>
<b>Carbohydrates</b> 21.96g	<b>7%</b>
Dietary Fiber 2.76g	<b>11%</b>
Sugar 4.66g	
Sugar Alcohols 0.00g	
Net Carbohydrates 19.21g	
<b>Protein</b> 23.87g	<b>48%</b>

Spanish Stuffed Peppers

Amount Per Serving	
<b>Calories</b>	427.22
Calories From Fat (26%)	111.47
% Daily Value	
<b>Total Fat</b> 12.27g	<b>19%</b>
Saturated Fat 6.04g	<b>30%</b>
<b>Cholesterol</b> 120.39mg	<b>40%</b>
<b>Sodium</b> 611.60mg	<b>25%</b>
<b>Potassium</b> 1148.55mg	<b>33%</b>
<b>Carbohydrates</b> 44.26g	<b>15%</b>
Dietary Fiber 6.17g	<b>25%</b>
Sugar 7.11g	
Sugar Alcohols 0.00g	
Net Carbohydrates 38.09g	
<b>Protein</b> 37.11g	<b>74%</b>

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Beef & Snow Peas

Amount Per Serving	
<b>Calories</b>	333.02
Calories From Fat (16%)	54.68
% Daily Value	
<b>Total Fat</b> 5.83g	<b>9%</b>
Saturated Fat 1.93g	<b>10%</b>
<b>Cholesterol</b> 74.03mg	<b>25%</b>
<b>Sodium</b> 789.73mg	<b>33%</b>
<b>Potassium</b> 499.92mg	<b>14%</b>
<b>Carbohydrates</b> 43.72g	<b>15%</b>
Dietary Fiber 1.17g	<b>5%</b>
Sugar 34.33g	
Sugar Alcohols 0.00g	
Net Carbohydrates 42.55g	
<b>Protein</b> 27.60g	<b>55%</b>

Crustless Chicken Quiche

Amount Per Serving	
<b>Calories</b>	305.32
Calories From Fat (42%)	126.84
% Daily Value	
<b>Total Fat</b> 14.34g	<b>22%</b>
Saturated Fat 7.15g	<b>36%</b>
<b>Cholesterol</b> 198.62mg	<b>66%</b>
<b>Sodium</b> 457.50mg	<b>19%</b>
<b>Potassium</b> 382.42mg	<b>11%</b>
<b>Carbohydrates</b> 12.43g	<b>4%</b>
Dietary Fiber 0.79g	<b>3%</b>
Sugar 2.15g	
Sugar Alcohols 0.00g	
Net Carbohydrates 11.65g	
<b>Protein</b> 30.21g	<b>60%</b>

Shrimp Saute

Amount Per Serving	
<b>Calories</b>	210.62
Calories From Fat (24%)	50.13
% Daily Value	
<b>Total Fat</b> 5.65g	<b>9%</b>
Saturated Fat 0.88g	<b>4%</b>
<b>Cholesterol</b> 172.37mg	<b>57%</b>
<b>Sodium</b> 359.11mg	<b>15%</b>
<b>Potassium</b> 350.42mg	<b>10%</b>
<b>Carbohydrates</b> 11.93g	<b>4%</b>
Dietary Fiber 3.22g	<b>13%</b>
Sugar 3.93g	
Sugar Alcohols 0.00g	
Net Carbohydrates 8.71g	
<b>Protein</b> 27.12g	<b>54%</b>

Southwestern Cheese Pie

Amount Per Serving	
<b>Calories</b>	307.04
Calories From Fat (60%)	185.75
% Daily Value	
<b>Total Fat</b> 21.00g	<b>32%</b>
Saturated Fat 9.10g	<b>46%</b>
<b>Cholesterol</b> 144.46mg	<b>48%</b>
<b>Sodium</b> 645.67mg	<b>27%</b>
<b>Potassium</b> 161.32mg	<b>5%</b>
<b>Carbohydrates</b> 13.66g	<b>5%</b>
Dietary Fiber 0.32g	<b>1%</b>
Sugar 2.64g	
Sugar Alcohols 0.00g	
Net Carbohydrates 13.34g	
<b>Protein</b> 15.47g	<b>31%</b>

Broiled Tilapia with Lemon Caper Sauce

Amount Per Serving	
<b>Calories</b>	197.36
Calories From Fat (26%)	50.48
% Daily Value	
<b>Total Fat</b> 5.63g	<b>9%</b>
Saturated Fat 1.02g	<b>5%</b>
<b>Cholesterol</b> 89.95mg	<b>30%</b>
<b>Sodium</b> 354.40mg	<b>15%</b>
<b>Potassium</b> 12.77mg	<b>0%</b>
<b>Carbohydrates</b> 1.81g	<b>1%</b>
Dietary Fiber 0.11g	<b>0%</b>
Sugar 0.48g	
Sugar Alcohols 0.00g	
Net Carbohydrates 1.70g	
<b>Protein</b> 33.09g	<b>66%</b>

Baked Ziti

Amount Per Serving	
<b>Calories</b>	480.90
Calories From Fat (21%)	100.67
% Daily Value	
<b>Total Fat</b> 11.16g	<b>17%</b>
Saturated Fat 6.01g	<b>30%</b>
<b>Cholesterol</b> 68.37mg	<b>23%</b>
<b>Sodium</b> 650.70mg	<b>27%</b>
<b>Potassium</b> 432.78mg	<b>12%</b>
<b>Carbohydrates</b> 66.32g	<b>22%</b>
Dietary Fiber 3.74g	<b>15%</b>
Sugar 7.14g	
Sugar Alcohols 0.00g	
Net Carbohydrates 62.57g	
<b>Protein</b> 26.30g	<b>53%</b>