

JANUARY FREEZER PLEASERS NUTRITION INFORMATION

Crispy Chicken

Amount Per Serving	
<b>Calories</b>	283.47
Calories From Fat (41%)	115.20
	<b>% Daily Value</b>
<b>Total Fat</b> 13.07g	<b>20%</b>
Saturated Fat 7.70g	<b>38%</b>
<b>Cholesterol</b> 98.94mg	<b>33%</b>
<b>Sodium</b> 437.65mg	<b>18%</b>
<b>Potassium</b> 319.48mg	<b>9%</b>
<b>Carbohydrates</b> 11.43g	<b>4%</b>
Dietary Fiber 0.29g	<b>1%</b>
Sugar 0.87g	
Sugar Alcohols 0.00g	
Net Carbohydrates 11.14g	
<b>Protein</b> 28.39g	<b>57%</b>

Teriyaki Chicken Stir Fry

Amount Per Serving	
<b>Calories</b>	505.19
Calories From Fat (25%)	124.32
	<b>% Daily Value</b>
<b>Total Fat</b> 14.05g	<b>22%</b>
Saturated Fat 2.10g	<b>11%</b>
<b>Cholesterol</b> 65.77mg	<b>22%</b>
<b>Sodium</b> 1165.07mg	<b>49%</b>
<b>Potassium</b> 441.85mg	<b>13%</b>
<b>Carbohydrates</b> 57.33g	<b>19%</b>
Dietary Fiber 2.78g	<b>11%</b>
Sugar 3.59g	
Sugar Alcohols 0.00g	
Net Carbohydrates 54.55g	
<b>Protein</b> 33.34g	<b>67%</b>

Almost Gourmet Pork Chops

Amount Per Serving	
<b>Calories</b>	355.00
Calories From Fat (64%)	227.09
	<b>% Daily Value</b>
<b>Total Fat</b> 25.88g	<b>40%</b>
Saturated Fat 4.15g	<b>21%</b>
<b>Cholesterol</b> 54.82mg	<b>18%</b>
<b>Sodium</b> 509.30mg	<b>21%</b>
<b>Potassium</b> 629.21mg	<b>18%</b>
<b>Carbohydrates</b> 6.25g	<b>2%</b>
Dietary Fiber 1.32g	<b>5%</b>
Sugar 1.96g	
Sugar Alcohols 0.00g	
Net Carbohydrates 4.94g	
<b>Protein</b> 24.12g	<b>48%</b>

Chicken Delicious

Amount Per Serving	
<b>Calories</b>	412.19
Calories From Fat (35%)	142.67
	<b>% Daily Value</b>
<b>Total Fat</b> 16.17g	<b>25%</b>
Saturated Fat 9.13g	<b>46%</b>
<b>Cholesterol</b> 110.10mg	<b>37%</b>
<b>Sodium</b> 894.76mg	<b>37%</b>
<b>Potassium</b> 424.04mg	<b>12%</b>
<b>Carbohydrates</b> 27.75g	<b>9%</b>
Dietary Fiber 1.31g	<b>5%</b>
Sugar 2.99g	
Sugar Alcohols 0.00g	
Net Carbohydrates 26.44g	
<b>Protein</b> 36.91g	<b>74%</b>

Chicken A La King

Amount Per Serving	
<b>Calories</b>	212.14
Calories From Fat (36%)	76.74
	<b>% Daily Value</b>
<b>Total Fat</b> 8.83g	<b>14%</b>
Saturated Fat 5.25g	<b>26%</b>
<b>Cholesterol</b> 56.67mg	<b>19%</b>
<b>Sodium</b> 190.36mg	<b>8%</b>
<b>Potassium</b> 406.80mg	<b>12%</b>
<b>Carbohydrates</b> 11.12g	<b>4%</b>
Dietary Fiber 0.37g	<b>1%</b>
Sugar 0.26g	
Sugar Alcohols 0.00g	
Net Carbohydrates 10.75g	
<b>Protein</b> 18.83g	<b>38%</b>

Beef & Broccoli Stir Fry

Amount Per Serving	
<b>Calories</b>	232.69
Calories From Fat (17%)	38.41
	<b>% Daily Value</b>
<b>Total Fat</b> 4.10g	<b>6%</b>
Saturated Fat 1.36g	<b>7%</b>
<b>Cholesterol</b> 52.16mg	<b>17%</b>
<b>Sodium</b> 803.46mg	<b>33%</b>
<b>Potassium</b> 669.03mg	<b>19%</b>
<b>Carbohydrates</b> 19.12g	<b>6%</b>
Dietary Fiber 2.72g	<b>11%</b>
Sugar 8.48g	
Sugar Alcohols 0.00g	
Net Carbohydrates 16.41g	
<b>Protein</b> 29.66g	<b>59%</b>

Lemon Chicken

Amount Per Serving	
<b>Calories</b>	243.89
Calories From Fat (8%)	18.32
	<b>% Daily Value</b>
<b>Total Fat</b> 2.11g	<b>3%</b>
Saturated Fat 0.39g	<b>2%</b>
<b>Cholesterol</b> 10.30mg	<b>3%</b>
<b>Sodium</b> 367.50mg	<b>15%</b>
<b>Potassium</b> 250.26mg	<b>7%</b>
<b>Carbohydrates</b> 46.83g	<b>16%</b>
Dietary Fiber 2.27g	<b>9%</b>
Sugar 16.22g	
Sugar Alcohols 0.00g	
Net Carbohydrates 44.56g	
<b>Protein</b> 9.29g	<b>19%</b>

Honey Pork Roast

Amount Per Serving	
<b>Calories</b>	412.52
Calories From Fat (26%)	108.94
	<b>% Daily Value</b>
<b>Total Fat</b> 12.06g	<b>19%</b>
Saturated Fat 4.15g	<b>21%</b>
<b>Cholesterol</b> 124.74mg	<b>42%</b>
<b>Sodium</b> 107.21mg	<b>4%</b>
<b>Potassium</b> 1058.20mg	<b>30%</b>
<b>Carbohydrates</b> 24.36g	<b>8%</b>
Dietary Fiber 0.34g	<b>1%</b>
Sugar 18.55g	
Sugar Alcohols 0.00g	
Net Carbohydrates 24.02g	
<b>Protein</b> 49.75g	<b>99%</b>

Salisbury Steak w/ Onion Gravy

Amount Per Serving	
<b>Calories</b>	238.64
Calories From Fat (29%)	68.61
	<b>% Daily Value</b>
<b>Total Fat</b> 7.38g	<b>11%</b>
Saturated Fat 2.91g	<b>15%</b>
<b>Cholesterol</b> 105.88mg	<b>35%</b>
<b>Sodium</b> 848.11mg	<b>35%</b>
<b>Potassium</b> 514.99mg	<b>15%</b>
<b>Carbohydrates</b> 14.25g	<b>5%</b>
Dietary Fiber 0.98g	<b>4%</b>
Sugar 3.15g	
Sugar Alcohols 0.00g	
Net Carbohydrates 13.26g	
<b>Protein</b> 27.36g	<b>55%</b>

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Beef Paprika

Amount Per Serving	
<b>Calories</b>	246.56
Calories From Fat (23%)	56.88
% Daily Value	
<b>Total Fat</b> 6.07g	<b>9%</b>
Saturated Fat 2.57g	<b>13%</b>
<b>Cholesterol</b> 70.31mg	<b>23%</b>
<b>Sodium</b> 630.33mg	<b>26%</b>
<b>Potassium</b> 689.13mg	<b>20%</b>
<b>Carbohydrates</b> 21.74g	<b>7%</b>
Dietary Fiber 1.11g	<b>4%</b>
Sugar 13.40g	
Sugar Alcohols 0.00g	
Net Carbohydrates 20.63g	
<b>Protein</b> 26.32g	<b>53%</b>

White Chicken Chili

Amount Per Serving	
<b>Calories</b>	382.38
Calories From Fat (34%)	131.12
% Daily Value	
<b>Total Fat</b> 14.87g	<b>23%</b>
Saturated Fat 5.08g	<b>25%</b>
<b>Cholesterol</b> 50.98mg	<b>17%</b>
<b>Sodium</b> 1160.73mg	<b>48%</b>
<b>Potassium</b> 735.70mg	<b>21%</b>
<b>Carbohydrates</b> 33.54g	<b>11%</b>
Dietary Fiber 7.43g	<b>30%</b>
Sugar 1.81g	
Sugar Alcohols 0.00g	
Net Carbohydrates 26.11g	
<b>Protein</b> 29.57g	<b>59%</b>

Shrimp Versailles

Amount Per Serving	
<b>Calories</b>	447.56
Calories From Fat (65%)	292.24
% Daily Value	
<b>Total Fat</b> 33.20g	<b>51%</b>
Saturated Fat 20.11g	<b>101%</b>
<b>Cholesterol</b> 267.72mg	<b>89%</b>
<b>Sodium</b> 369.53mg	<b>15%</b>
<b>Potassium</b> 323.52mg	<b>9%</b>
<b>Carbohydrates</b> 4.14g	<b>1%</b>
Dietary Fiber 0.09g	<b>0%</b>
Sugar 0.37g	
Sugar Alcohols 0.00g	
Net Carbohydrates 4.05g	
<b>Protein</b> 31.50g	<b>63%</b>

Creole Smoked Sausage

Amount Per Serving	
<b>Calories</b>	415.33
Calories From Fat (42%)	175.49
% Daily Value	
<b>Total Fat</b> 19.22g	<b>30%</b>
Saturated Fat 5.56g	<b>28%</b>
<b>Cholesterol</b> 52.92mg	<b>18%</b>
<b>Sodium</b> 943.85mg	<b>39%</b>
<b>Potassium</b> 678.24mg	<b>19%</b>
<b>Carbohydrates</b> 40.19g	<b>13%</b>
Dietary Fiber 4.20g	<b>17%</b>
Sugar 2.62g	
Sugar Alcohols 0.00g	
Net Carbohydrates 35.99g	
<b>Protein</b> 21.36g	<b>43%</b>

Sole Almandine

Amount Per Serving	
<b>Calories</b>	355.75
Calories From Fat (55%)	195.45
% Daily Value	
<b>Total Fat</b> 22.63g	<b>35%</b>
Saturated Fat 8.48g	<b>42%</b>
<b>Cholesterol</b> 108.77mg	<b>36%</b>
<b>Sodium</b> 232.34mg	<b>10%</b>
<b>Potassium</b> 730.56mg	<b>21%</b>
<b>Carbohydrates</b> 4.00g	<b>1%</b>
Dietary Fiber 2.11g	<b>8%</b>
Sugar 1.10g	
Sugar Alcohols 0.00g	
Net Carbohydrates 1.89g	
<b>Protein</b> 34.70g	<b>69%</b>

Pasta e Fajoli

Amount Per Serving	
<b>Calories</b>	308.69
Calories From Fat (5%)	14.14
% Daily Value	
<b>Total Fat</b> 1.64g	<b>3%</b>
Saturated Fat 0.30g	<b>2%</b>
<b>Cholesterol</b> 0.00mg	<b>0%</b>
<b>Sodium</b> 324.34mg	<b>14%</b>
<b>Potassium</b> 841.09mg	<b>24%</b>
<b>Carbohydrates</b> 63.00g	<b>21%</b>
Dietary Fiber 8.90g	<b>36%</b>
Sugar 2.80g	
Sugar Alcohols 0.00g	
Net Carbohydrates 54.10g	
<b>Protein</b> 13.39g	<b>27%</b>