

# Prepared Foods Nutrition Facts



Core	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
<b>Entrees</b>																						
Antibiotic Free Chicken Cutlet	1 Piece - 5.2 oz (146g)	230	80	9	14	2	10	0	80	27	380	16	15	5	1	4	4	24	0	2	6	4
Antibiotic Free Roasted Turkey Breast w/ Homestyle Gravy	7 oz (198g)	200	60	6	10	2.5	12	0	85	28	830	34	3	1	0	0	1	34	0	2	2	6
BBQ Pulled Pork w/ Memphis BBQ Sauce	9 oz (255g)	440	160	17	26	7	35	0	100	33	2100	88	36	12	0	0	28	37	0	0	4	8
Beef Stroganoff w/ Egg Noodles	10.5 oz (298g)	650	180	20	31	7	35	0	160	53	1100	46	85	28	5	20	6	28	2	4	6	25
Beef Stroganoff	3.5 oz (100g)	100	50	6	9	2	10	0	15	5	380	18	4	1	0	0	1	7	0	2	2	4
Black Garlic Chicken	8.5 oz (241g)	280	140	16	25	3	15	0	80	27	940	39	6	2	0	0	3	28	2	6	2	4
Cajun Salmon w/ Roasted Red Pepper Sauce	7 oz (197g)	390	300	34	52	5	25	0	65	22	460	19	3	1	1	4	1	25	20	20	2	2
Cajun Tilapia Cake	1 ea (6.5 oz) 185g	400	300	33	51	6	30	0	60	20	520	22	8	3	1	4	1	18	15	25	4	8
Cajun Tilapia w/ Roasted Red Pepper Sauce	6 oz (170g)	250	160	18	28	3	15	0	25	8	350	15	3	1	1	4	1	21	20	20	4	6
Chicken French w/ Lemon Butter Sauce	9 oz (255g)	380	190	21	33	7	37	0	170	56	1280	53	14	5	0	1	4	29	8	15	2	8
Chicken Pot Pie	1 ea (232g)	350	110	12	18	7	35	0	90	30	600	25	42	14	2	8	5	17	25	0	4	15

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	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Chipotle Chicken	1 Piece w/ Salsa (7.5 oz)	200	60	7	11	1	5	0	80	27	1210	50	7	2	1	4	4	27	0	15	2	2
Coconut Almond Crusted Tilapia w/ Pineapple Salsa	10.5 oz (297g)	490	210	24	37	7	35	0	130	43	530	22	38	13	4	16	14	34	4	60	10	15
Crab Stuffed Salmon	9 oz (258g)	490	290	32	49	10	50	0	135	45	780	33	7	2	0	0	2	36	2	20	4	4
Grilled Lemon Garlic Chicken Breast	1 Piece (5.5 oz)	220	100	12	18	2	10	0	80	27	750	31	3	1	0	0	2	27	0	4	0	2
Grilled Memphis - Style BBQ Chicken Breasts w/ Memphis BBQ Sauce	9 oz	290	100	12	18	2	10	0	80	27	1860	78	23	8	0	0	18	28	2	4	2	4
Homestyle Meatloaf w/ Gravy	1 Slice w/ Gravy (261g)	360	190	21	32	8	40	0	155	52	1050	44	23	8	0	0	7	27	2	100	6	20
Honey Brined BBQ Chicken	11.25 oz w/Sauce (319g)	580	250	28	43	8	40	0	140	47	2690	112	43	14	1	4	39	37	15	20	2	20
Honey Brined Fried Chicken	3 oz (85g)	200	100	12	18	4	20	0	60	20	780	33	8	3	0	0	0	18	0	0	2	4
Jerk Style Chicken Breast w/ Cilantro Lime Green Sauce	1 Piece w/Sauce (7.5oz)	400	280	31	48	4	20	0	90	30	1270	53	5	2	1	4	2	27	8	30	2	4
Jerk Style Pork w/ Cilantro Lime Green Sauce	1 Piece w/Sauce (7.5oz)	440	280	32	49	4.5	23	0	110	37	810	34	4	1	1	4	0	32	8	30	4	10

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Memphis Barbeque Pork Spareribs	13 oz Edible Portion 311g	660	380	42	65	17	85	0	125	42	1960	82	34	11	0	0	25	41	0	0	10	10
Peruvian - Style Chicken Breast w/ Green Sauce	7.5 oz (213g)	440	310	35	54	5	25	0	100	33	1160	48	5	2	1	4	3	28	2	10	8	6
Potato Crusted Salmon w/ Tomato Horseradish Sauce	8.5 oz (241g)	360	200	23	35	3.5	17	0	75	26	500	21	19	6	2	7	3	25	6	25	4	6
Pan Seared Salmon w/ Roasted Tomato Salsa	6.5 oz	400	300	34	52	4.5	23	0	60	20	770	32	5	2	1	4	2	22	0	10	0	0
Signature Crab Cake w/ Remoulade	1 ea. - 6.5 oz. (191g)	820	670	74	114	13	66	1	215	72	1380	57	11	4	0	2	3	28	6	6	2	6
Swedish Meatballs	5 oz (142g)	260	160	17	27	7	37	0	75	25	760	32	10	3	1	4	2	11	2	4	4	6
Teriyaki Salmon	1 Piece = 5.5 oz	330	200	22	34	3	15	0	70	23	1180	49	9	3	0	0	7	26	0	0	2	2
Turkey Pot Pie	1 each	470	260	29	45	10	50	0	40	13	970	40	41	14	3	12	3	10	2	15	0	70
Turkey Sage Meatloaf w/ Homestyle Gravy	11.5 oz (326g)	330	140	16	25	4	20	0	135	45	1280	53	14	5	1	4	2	35	6	8	6	15
Italian Entrees	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Antibiotic Free Chicken Parmesan w/ Seasoned Tomato Sauce	1 Piece 8.7 oz (246g)	300	120	13	20	4	20	0	90	30	830	35	21	7	2	8	7	29	10	30	20	8

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Cheese Lasagna w/ Seasoned Tomato Sauce	1 Piece (379g)	440	200	23	35	11	53	0	120	39	1520	63	35	12	3	12	6	23	35	60	60	10
Chicken Caprese w/ Sauce	10.5 oz	650	480	54	83	12	60	0	115	38	1320	55	6	2	1	4	3	39	30	20	35	8
Chicken Marsala w/ Mushroom Marsala Sauce	9.5 oz (192g)	300	100	11	17	2	11	0	80	26	1380	58	21	7	0	2	8	29	2	4	2	8
Garlic Parmesan Tilapia w/ Lemon Butter Sauce	7 oz (202g)	330	160	19	29	8	40	0	55	18	420	18	14	5	0	0	2	27	4	10	8	8
Italian Pork Cutlet Florentine	12 oz w/Topping & Sauce (341g)	610	210	24	37	9	45	0	195	65	660	28	55	18	3	12	6	39	45	30	8	25
Italian Style Breaded Pork Chop	1 Piece 9.5 oz (270g)	480	140	16	25	5	25	0	165	55	570	24	48	16	2	8	5	35	10	20	8	15
Meat Lasagna	1 Piece (10 oz)	380	190	21	32	9	45	0	95	32	1330	55	29	10	3	12	5	19	30	80	35	15
Party Meatballs w/ Seasoned Tomato Sauce	5 oz (142g)	260	160	17	27	7	34	0	75	25	790	33	12	4	2	7	2	11	8	25	6	8
Sauces	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Homestyle Gravy	3 oz (85g)	45	25	3	5	1.5	8	0	10	3	440	18	4	1	0	0	0	2	2	0	0	2
Kansas City BBQ Sauce	3 oz (85g)	120	0	0	0	0	0	0	0	0	700	29	29	10	0	0	27	0	0	0	0	0
Lemon & Butter Sauce	3 oz (85g)	100	60	7	11	4.5	23	0	20	7	270	11	5	2	0	0	2	0	4	15	0	0

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Meatloaf Gravy	3 oz (85g)	45	20	2	3	0.5	3	0	0	0	410	17	5	2	0	0	1	2	2	2	0	0
Memphis BBQ Sauce	3.5 oz. (100g)	80	0	0	0	0	0	0	0	0	910	38	17	6	0	0	14	0	10	4	4	4
Pineapple Mango Salsa	4 oz (112g)	60	0	0	0	0	0	0	0	0	120	5	16	5	2	8	12	1	8	80	2	2
Roasted Tomato Salsa	2 oz (57g)	20	0	0	0	0	0	0	0	0	420	18	4	1	1	4	2	0	0	10	0	0
Remoulade Sauce	2 oz (56g)	380	380	43	65	7	35	0	35	12	520	22	2	1	0	0	0	0	0	0	0	0
Teriyaki Sauce	3 oz (85g)	120	0	0	0	0	0	0	0	0	1330	55	28	9	0	0	24	2	0	0	0	0

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