

DECEMBER NUTRITION INFORMATION—FREEZER PLEASERS

Chicken Good Enough for Company

Amount Per Serving	
Calories	343.06
Calories From Fat (51%)	174.07
	% Daily Value
Total Fat 19.79g	30%
Saturated Fat 11.70g	59%
Cholesterol 116.58mg	39%
Sodium 383.90mg	16%
Potassium 351.30mg	10%
Carbohydrates 8.07g	3%
Dietary Fiber 0.58g	2%
Sugar 0.85g	
Sugar Alcohols 0.00g	
Net Carbohydrates 7.49g	
Protein 32.13g	64%

Chicken Pot Pie

Amount Per Serving	
Calories	334.48
Calories From Fat (45%)	152.14
	% Daily Value
Total Fat 17.01g	26%
Saturated Fat 5.24g	26%
Cholesterol 46.60mg	16%
Sodium 948.95mg	40%
Potassium 290.38mg	8%
Carbohydrates 23.62g	8%
Dietary Fiber 2.61g	10%
Sugar 1.70g	
Sugar Alcohols 0.00g	
Net Carbohydrates 21.01g	
Protein 21.20g	42%

Honey Glazed Pork Chops

Amount Per Serving	
Calories	205.53
Calories From Fat (10%)	19.79
	% Daily Value
Total Fat 2.19g	3%
Saturated Fat 0.67g	3%
Cholesterol 51.15mg	17%
Sodium 455.29mg	19%
Potassium 491.44mg	14%
Carbohydrates 24.86g	8%
Dietary Fiber 0.26g	1%
Sugar 23.49g	
Sugar Alcohols 0.00g	
Net Carbohydrates 24.61g	
Protein 21.38g	43%

Golden Citrus Broiled Chicken

Amount Per Serving	
Calories	179.51
Calories From Fat (8%)	13.98
	% Daily Value
Total Fat 1.55g	2%
Saturated Fat 0.40g	2%
Cholesterol 68.44mg	23%
Sodium 1141.16mg	48%
Potassium 492.29mg	14%
Carbohydrates 10.67g	4%
Dietary Fiber 0.47g	2%
Sugar 7.39g	
Sugar Alcohols 0.00g	
Net Carbohydrates 10.20g	
Protein 29.45g	59%

Chicken Enchiladas

Amount Per Serving	
Calories	401.97
Calories From Fat (52%)	210.95
	% Daily Value
Total Fat 23.99g	37%
Saturated Fat 13.80g	69%
Cholesterol 86.60mg	29%
Sodium 820.08mg	34%
Potassium 231.30mg	7%
Carbohydrates 23.83g	8%
Dietary Fiber 1.43g	6%
Sugar 3.46g	
Sugar Alcohols 0.00g	
Net Carbohydrates 22.40g	
Protein 22.45g	45%

Apricot Glazed Ham Slices

Amount Per Serving	
Calories	545.66
Calories From Fat (35%)	193.53
	% Daily Value
Total Fat 21.52g	33%
Saturated Fat 7.10g	36%
Cholesterol 177.66mg	59%
Sodium 351.46mg	15%
Potassium 808.75mg	23%
Carbohydrates 30.51g	10%
Dietary Fiber 0.45g	2%
Sugar 29.25g	
Sugar Alcohols 0.00g	
Net Carbohydrates 30.06g	
Protein 56.33g	113%

Sesame Chicken

Amount Per Serving	
Calories	311.23
Calories From Fat (32%)	98.87
	% Daily Value
Total Fat 11.27g	17%
Saturated Fat 1.68g	8%
Cholesterol 17.11mg	6%
Sodium 730.21mg	30%
Potassium 184.59mg	5%
Carbohydrates 39.75g	13%
Dietary Fiber 1.15g	5%
Sugar 0.44g	
Sugar Alcohols 0.00g	
Net Carbohydrates 38.60g	
Protein 11.78g	24%

Pork Chop & Potato Bake

Amount Per Serving	
Calories	422.18
Calories From Fat (49%)	204.91
	% Daily Value
Total Fat 22.69g	35%
Saturated Fat 9.47g	47%
Cholesterol 84.79mg	28%
Sodium 960.72mg	40%
Potassium 736.90mg	21%
Carbohydrates 23.82g	8%
Dietary Fiber 1.12g	4%
Sugar 0.82g	
Sugar Alcohols 0.00g	
Net Carbohydrates 22.70g	
Protein 28.79g	58%

Rosemary Beef Tenders

Amount Per Serving	
Calories	307.18
Calories From Fat (54%)	165.12
	% Daily Value
Total Fat 18.53g	29%
Saturated Fat 5.17g	26%
Cholesterol 63.50mg	21%
Sodium 183.65mg	8%
Potassium 522.76mg	15%
Carbohydrates 0.59g	0%
Dietary Fiber 0.09g	0%
Sugar 0.01g	
Sugar Alcohols 0.00g	
Net Carbohydrates 0.51g	
Protein 32.91g	66%

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Bacon Mushroom Swiss Meatloaf

Amount Per Serving	
Calories	295.63
Calories From Fat (48%)	140.46
	% Daily Value
Total Fat 15.35g	24%
Saturated Fat 6.99g	35%
Cholesterol 130.87mg	44%
Sodium 365.10mg	15%
Potassium 512.97mg	15%
Carbohydrates 4.71g	2%
Dietary Fiber 0.33g	1%
Sugar 1.01g	
Sugar Alcohols 0.00g	
Net Carbohydrates 4.38g	
Protein 32.78g	66%

Sticky Chicken Wings

Amount Per Serving	
Calories	78.41
Calories From Fat (26%)	20.72
	% Daily Value
Total Fat 2.34g	4%
Saturated Fat 0.64g	3%
Cholesterol 11.16mg	4%
Sodium 482.64mg	20%
Potassium 105.56mg	3%
Carbohydrates 11.47g	4%
Dietary Fiber 0.23g	1%
Sugar 9.17g	
Sugar Alcohols 0.00g	
Net Carbohydrates 11.24g	
Protein 3.48g	7%

Garlic Lime Salmon

Amount Per Serving	
Calories	372.83
Calories From Fat (49%)	184.37
	% Daily Value
Total Fat 20.65g	32%
Saturated Fat 3.69g	18%
Cholesterol 88.35mg	29%
Sodium 83.80mg	3%
Potassium 732.13mg	21%
Carbohydrates 2.00g	1%
Dietary Fiber 0.23g	1%
Sugar 0.65g	
Sugar Alcohols 0.00g	
Net Carbohydrates 1.77g	
Protein 42.60g	85%

Rye Bread Pizzas

Amount Per Serving	
Calories	362.05
Calories From Fat (46%)	165.27
	% Daily Value
Total Fat 18.37g	28%
Saturated Fat 7.50g	38%
Cholesterol 51.71mg	17%
Sodium 1472.14mg	61%
Potassium 380.74mg	11%
Carbohydrates 28.71g	10%
Dietary Fiber 2.76g	11%
Sugar 4.64g	
Sugar Alcohols 0.00g	
Net Carbohydrates 25.96g	
Protein 19.72g	39%

Basil Baked Cod

Amount Per Serving	
Calories	160.09
Calories From Fat (21%)	33.47
	% Daily Value
Total Fat 3.80g	6%
Saturated Fat 0.73g	4%
Cholesterol 44.39mg	15%
Sodium 405.67mg	17%
Potassium 814.85mg	23%
Carbohydrates 8.74g	3%
Dietary Fiber 2.26g	9%
Sugar 0.08g	
Sugar Alcohols 0.00g	
Net Carbohydrates 6.47g	
Protein 23.34g	47%

Creamy Pasta & Vegetables

Amount Per Serving	
Calories	548.15
Calories From Fat (8%)	45.69
	% Daily Value
Total Fat 5.05g	8%
Saturated Fat 1.22g	6%
Cholesterol 11.18mg	4%
Sodium 917.40mg	38%
Potassium 710.48mg	20%
Carbohydrates 104.97g	35%
Dietary Fiber 9.79g	39%
Sugar 9.99g	
Sugar Alcohols 0.00g	
Net Carbohydrates 95.17g	
Protein 18.94g	38%