

MAY NUTRITION INFORMATION—FREEZER PLEASERS

Raspberry Balsamic Chicken

Amount Per Serving	
Calories	178.16
Calories From Fat (8%)	13.74
	% Daily Value
Total Fat 1.53g	2%
Saturated Fat 0.40g	2%
Cholesterol 68.44mg	23%
Sodium 132.74mg	6%
Potassium 321.50mg	9%
Carbohydrates 12.80g	4%
Dietary Fiber 0.46g	2%
Sugar 0.00g	
Sugar Alcohols 0.00g	
Net Carbohydrates 12.34g	
Protein 27.52g	55%

Peppery Chicken Pita Wraps

Amount Per Serving	
Calories	171.19
Calories From Fat (14%)	24.38
	% Daily Value
Total Fat 2.85g	4%
Saturated Fat 0.33g	2%
Cholesterol 36.86mg	12%
Sodium 774.24mg	32%
Potassium 241.04mg	7%
Carbohydrates 20.01g	7%
Dietary Fiber 2.42g	10%
Sugar 2.12g	
Sugar Alcohols 0.00g	
Net Carbohydrates 17.60g	
Protein 17.23g	34%

Mike Ditka's Pork Chops

Amount Per Serving	
Calories	207.97
Calories From Fat (40%)	82.31
	% Daily Value
Total Fat 9.27g	14%
Saturated Fat 2.39g	12%
Cholesterol 51.15mg	17%
Sodium 856.50mg	36%
Potassium 561.88mg	16%
Carbohydrates 9.19g	3%
Dietary Fiber 0.78g	3%
Sugar 4.42g	
Sugar Alcohols 0.00g	
Net Carbohydrates 8.40g	
Protein 21.27g	43%

Chicken Picatta

Amount Per Serving	
Calories	208.51
Calories From Fat (33%)	69.27
	% Daily Value
Total Fat 7.82g	12%
Saturated Fat 3.18g	16%
Cholesterol 78.62mg	26%
Sodium 562.18mg	23%
Potassium 322.62mg	9%
Carbohydrates 4.78g	2%
Dietary Fiber 0.26g	1%
Sugar 0.25g	
Sugar Alcohols 0.00g	
Net Carbohydrates 4.53g	
Protein 28.16g	56%

Fiesta Chicken Casserole

Amount Per Serving	
Calories	407.88
Calories From Fat (63%)	257.57
	% Daily Value
Total Fat 29.27g	45%
Saturated Fat 16.97g	85%
Cholesterol 107.87mg	36%
Sodium 635.82mg	26%
Potassium 272.22mg	8%
Carbohydrates 13.54g	5%
Dietary Fiber 0.92g	4%
Sugar 0.84g	
Sugar Alcohols 0.00g	
Net Carbohydrates 12.62g	
Protein 22.64g	45%

Cajun Burgers

Amount Per Serving	
Calories	469.20
Calories From Fat (40%)	186.67
	% Daily Value
Total Fat 20.57g	32%
Saturated Fat 7.28g	36%
Cholesterol 101.04mg	34%
Sodium 764.37mg	32%
Potassium 692.12mg	20%
Carbohydrates 35.92g	12%
Dietary Fiber 1.81g	7%
Sugar 9.88g	
Sugar Alcohols 0.00g	
Net Carbohydrates 34.11g	
Protein 34.79g	70%

Hawaiian Chicken

Amount Per Serving	
Calories	289.53
Calories From Fat (11%)	31.89
	% Daily Value
Total Fat 3.78g	6%
Saturated Fat 2.83g	14%
Cholesterol 17.11mg	6%
Sodium 197.61mg	8%
Potassium 372.45mg	11%
Carbohydrates 54.15g	18%
Dietary Fiber 2.32g	9%
Sugar 26.60g	
Sugar Alcohols 0.00g	
Net Carbohydrates 51.83g	
Protein 10.36g	21%

BBQ Beef Roast

Amount Per Serving	
Calories	349.80
Calories From Fat (21%)	73.87
	% Daily Value
Total Fat 7.95g	12%
Saturated Fat 2.57g	13%
Cholesterol 98.28mg	33%
Sodium 1113.58mg	46%
Potassium 967.80mg	28%
Carbohydrates 34.62g	12%
Dietary Fiber 1.39g	6%
Sugar 27.68g	
Sugar Alcohols 0.00g	
Net Carbohydrates 33.24g	
Protein 36.41g	73%

Beef Stroganoff

Amount Per Serving	
Calories	408.78
Calories From Fat (41%)	169.22
	% Daily Value
Total Fat 18.58g	29%
Saturated Fat 8.43g	42%
Cholesterol 147.91mg	49%
Sodium 738.88mg	31%
Potassium 920.85mg	26%
Carbohydrates 8.60g	3%
Dietary Fiber 0.63g	3%
Sugar 2.19g	
Sugar Alcohols 0.00g	
Net Carbohydrates 7.98g	
Protein 49.66g	99%

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Pepper Beef

Amount Per Serving	
Calories	289.78
Calories From Fat (31%)	89.03
% Daily Value	
Total Fat 9.78g	15%
Saturated Fat 2.06g	10%
Cholesterol 47.25mg	16%
Sodium 990.92mg	41%
Potassium 1141.63mg	33%
Carbohydrates 24.15g	8%
Dietary Fiber 1.78g	7%
Sugar 16.81g	
Sugar Alcohols 0.00g	
Net Carbohydrates 22.37g	
Protein 25.58g	51%

Hot Ham & Cheese Sub

Amount Per Serving	
Calories	580.96
Calories From Fat (49%)	282.35
% Daily Value	
Total Fat 31.88g	49%
Saturated Fat 17.12g	86%
Cholesterol 109.15mg	36%
Sodium 1718.22mg	72%
Potassium 375.37mg	11%
Carbohydrates 44.29g	15%
Dietary Fiber 3.50g	14%
Sugar 0.43g	
Sugar Alcohols 0.00g	
Net Carbohydrates 40.79g	
Protein 28.51g	57%

Dill Shrimp w/ Angel Hair Pasta

Amount Per Serving	
Calories	412.56
Calories From Fat (15%)	63.73
% Daily Value	
Total Fat 7.15g	11%
Saturated Fat 1.03g	5%
Cholesterol 114.91mg	38%
Sodium 538.95mg	22%
Potassium 307.39mg	9%
Carbohydrates 58.19g	19%
Dietary Fiber 2.11g	8%
Sugar 0.06g	
Sugar Alcohols 0.00g	
Net Carbohydrates 56.08g	
Protein 25.36g	51%

Asian Beef & Veggie Wraps

Amount Per Serving	
Calories	392.51
Calories From Fat (21%)	82.13
% Daily Value	
Total Fat 9.14g	14%
Saturated Fat 2.49g	12%
Cholesterol 57.49mg	19%
Sodium 841.56mg	35%
Potassium 474.59mg	14%
Carbohydrates 52.82g	18%
Dietary Fiber 2.67g	11%
Sugar 3.32g	
Sugar Alcohols 0.00g	
Net Carbohydrates 50.15g	
Protein 24.08g	48%

Fish Packets with Chive Butter

Amount Per Serving	
Calories	268.35
Calories From Fat (63%)	168.72
% Daily Value	
Total Fat 19.03g	29%
Saturated Fat 8.86g	44%
Cholesterol 93.90mg	31%
Sodium 118.08mg	5%
Potassium 463.23mg	13%
Carbohydrates 3.32g	1%
Dietary Fiber 0.70g	3%
Sugar 1.29g	
Sugar Alcohols 0.00g	
Net Carbohydrates 2.61g	
Protein 21.97g	44%

Pasta Prima Vera

Amount Per Serving	
Calories	519.44
Calories From Fat (30%)	153.33
% Daily Value	
Total Fat 17.15g	26%
Saturated Fat 10.45g	52%
Cholesterol 51.02mg	17%
Sodium 461.27mg	19%
Potassium 321.75mg	9%
Carbohydrates 71.09g	24%
Dietary Fiber 6.21g	25%
Sugar 0.68g	
Sugar Alcohols 0.00g	
Net Carbohydrates 64.89g	
Protein 19.79g	40%