

OCTOBER NUTRITION INFORMATION—FREEZER PLEASERS

Chipotle BBQ Chicken

Amount Per Serving	
<b>Calories</b>	181.64
Calories From Fat (10%)	18.29
% Daily Value	
<b>Total Fat</b> 2.03g	<b>3%</b>
Saturated Fat 0.47g	<b>2%</b>
<b>Cholesterol</b> 68.44mg	<b>23%</b>
<b>Sodium</b> 334.32mg	<b>14%</b>
<b>Potassium</b> 388.06mg	<b>11%</b>
<b>Carbohydrates</b> 11.47g	<b>4%</b>
Dietary Fiber 0.43g	<b>2%</b>
Sugar 9.34g	
Sugar Alcohols 0.00g	
Net Carbohydrates 11.04g	
<b>Protein</b> 27.87g	<b>56%</b>

Chicken Fajitas

Amount Per Serving	
<b>Calories</b>	273.68
Calories From Fat (22%)	59.17
% Daily Value	
<b>Total Fat</b> 6.72g	<b>10%</b>
Saturated Fat 1.50g	<b>7%</b>
<b>Cholesterol</b> 17.11mg	<b>6%</b>
<b>Sodium</b> 481.76mg	<b>20%</b>
<b>Potassium</b> 402.75mg	<b>12%</b>
<b>Carbohydrates</b> 40.31g	<b>13%</b>
Dietary Fiber 3.75g	<b>15%</b>
Sugar 3.31g	
Sugar Alcohols 0.00g	
Net Carbohydrates 36.56g	
<b>Protein</b> 13.37g	<b>27%</b>

Apple Stuffed Pork Chops

Amount Per Serving	
<b>Calories</b>	307.34
Calories From Fat (9%)	28.77
% Daily Value	
<b>Total Fat</b> 3.21g	<b>5%</b>
Saturated Fat 0.92g	<b>5%</b>
<b>Cholesterol</b> 51.43mg	<b>17%</b>
<b>Sodium</b> 656.49mg	<b>27%</b>
<b>Potassium</b> 567.47mg	<b>16%</b>
<b>Carbohydrates</b> 44.78g	<b>15%</b>
Dietary Fiber 2.14g	<b>9%</b>
Sugar 20.02g	
Sugar Alcohols 0.00g	
Net Carbohydrates 42.64g	
<b>Protein</b> 24.09g	<b>48%</b>

Lemon Chicken with Rosemary

Amount Per Serving	
<b>Calories</b>	156.17
Calories From Fat (11%)	17.72
% Daily Value	
<b>Total Fat</b> 1.99g	<b>3%</b>
Saturated Fat 0.45g	<b>2%</b>
<b>Cholesterol</b> 68.44mg	<b>23%</b>
<b>Sodium</b> 418.89mg	<b>17%</b>
<b>Potassium</b> 342.73mg	<b>10%</b>
<b>Carbohydrates</b> 3.50g	<b>1%</b>
Dietary Fiber 0.31g	<b>1%</b>
Sugar 0.39g	
Sugar Alcohols 0.00g	
Net Carbohydrates 3.19g	
<b>Protein</b> 27.99g	<b>56%</b>

Pesto Pepper Chicken Pizza

Amount Per Serving	
<b>Calories</b>	597.96
Calories From Fat (54%)	325.33
% Daily Value	
<b>Total Fat</b> 37.26g	<b>57%</b>
Saturated Fat 11.77g	<b>59%</b>
<b>Cholesterol</b> 62.50mg	<b>21%</b>
<b>Sodium</b> 954.61mg	<b>40%</b>
<b>Potassium</b> 410.68mg	<b>12%</b>
<b>Carbohydrates</b> 34.07g	<b>11%</b>
Dietary Fiber 3.74g	<b>15%</b>
Sugar 2.47g	
Sugar Alcohols 0.00g	
Net Carbohydrates 30.34g	
<b>Protein</b> 33.10g	<b>66%</b>

Hearty Beef Burgundy

Amount Per Serving	
<b>Calories</b>	300.44
Calories From Fat (23%)	69.35
% Daily Value	
<b>Total Fat</b> 7.38g	<b>11%</b>
Saturated Fat 2.51g	<b>13%</b>
<b>Cholesterol</b> 98.30mg	<b>33%</b>
<b>Sodium</b> 351.67mg	<b>15%</b>
<b>Potassium</b> 712.93mg	<b>20%</b>
<b>Carbohydrates</b> 11.30g	<b>4%</b>
Dietary Fiber 1.04g	<b>4%</b>
Sugar 2.48g	
Sugar Alcohols 0.00g	
Net Carbohydrates 10.26g	
<b>Protein</b> 35.80g	<b>72%</b>

Garlic Chicken with Broccoli

Amount Per Serving	
<b>Calories</b>	82.90
Calories From Fat (10%)	8.05
% Daily Value	
<b>Total Fat</b> 0.93g	<b>1%</b>
Saturated Fat 0.20g	<b>1%</b>
<b>Cholesterol</b> 11.73mg	<b>4%</b>
<b>Sodium</b> 564.69mg	<b>24%</b>
<b>Potassium</b> 288.15mg	<b>8%</b>
<b>Carbohydrates</b> 12.26g	<b>4%</b>
Dietary Fiber 3.44g	<b>14%</b>
Sugar 2.82g	
Sugar Alcohols 0.00g	
Net Carbohydrates 8.81g	
<b>Protein</b> 8.12g	<b>16%</b>

Pork Chops with Sauerkraut

Amount Per Serving	
<b>Calories</b>	257.35
Calories From Fat (9%)	23.28
% Daily Value	
<b>Total Fat</b> 2.59g	<b>4%</b>
Saturated Fat 0.78g	<b>4%</b>
<b>Cholesterol</b> 51.15mg	<b>17%</b>
<b>Sodium</b> 931.50mg	<b>39%</b>
<b>Potassium</b> 1106.95mg	<b>32%</b>
<b>Carbohydrates</b> 34.03g	<b>11%</b>
Dietary Fiber 6.30g	<b>25%</b>
Sugar 5.78g	
Sugar Alcohols 0.00g	
Net Carbohydrates 27.73g	
<b>Protein</b> 23.67g	<b>47%</b>

Crock Pot Italian Beef

Amount Per Serving	
<b>Calories</b>	365.03
Calories From Fat (29%)	107.52
% Daily Value	
<b>Total Fat</b> 11.44g	<b>18%</b>
Saturated Fat 3.93g	<b>20%</b>
<b>Cholesterol</b> 147.90mg	<b>49%</b>
<b>Sodium</b> 2312.02mg	<b>96%</b>
<b>Potassium</b> 837.38mg	<b>24%</b>
<b>Carbohydrates</b> 8.72g	<b>3%</b>
Dietary Fiber 0.12g	<b>0%</b>
Sugar 0.19g	
Sugar Alcohols 0.00g	
Net Carbohydrates 8.60g	
<b>Protein</b> 52.91g	<b>106%</b>

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Sweet Sloppy Joe

Amount Per Serving	
<b>Calories</b>	413.82
Calories From Fat (19%)	79.47
	<b>% Daily Value</b>
<b>Total Fat</b> 8.69g	<b>13%</b>
Saturated Fat 3.05g	<b>15%</b>
<b>Cholesterol</b> 70.31mg	<b>23%</b>
<b>Sodium</b> 1197.92mg	<b>50%</b>
<b>Potassium</b> 883.13mg	<b>25%</b>
<b>Carbohydrates</b> 51.91g	<b>17%</b>
Dietary Fiber 3.32g	<b>13%</b>
Sugar 16.16g	
Sugar Alcohols 0.00g	
Net Carbohydrates 48.59g	
<b>Protein</b> 32.11g	<b>64%</b>

Fix It & Forget It Chili

Amount Per Serving	
<b>Calories</b>	379.01
Calories From Fat (32%)	123.17
	<b>% Daily Value</b>
<b>Total Fat</b> 13.67g	<b>21%</b>
Saturated Fat 4.45g	<b>22%</b>
<b>Cholesterol</b> 50.65mg	<b>17%</b>
<b>Sodium</b> 1350.10mg	<b>56%</b>
<b>Potassium</b> 1044.74mg	<b>30%</b>
<b>Carbohydrates</b> 42.97g	<b>14%</b>
Dietary Fiber 11.65g	<b>47%</b>
Sugar 4.80g	
Sugar Alcohols 0.00g	
Net Carbohydrates 31.33g	
<b>Protein</b> 24.31g	<b>49%</b>

Tilapia Parmesan

Amount Per Serving	
<b>Calories</b>	282.23
Calories From Fat (49%)	139.68
	<b>% Daily Value</b>
<b>Total Fat</b> 15.78g	<b>24%</b>
Saturated Fat 9.19g	<b>46%</b>
<b>Cholesterol</b> 97.86mg	<b>33%</b>
<b>Sodium</b> 1104.84mg	<b>46%</b>
<b>Potassium</b> 54.58mg	<b>2%</b>
<b>Carbohydrates</b> 7.42g	<b>2%</b>
Dietary Fiber 0.68g	<b>3%</b>
Sugar 0.69g	
Sugar Alcohols 0.00g	
Net Carbohydrates 6.75g	
<b>Protein</b> 26.66g	<b>53%</b>

Italian Turkey Subs

Amount Per Serving	
<b>Calories</b>	324.72
Calories From Fat (49%)	158.43
	<b>% Daily Value</b>
<b>Total Fat</b> 18.00g	<b>28%</b>
Saturated Fat 10.83g	<b>54%</b>
<b>Cholesterol</b> 68.79mg	<b>23%</b>
<b>Sodium</b> 1435.19mg	<b>60%</b>
<b>Potassium</b> 276.62mg	<b>8%</b>
<b>Carbohydrates</b> 15.49g	<b>5%</b>
Dietary Fiber 1.21g	<b>5%</b>
Sugar 2.42g	
Sugar Alcohols 0.00g	
Net Carbohydrates 14.28g	
<b>Protein</b> 24.38g	<b>49%</b>

Cod with Roasted Red Pepper Sauce

Amount Per Serving	
<b>Calories</b>	203.09
Calories From Fat (29%)	59.04
	<b>% Daily Value</b>
<b>Total Fat</b> 6.63g	<b>10%</b>
Saturated Fat 2.57g	<b>13%</b>
<b>Cholesterol</b> 53.50mg	<b>18%</b>
<b>Sodium</b> 392.54mg	<b>16%</b>
<b>Potassium</b> 560.95mg	<b>16%</b>
<b>Carbohydrates</b> 10.75g	<b>4%</b>
Dietary Fiber 0.67g	<b>3%</b>
Sugar 1.21g	
Sugar Alcohols 0.00g	
Net Carbohydrates 10.08g	
<b>Protein</b> 24.00g	<b>48%</b>

Cheese Filled Manicotti

Amount Per Serving	
<b>Calories</b>	463.92
Calories From Fat (34%)	157.77
	<b>% Daily Value</b>
<b>Total Fat</b> 17.83g	<b>27%</b>
Saturated Fat 8.99g	<b>45%</b>
<b>Cholesterol</b> 119.14mg	<b>40%</b>
<b>Sodium</b> 1319.47mg	<b>55%</b>
<b>Potassium</b> 527.27mg	<b>15%</b>
<b>Carbohydrates</b> 43.16g	<b>14%</b>
Dietary Fiber 1.80g	<b>7%</b>
Sugar 12.11g	
Sugar Alcohols 0.00g	
Net Carbohydrates 41.36g	
<b>Protein</b> 30.55g	<b>61%</b>