

SEPTEMBER—FREEZER PLEASERS

So Easy BBQ-Glazed Chicken

Amount Per Serving	
<b>Calories</b>	190.01
Calories From Fat (24%)	46.05
	<b>% Daily Value</b>
<b>Total Fat</b> 5.25g	<b>8%</b>
Saturated Fat 0.94g	<b>5%</b>
<b>Cholesterol</b> 68.44mg	<b>23%</b>
<b>Sodium</b> 421.11mg	<b>18%</b>
<b>Potassium</b> 327.43mg	<b>9%</b>
<b>Carbohydrates</b> 6.96g	<b>2%</b>
Dietary Fiber 0.21g	<b>1%</b>
Sugar 5.22g	
Sugar Alcohols 0.00g	
Net Carbohydrates 6.75g	
<b>Protein</b> 27.51g	<b>55%</b>

Zesty Caribbean Chicken

Amount Per Serving	
<b>Calories</b>	230.16
Calories From Fat (41%)	95.33
	<b>% Daily Value</b>
<b>Total Fat</b> 10.79g	<b>17%</b>
Saturated Fat 2.68g	<b>13%</b>
<b>Cholesterol</b> 68.44mg	<b>23%</b>
<b>Sodium</b> 424.74mg	<b>18%</b>
<b>Potassium</b> 364.26mg	<b>10%</b>
<b>Carbohydrates</b> 6.00g	<b>2%</b>
Dietary Fiber 1.60g	<b>6%</b>
Sugar 3.02g	
Sugar Alcohols 0.00g	
Net Carbohydrates 4.40g	
<b>Protein</b> 27.70g	<b>55%</b>

Chicken Cordon Blue Casserole

Amount Per Serving	
<b>Calories</b>	216.78
Calories From Fat (34%)	74.23
	<b>% Daily Value</b>
<b>Total Fat</b> 8.41g	<b>13%</b>
Saturated Fat 4.36g	<b>22%</b>
<b>Cholesterol</b> 78.28mg	<b>26%</b>
<b>Sodium</b> 838.66mg	<b>35%</b>
<b>Potassium</b> 284.07mg	<b>8%</b>
<b>Carbohydrates</b> 15.94g	<b>5%</b>
Dietary Fiber 0.89g	<b>4%</b>
Sugar 1.28g	
Sugar Alcohols 0.00g	
Net Carbohydrates 15.05g	
<b>Protein</b> 18.54g	<b>37%</b>

Fiesta Chicken & Rice

Amount Per Serving	
<b>Calories</b>	343.26
Calories From Fat (7%)	23.42
	<b>% Daily Value</b>
<b>Total Fat</b> 2.69g	<b>4%</b>
Saturated Fat 0.59g	<b>3%</b>
<b>Cholesterol</b> 54.81mg	<b>18%</b>
<b>Sodium</b> 560.34mg	<b>23%</b>
<b>Potassium</b> 748.70mg	<b>21%</b>
<b>Carbohydrates</b> 52.47g	<b>17%</b>
Dietary Fiber 4.31g	<b>17%</b>
Sugar 3.61g	
Sugar Alcohols 0.00g	
Net Carbohydrates 48.16g	
<b>Protein</b> 28.12g	<b>56%</b>

Chicken with Pesto & Penne

Amount Per Serving	
<b>Calories</b>	565.97
Calories From Fat (46%)	257.87
	<b>% Daily Value</b>
<b>Total Fat</b> 29.18g	<b>45%</b>
Saturated Fat 5.97g	<b>30%</b>
<b>Cholesterol</b> 46.53mg	<b>16%</b>
<b>Sodium</b> 309.61mg	<b>13%</b>
<b>Potassium</b> 320.67mg	<b>9%</b>
<b>Carbohydrates</b> 46.42g	<b>15%</b>
Dietary Fiber 3.20g	<b>13%</b>
Sugar 0.34g	
Sugar Alcohols 0.00g	
Net Carbohydrates 43.21g	
<b>Protein</b> 28.98g	<b>58%</b>

Lemon Pepper Rubbed Pork Chops

Amount Per Serving	
<b>Calories</b>	111.83
Calories From Fat (17%)	19.46
	<b>% Daily Value</b>
<b>Total Fat</b> 2.15g	<b>3%</b>
Saturated Fat 0.66g	<b>3%</b>
<b>Cholesterol</b> 51.15mg	<b>17%</b>
<b>Sodium</b> 171.25mg	<b>7%</b>
<b>Potassium</b> 448.58mg	<b>13%</b>
<b>Carbohydrates</b> 0.71g	<b>0%</b>
Dietary Fiber 0.06g	<b>0%</b>
Sugar 0.47g	
Sugar Alcohols 0.00g	
Net Carbohydrates 0.65g	
<b>Protein</b> 20.93g	<b>42%</b>

Honey Spice-Rubbed Pork Tenderloin

Amount Per Serving	
<b>Calories</b>	291.28
Calories From Fat (24%)	70.06
	<b>% Daily Value</b>
<b>Total Fat</b> 7.88g	<b>12%</b>
Saturated Fat 1.93g	<b>10%</b>
<b>Cholesterol</b> 79.34mg	<b>26%</b>
<b>Sodium</b> 877.74mg	<b>37%</b>
<b>Potassium</b> 595.11mg	<b>17%</b>
<b>Carbohydrates</b> 31.35g	<b>10%</b>
Dietary Fiber 0.72g	<b>3%</b>
Sugar 25.07g	
Sugar Alcohols 0.00g	
Net Carbohydrates 30.63g	
<b>Protein</b> 24.64g	<b>49%</b>

Rave Review Brisket

Amount Per Serving	
<b>Calories</b>	360.84
Calories From Fat (38%)	136.90
	<b>% Daily Value</b>
<b>Total Fat</b> 14.63g	<b>23%</b>
Saturated Fat 4.62g	<b>23%</b>
<b>Cholesterol</b> 133.81mg	<b>45%</b>
<b>Sodium</b> 685.23mg	<b>29%</b>
<b>Potassium</b> 874.38mg	<b>25%</b>
<b>Carbohydrates</b> 5.31g	<b>2%</b>
Dietary Fiber 0.50g	<b>2%</b>
Sugar 1.86g	
Sugar Alcohols 0.00g	
Net Carbohydrates 4.82g	
<b>Protein</b> 49.36g	<b>99%</b>

Terrific Teriyaki Burgers

Amount Per Serving	
<b>Calories</b>	457.15
Calories From Fat (22%)	100.49
	<b>% Daily Value</b>
<b>Total Fat</b> 10.87g	<b>17%</b>
Saturated Fat 4.15g	<b>21%</b>
<b>Cholesterol</b> 93.74mg	<b>31%</b>
<b>Sodium</b> 604.10mg	<b>25%</b>
<b>Potassium</b> 639.12mg	<b>18%</b>
<b>Carbohydrates</b> 46.43g	<b>15%</b>
Dietary Fiber 2.28g	<b>9%</b>
Sugar 8.91g	
Sugar Alcohols 0.00g	
Net Carbohydrates 44.16g	
<b>Protein</b> 40.39g	<b>81%</b>

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Mexican Brisket

Amount Per Serving	
<b>Calories</b>	246.27
Calories From Fat (43%)	105.51
% Daily Value	
<b>Total Fat</b> 11.75g	<b>18%</b>
Saturated Fat 2.64g	<b>13%</b>
<b>Cholesterol</b> 66.91mg	<b>22%</b>
<b>Sodium</b> 796.55mg	<b>33%</b>
<b>Potassium</b> 729.77mg	<b>21%</b>
<b>Carbohydrates</b> 8.02g	<b>3%</b>
Dietary Fiber 2.62g	<b>10%</b>
Sugar 3.19g	
Sugar Alcohols 0.00g	
Net Carbohydrates 5.41g	
<b>Protein</b> 27.67g	<b>55%</b>

“Stuffed” Zucchini Casserole

Amount Per Serving	
<b>Calories</b>	319.43
Calories From Fat (47%)	151.20
% Daily Value	
<b>Total Fat</b> 17.12g	<b>26%</b>
Saturated Fat 8.93g	<b>45%</b>
<b>Cholesterol</b> 43.70mg	<b>15%</b>
<b>Sodium</b> 1123.03mg	<b>47%</b>
<b>Potassium</b> 348.07mg	<b>10%</b>
<b>Carbohydrates</b> 35.71g	<b>12%</b>
Dietary Fiber 5.97g	<b>24%</b>
Sugar 3.50g	
Sugar Alcohols 0.00g	
Net Carbohydrates 29.74g	
<b>Protein</b> 6.39g	<b>13%</b>

Blackened Salmon

Amount Per Serving	
<b>Calories</b>	365.68
Calories From Fat (50%)	184.26
% Daily Value	
<b>Total Fat</b> 20.64g	<b>32%</b>
Saturated Fat 6.88g	<b>34%</b>
<b>Cholesterol</b> 129.25mg	<b>43%</b>
<b>Sodium</b> 865.24mg	<b>36%</b>
<b>Potassium</b> 1058.94mg	<b>30%</b>
<b>Carbohydrates</b> 3.53g	<b>1%</b>
Dietary Fiber 1.43g	<b>6%</b>
Sugar 0.79g	
Sugar Alcohols 0.00g	
Net Carbohydrates 2.09g	
<b>Protein</b> 40.10g	<b>80%</b>

Monte Cristo Sandwiches

Amount Per Serving	
<b>Calories</b>	555.44
Calories From Fat (47%)	263.61
% Daily Value	
<b>Total Fat</b> 29.50g	<b>45%</b>
Saturated Fat 14.27g	<b>71%</b>
<b>Cholesterol</b> 178.62mg	<b>60%</b>
<b>Sodium</b> 1581.08mg	<b>66%</b>
<b>Potassium</b> 443.97mg	<b>13%</b>
<b>Carbohydrates</b> 40.14g	<b>13%</b>
Dietary Fiber 0.28g	<b>1%</b>
Sugar 1.97g	
Sugar Alcohols 0.00g	
Net Carbohydrates 39.86g	
<b>Protein</b> 30.74g	<b>61%</b>

Sesame Crusted Tilapia

Amount Per Serving	
<b>Calories</b>	332.29
Calories From Fat (27%)	90.30
% Daily Value	
<b>Total Fat</b> 10.38g	<b>16%</b>
Saturated Fat 1.68g	<b>8%</b>
<b>Cholesterol</b> 89.95mg	<b>30%</b>
<b>Sodium</b> 411.86mg	<b>17%</b>
<b>Potassium</b> 116.10mg	<b>3%</b>
<b>Carbohydrates</b> 21.94g	<b>7%</b>
Dietary Fiber 1.98g	<b>8%</b>
Sugar 8.69g	
Sugar Alcohols 0.00g	
Net Carbohydrates 19.96g	
<b>Protein</b> 37.04g	<b>74%</b>

Sesame Noodles

Amount Per Serving	
<b>Calories</b>	455.83
Calories From Fat (35%)	159.22
% Daily Value	
<b>Total Fat</b> 19.51g	<b>30%</b>
Saturated Fat 3.78g	<b>19%</b>
<b>Cholesterol</b> 0.00mg	<b>0%</b>
<b>Sodium</b> 643.21mg	<b>27%</b>
<b>Potassium</b> 552.30mg	<b>16%</b>
<b>Carbohydrates</b> 58.98g	<b>20%</b>
Dietary Fiber 5.46g	<b>22%</b>
Sugar 6.57g	
Sugar Alcohols 0.00g	
Net Carbohydrates 53.52g	
<b>Protein</b> 17.39g	<b>35%</b>