

JUNE NUTRITION INFORMATION—FREEZER PLEASERS

Cajun Chicken

Amount Per Serving	
Calories	154.36
Calories From Fat (21%)	32.44
% Daily Value	
Total Fat 3.66g	6%
Saturated Fat 1.66g	8%
Cholesterol 73.53mg	25%
Sodium 465.36mg	19%
Potassium 352.84mg	10%
Carbohydrates 1.52g	1%
Dietary Fiber 0.83g	3%
Sugar 0.28g	
Sugar Alcohols 0.00g	
Net Carbohydrates 0.68g	
Protein 27.63g	55%

Angel Chicken

Amount Per Serving	
Calories	256.45
Calories From Fat (24%)	62.82
% Daily Value	
Total Fat 6.95g	11%
Saturated Fat 2.70g	13%
Cholesterol 22.90mg	8%
Sodium 538.62mg	22%
Potassium 148.90mg	4%
Carbohydrates 33.88g	11%
Dietary Fiber 1.33g	5%
Sugar 0.62g	
Sugar Alcohols 0.00g	
Net Carbohydrates 32.55g	
Protein 11.78g	24%

Gingered Pork with Peanut Sauce

Amount Per Serving	
Calories	408.98
Calories From Fat (37%)	150.42
% Daily Value	
Total Fat 16.69g	26%
Saturated Fat 4.12g	21%
Cholesterol 103.95mg	35%
Sodium 813.25mg	34%
Potassium 1172.53mg	34%
Carbohydrates 12.58g	4%
Dietary Fiber 1.93g	8%
Sugar 1.99g	
Sugar Alcohols 0.00g	
Net Carbohydrates 10.65g	
Protein 49.35g	99%

Grilled Marinated Chicken

Amount Per Serving	
Calories	185.56
Calories From Fat (18%)	34.07
% Daily Value	
Total Fat 3.87g	6%
Saturated Fat 0.74g	4%
Cholesterol 68.44mg	23%
Sodium 860.61mg	36%
Potassium 361.10mg	10%
Carbohydrates 8.13g	3%
Dietary Fiber 0.07g	0%
Sugar 6.54g	
Sugar Alcohols 0.00g	
Net Carbohydrates 8.06g	
Protein 28.29g	57%

Oriental Chicken Wraps

Amount Per Serving	
Calories	269.74
Calories From Fat (18%)	47.41
% Daily Value	
Total Fat 5.50g	8%
Saturated Fat 1.05g	5%
Cholesterol 45.63mg	15%
Sodium 600.36mg	25%
Potassium 366.79mg	10%
Carbohydrates 33.05g	11%
Dietary Fiber 3.29g	13%
Sugar 3.92g	
Sugar Alcohols 0.00g	
Net Carbohydrates 29.76g	
Protein 23.14g	46%

Philly Cheese Burgers

Amount Per Serving	
Calories	461.26
Calories From Fat (35%)	160.90
% Daily Value	
Total Fat 17.74g	27%
Saturated Fat 8.91g	45%
Cholesterol 148.03mg	49%
Sodium 580.70mg	24%
Potassium 735.95mg	21%
Carbohydrates 28.32g	9%
Dietary Fiber 2.22g	9%
Sugar 5.54g	
Sugar Alcohols 0.00g	
Net Carbohydrates 26.11g	
Protein 44.83g	90%

Ginger-Chicken Kabobs

Amount Per Serving	
Calories	162.18
Calories From Fat (13%)	20.92
% Daily Value	
Total Fat 2.35g	4%
Saturated Fat 0.60g	3%
Cholesterol 65.77mg	22%
Sodium 173.59mg	7%
Potassium 401.59mg	11%
Carbohydrates 7.43g	2%
Dietary Fiber 1.04g	4%
Sugar 4.97g	
Sugar Alcohols 0.00g	
Net Carbohydrates 6.39g	
Protein 26.88g	54%

Pulled Pork w/ Special BBQ Sauce

Amount Per Serving	
Calories	549.41
Calories From Fat (26%)	142.69
% Daily Value	
Total Fat 15.93g	25%
Saturated Fat 4.70g	23%
Cholesterol 124.74mg	42%
Sodium 1139.77mg	47%
Potassium 1161.95mg	33%
Carbohydrates 40.73g	14%
Dietary Fiber 2.32g	9%
Sugar 7.94g	
Sugar Alcohols 0.00g	
Net Carbohydrates 38.41g	
Protein 56.59g	113%

Marinated Flank Steak

Amount Per Serving	
Calories	340.15
Calories From Fat (25%)	85.97
% Daily Value	
Total Fat 9.57g	15%
Saturated Fat 3.96g	20%
Cholesterol 63.50mg	21%
Sodium 798.05mg	33%
Potassium 600.82mg	17%
Carbohydrates 26.20g	9%
Dietary Fiber 0.37g	1%
Sugar 23.59g	
Sugar Alcohols 0.00g	
Net Carbohydrates 25.84g	
Protein 34.21g	68%

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Bacon Wrapped “Steak” Burgers

Amount Per Serving	
Calories	384.15
Calories From Fat (57%)	219.24
% Daily Value	
Total Fat 23.97g	37%
Saturated Fat 8.82g	44%
Cholesterol 118.50mg	39%
Sodium 695.05mg	29%
Potassium 688.11mg	20%
Carbohydrates 2.60g	1%
Dietary Fiber 0.14g	1%
Sugar 0.14g	
Sugar Alcohols 0.00g	
Net Carbohydrates 2.46g	
Protein 36.86g	74%

Bruschetta Chicken Bake

Amount Per Serving	
Calories	272.16
Calories From Fat (18%)	49.49
% Daily Value	
Total Fat 5.62g	9%
Saturated Fat 2.75g	14%
Cholesterol 59.99mg	20%
Sodium 714.35mg	30%
Potassium 469.01mg	13%
Carbohydrates 26.84g	9%
Dietary Fiber 2.11g	8%
Sugar 2.61g	
Sugar Alcohols 0.00g	
Net Carbohydrates 24.73g	
Protein 27.65g	55%

Lemon Basil Grilled Tuna

Amount Per Serving	
Calories	247.28
Calories From Fat (53%)	130.05
% Daily Value	
Total Fat 14.62g	22%
Saturated Fat 2.64g	13%
Cholesterol 43.07mg	14%
Sodium 432.74mg	18%
Potassium 322.24mg	9%
Carbohydrates 2.12g	1%
Dietary Fiber 0.96g	4%
Sugar 0.01g	
Sugar Alcohols 0.00g	
Net Carbohydrates 1.15g	
Protein 26.72g	53%

Tuscan Squash & Beans

Amount Per Serving	
Calories	349.99
Calories From Fat (20%)	68.98
% Daily Value	
Total Fat 7.84g	12%
Saturated Fat 1.15g	6%
Cholesterol 0.00mg	0%
Sodium 196.40mg	8%
Potassium 1787.21mg	51%
Carbohydrates 55.63g	19%
Dietary Fiber 14.03g	56%
Sugar 2.24g	
Sugar Alcohols 0.00g	
Net Carbohydrates 41.59g	
Protein 18.90g	38%

Orange Roughy with Citrus Marinade

Amount Per Serving	
Calories	134.66
Calories From Fat (22%)	29.58
% Daily Value	
Total Fat 3.32g	5%
Saturated Fat 0.32g	2%
Cholesterol 29.48mg	10%
Sodium 191.49mg	8%
Potassium 451.33mg	13%
Carbohydrates 3.84g	1%
Dietary Fiber 0.07g	0%
Sugar 3.06g	
Sugar Alcohols 0.00g	
Net Carbohydrates 3.76g	
Protein 21.44g	43%

Classic Macaroni Salad

Amount Per Serving	
Calories	297.88
Calories From Fat (49%)	146.60
% Daily Value	
Total Fat 16.26g	25%
Saturated Fat 6.64g	33%
Cholesterol 29.89mg	10%
Sodium 605.80mg	25%
Potassium 150.54mg	4%
Carbohydrates 27.89g	9%
Dietary Fiber 2.05g	8%
Sugar 5.15g	
Sugar Alcohols 0.00g	
Net Carbohydrates 25.84g	
Protein 9.69g	19%