

NOVEMBER NUTRITION INFORMATION—FREEZER PLEASERS

Cranberry Chicken

Amount Per Serving	
Calories	340.73
Calories From Fat (18%)	61.65
% Daily Value	
Total Fat 7.53g	12%
Saturated Fat 1.23g	6%
Cholesterol 68.76mg	23%
Sodium 1052.13mg	44%
Potassium 400.00mg	11%
Carbohydrates 42.56g	14%
Dietary Fiber 1.12g	4%
Sugar 37.78g	
Sugar Alcohols 0.00g	
Net Carbohydrates 41.44g	
Protein 28.04g	56%

Cajun Chicken Fettuccine

Amount Per Serving	
Calories	416.75
Calories From Fat (15%)	62.12
% Daily Value	
Total Fat 6.97g	11%
Saturated Fat 1.66g	8%
Cholesterol 65.77mg	22%
Sodium 211.31mg	9%
Potassium 742.74mg	21%
Carbohydrates 52.34g	17%
Dietary Fiber 2.68g	11%
Sugar 6.07g	
Sugar Alcohols 0.00g	
Net Carbohydrates 49.66g	
Protein 34.95g	70%

Confetti Smoked Sausage & Shrimp

Amount Per Serving	
Calories	488.20
Calories From Fat (36%)	174.51
% Daily Value	
Total Fat 19.15g	29%
Saturated Fat 4.96g	25%
Cholesterol 143.28mg	48%
Sodium 1456.68mg	61%
Potassium 387.82mg	11%
Carbohydrates 46.93g	16%
Dietary Fiber 2.39g	10%
Sugar 1.98g	
Sugar Alcohols 0.00g	
Net Carbohydrates 44.53g	
Protein 30.04g	60%

Chicken Chardonnay

Amount Per Serving	
Calories	255.92
Calories From Fat (9%)	24.08
% Daily Value	
Total Fat 2.63g	4%
Saturated Fat 0.63g	3%
Cholesterol 70.46mg	23%
Sodium 418.95mg	17%
Potassium 343.23mg	10%
Carbohydrates 22.29g	7%
Dietary Fiber 0.71g	3%
Sugar 0.43g	
Sugar Alcohols 0.00g	
Net Carbohydrates 21.58g	
Protein 29.72g	59%

Alpine Chicken

Amount Per Serving	
Calories	375.80
Calories From Fat (43%)	160.25
% Daily Value	
Total Fat 18.03g	28%
Saturated Fat 5.20g	26%
Cholesterol 73.69mg	25%
Sodium 612.22mg	26%
Potassium 453.57mg	13%
Carbohydrates 24.19g	8%
Dietary Fiber 2.27g	9%
Sugar 6.88g	
Sugar Alcohols 0.00g	
Net Carbohydrates 21.92g	
Protein 28.09g	56%

Peppered Beef Roast

Amount Per Serving	
Calories	347.59
Calories From Fat (30%)	105.05
% Daily Value	
Total Fat 11.18g	17%
Saturated Fat 3.78g	19%
Cholesterol 147.42mg	49%
Sodium 926.06mg	39%
Potassium 907.25mg	26%
Carbohydrates 6.03g	2%
Dietary Fiber 1.19g	5%
Sugar 1.50g	
Sugar Alcohols 0.00g	
Net Carbohydrates 4.84g	
Protein 53.17g	106%

Italian Skillet Chicken

Amount Per Serving	
Calories	292.23
Calories From Fat (24%)	69.85
% Daily Value	
Total Fat 7.93g	12%
Saturated Fat 2.07g	10%
Cholesterol 70.78mg	24%
Sodium 289.58mg	12%
Potassium 1032.75mg	30%
Carbohydrates 21.73g	7%
Dietary Fiber 4.03g	16%
Sugar 1.51g	
Sugar Alcohols 0.00g	
Net Carbohydrates 17.70g	
Protein 31.52g	63%

Peach Glazed Pork Chops

Amount Per Serving	
Calories	236.07
Calories From Fat (17%)	41.03
% Daily Value	
Total Fat 4.63g	7%
Saturated Fat 0.99g	5%
Cholesterol 51.17mg	17%
Sodium 525.07mg	22%
Potassium 603.42mg	17%
Carbohydrates 27.91g	9%
Dietary Fiber 1.40g	6%
Sugar 11.96g	
Sugar Alcohols 0.00g	
Net Carbohydrates 26.51g	
Protein 21.52g	43%

French Stew

Amount Per Serving	
Calories	327.65
Calories From Fat (23%)	73.77
% Daily Value	
Total Fat 7.92g	12%
Saturated Fat 2.61g	13%
Cholesterol 98.28mg	33%
Sodium 1113.86mg	46%
Potassium 932.88mg	27%
Carbohydrates 24.58g	8%
Dietary Fiber 4.31g	17%
Sugar 5.32g	
Sugar Alcohols 0.00g	
Net Carbohydrates 20.27g	
Protein 39.06g	78%

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Beef Chimichangas

Amount Per Serving	
Calories	470.17
Calories From Fat (30%)	140.30
	% Daily Value
Total Fat 15.67g	24%
Saturated Fat 6.93g	35%
Cholesterol 66.65mg	22%
Sodium 1033.37mg	43%
Potassium 588.37mg	17%
Carbohydrates 49.15g	16%
Dietary Fiber 7.01g	28%
Sugar 3.55g	
Sugar Alcohols 0.00g	
Net Carbohydrates 42.13g	
Protein 31.50g	63%

Italian Turkey Meatloaf

Amount Per Serving	
Calories	280.18
Calories From Fat (59%)	164.43
	% Daily Value
Total Fat 18.33g	28%
Saturated Fat 6.47g	32%
Cholesterol 98.73mg	33%
Sodium 577.12mg	24%
Potassium 428.21mg	12%
Carbohydrates 11.35g	4%
Dietary Fiber 1.85g	7%
Sugar 2.04g	
Sugar Alcohols 0.00g	
Net Carbohydrates 9.50g	
Protein 17.42g	35%

Fish Fillets with Ginger Dill Sauce

Amount Per Serving	
Calories	182.00
Calories From Fat (33%)	60.97
	% Daily Value
Total Fat 6.74g	10%
Saturated Fat 1.77g	9%
Cholesterol 90.25mg	30%
Sodium 302.29mg	13%
Potassium 459.48mg	13%
Carbohydrates 3.95g	1%
Dietary Fiber 0.11g	0%
Sugar 2.34g	
Sugar Alcohols 0.00g	
Net Carbohydrates 3.84g	
Protein 24.71g	49%

Southwest Chicken Corn Chowder

Amount Per Serving	
Calories	323.93
Calories From Fat (46%)	150.38
	% Daily Value
Total Fat 17.10g	26%
Saturated Fat 10.00g	50%
Cholesterol 70.30mg	23%
Sodium 951.89mg	40%
Potassium 761.21mg	22%
Carbohydrates 27.19g	9%
Dietary Fiber 3.87g	15%
Sugar 5.62g	
Sugar Alcohols 0.00g	
Net Carbohydrates 23.32g	
Protein 19.34g	39%

Veggie Fish Bake

Amount Per Serving	
Calories	236.19
Calories From Fat (13%)	29.75
	% Daily Value
Total Fat 3.37g	5%
Saturated Fat 0.82g	4%
Cholesterol 35.66mg	12%
Sodium 830.75mg	35%
Potassium 667.74mg	19%
Carbohydrates 23.59g	8%
Dietary Fiber 4.31g	17%
Sugar 5.70g	
Sugar Alcohols 0.00g	
Net Carbohydrates 19.28g	
Protein 26.90g	54%

Minestrone

Amount Per Serving	
Calories	288.05
Calories From Fat (12%)	35.23
	% Daily Value
Total Fat 4.06g	6%
Saturated Fat 0.70g	3%
Cholesterol 0.82mg	0%
Sodium 1092.93mg	46%
Potassium 694.54mg	20%
Carbohydrates 52.51g	18%
Dietary Fiber 9.88g	40%
Sugar 2.72g	
Sugar Alcohols 0.00g	
Net Carbohydrates 42.63g	
Protein 11.83g	24%