

FEBRUARY NUTRITION INFORMATION—FREEZER PLEASERS

Dijon Maple Chicken

Amount Per Serving	
Calories	216.10
Calories From Fat (33%)	70.99
% Daily Value	
Total Fat 8.06g	12%
Saturated Fat 4.31g	22%
Cholesterol 86.08mg	29%
Sodium 329.71mg	14%
Potassium 369.65mg	11%
Carbohydrates 6.18g	2%
Dietary Fiber 0.39g	2%
Sugar 3.64g	
Sugar Alcohols 0.00g	
Net Carbohydrates 5.79g	
Protein 28.47g	57%

Zesty Chicken & Rice Skillet

Amount Per Serving	
Calories	382.18
Calories From Fat (18%)	68.34
% Daily Value	
Total Fat 7.84g	12%
Saturated Fat 1.36g	7%
Cholesterol 65.77mg	22%
Sodium 1038.33mg	43%
Potassium 516.89mg	15%
Carbohydrates 44.81g	15%
Dietary Fiber 2.43g	10%
Sugar 2.96g	
Sugar Alcohols 0.00g	
Net Carbohydrates 42.38g	
Protein 31.35g	63%

Cherry-Almond Glazed Pork

Amount Per Serving	
Calories	464.90
Calories From Fat (26%)	121.38
% Daily Value	
Total Fat 13.57g	21%
Saturated Fat 4.28g	21%
Cholesterol 124.74mg	42%
Sodium 218.17mg	9%
Potassium 1016.73mg	29%
Carbohydrates 32.74g	11%
Dietary Fiber 0.89g	4%
Sugar 23.56g	
Sugar Alcohols 0.00g	
Net Carbohydrates 31.85g	
Protein 50.24g	100%

Honey Glazed Chicken

Amount Per Serving	
Calories	386.88
Calories From Fat (39%)	150.19
% Daily Value	
Total Fat 17.05g	26%
Saturated Fat 10.15g	51%
Cholesterol 109.15mg	36%
Sodium 573.15mg	24%
Potassium 382.62mg	11%
Carbohydrates 29.83g	10%
Dietary Fiber 0.59g	2%
Sugar 20.78g	
Sugar Alcohols 0.00g	
Net Carbohydrates 29.24g	
Protein 28.81g	58%

Chicken Fajita Pizza

Amount Per Serving	
Calories	344.86
Calories From Fat (38%)	130.81
% Daily Value	
Total Fat 14.78g	23%
Saturated Fat 8.52g	43%
Cholesterol 62.36mg	21%
Sodium 863.80mg	36%
Potassium 260.53mg	7%
Carbohydrates 29.77g	10%
Dietary Fiber 2.01g	8%
Sugar 4.80g	
Sugar Alcohols 0.00g	
Net Carbohydrates 27.76g	
Protein 22.98g	46%

Honey Garlic Pork Chops

Amount Per Serving	
Calories	180.85
Calories From Fat (11%)	19.72
% Daily Value	
Total Fat 2.19g	3%
Saturated Fat 0.67g	3%
Cholesterol 51.15mg	17%
Sodium 475.17mg	20%
Potassium 492.56mg	14%
Carbohydrates 17.87g	6%
Dietary Fiber 0.20g	1%
Sugar 15.80g	
Sugar Alcohols 0.00g	
Net Carbohydrates 17.67g	
Protein 21.55g	43%

Sticky Chicken

Amount Per Serving	
Calories	388.61
Calories From Fat (21%)	82.75
% Daily Value	
Total Fat 9.20g	14%
Saturated Fat 2.28g	11%
Cholesterol 216.67mg	72%
Sodium 1801.95mg	75%
Potassium 865.24mg	25%
Carbohydrates 4.29g	1%
Dietary Fiber 1.00g	4%
Sugar 1.45g	
Sugar Alcohols 0.00g	
Net Carbohydrates 3.29g	
Protein 68.31g	137%

Beef Tips

Amount Per Serving	
Calories	240.59
Calories From Fat (21%)	49.41
% Daily Value	
Total Fat 5.25g	8%
Saturated Fat 1.77g	9%
Cholesterol 69.55mg	23%
Sodium 416.11mg	17%
Potassium 660.16mg	19%
Carbohydrates 8.77g	3%
Dietary Fiber 0.56g	2%
Sugar 0.65g	
Sugar Alcohols 0.00g	
Net Carbohydrates 8.22g	
Protein 37.35g	75%

Cola Roast

Amount Per Serving	
Calories	348.29
Calories From Fat (21%)	73.09
% Daily Value	
Total Fat 7.76g	12%
Saturated Fat 2.63g	13%
Cholesterol 104.33mg	35%
Sodium 434.10mg	18%
Potassium 998.45mg	29%
Carbohydrates 14.88g	5%
Dietary Fiber 0.21g	1%
Sugar 12.63g	
Sugar Alcohols 0.00g	
Net Carbohydrates 14.67g	
Protein 53.42g	107%

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Beef & Zucchini

Amount Per Serving	
Calories	431.20
Calories From Fat (21%)	90.73
% Daily Value	
Total Fat 10.22g	16%
Saturated Fat 5.07g	25%
Cholesterol 45.42mg	15%
Sodium 1519.47mg	63%
Potassium 843.02mg	24%
Carbohydrates 60.04g	20%
Dietary Fiber 5.44g	22%
Sugar 9.26g	
Sugar Alcohols 0.00g	
Net Carbohydrates 54.60g	
Protein 25.82g	52%

Fiesta Beans & Rice

Amount Per Serving	
Calories	406.10
Calories From Fat (17%)	67.13
% Daily Value	
Total Fat 7.70g	12%
Saturated Fat 4.27g	21%
Cholesterol 19.78mg	7%
Sodium 850.85mg	35%
Potassium 962.64mg	28%
Carbohydrates 69.93g	23%
Dietary Fiber 11.44g	46%
Sugar 8.21g	
Sugar Alcohols 0.00g	
Net Carbohydrates 58.49g	
Protein 18.76g	38%

Crab & Corn Bisque

Amount Per Serving	
Calories	368.19
Calories From Fat (17%)	60.96
% Daily Value	
Total Fat 6.98g	11%
Saturated Fat 3.40g	17%
Cholesterol 25.69mg	9%
Sodium 1742.56mg	73%
Potassium 682.80mg	20%
Carbohydrates 68.46g	23%
Dietary Fiber 4.08g	16%
Sugar 10.67g	
Sugar Alcohols 0.00g	
Net Carbohydrates 64.38g	
Protein 15.97g	32%

Chicken Sauce for Tetrazzini

Amount Per Serving	
Calories	400.75
Calories From Fat (20%)	78.17
% Daily Value	
Total Fat 9.09g	14%
Saturated Fat 1.12g	6%
Cholesterol 36.24mg	12%
Sodium 1218.89mg	51%
Potassium 435.09mg	12%
Carbohydrates 52.51g	18%
Dietary Fiber 3.61g	14%
Sugar 3.75g	
Sugar Alcohols 0.00g	
Net Carbohydrates 48.90g	
Protein 25.60g	51%

Lime Scented Orange Roughy

Amount Per Serving	
Calories	205.35
Calories From Fat (20%)	40.73
% Daily Value	
Total Fat 5.04g	8%
Saturated Fat 0.51g	3%
Cholesterol 44.20mg	15%
Sodium 453.47mg	19%
Potassium 895.86mg	26%
Carbohydrates 11.14g	4%
Dietary Fiber 1.50g	6%
Sugar 1.86g	
Sugar Alcohols 0.00g	
Net Carbohydrates 9.65g	
Protein 32.70g	65%

Pasta con Broccoli

Amount Per Serving	
Calories	667.48
Calories From Fat (19%)	123.86
% Daily Value	
Total Fat 13.78g	21%
Saturated Fat 8.48g	42%
Cholesterol 43.93mg	15%
Sodium 321.01mg	13%
Potassium 626.86mg	18%
Carbohydrates 102.57g	34%
Dietary Fiber 9.08g	36%
Sugar 2.66g	
Sugar Alcohols 0.00g	
Net Carbohydrates 93.48g	
Protein 32.18g	64%