

Prepared Foods Nutrition Facts



Vegetables & Sides	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)
Asparagus, Jicama, Corn & Red Peppers	4 oz (113g)	100	50	6	9	1	4	0	0	0	390	16	11	4	3	11	2	2	15	40	2	4
Braised Collard Greens	4 oz (113g)	90	50	6	9	2.5	13	0	10	3	320	13	9	3	3	12	4	2	90	50	10	2
Butternut Squash Cakes	1 Each (57g)	150	45	5	8	1.5	8	0	30	10	250	10	23	8	1	4	11	3	15	2	4	4
Butternut Squash with Baby Spinach & Craisins	4 oz (113g)	120	70	8	12	1	5	0	0	0	220	9	12	4	3	12	5	1	180	25	4	4
Cauliflower Risotto	4 oz (113g)	110	80	9	14	5	25	0	30	10	340	14	6	2	2	8	2	3	6	40	4	2
Cooked Egg Noodles	4 oz (113g)	440	60	7	11	2	11	0	125	42	430	18	78	26	4	16	4	16	0	0	4	20
Cornbread Stuffing	4 oz (113g)	170	35	4	6	2.5	13	0	5	2	700	29	25	8	0	0	6	5	2	15	2	0
Farro w/ Lemon & Artichokes	4 oz (113g)	120	30	3	5	1	5	0	5	2	380	16	19	6	2	8	1	4	2	4	4	4
Golden Jewel Salad w/Feta & Spinach	4 oz (113g)	400	150	16	25	1.5	8	0	0	0	620	26	53	18	4	16	5	10	2	15	6	10
Green Beans & Roasted Corn	4 oz (113g)	100	40	4.5	7	0.5	3	0	0	0	200	8	14	5	3	12	3	2	4	10	4	4
Greens & Beans	4 oz (113g)	45	15	1.5	2	0	0	0	0	0	390	16	7	2	3	12	1	2	25	8	4	4
Herb Stuffing	4 oz (113g)	140	60	7	11	2.5	13	0	10	3	380	16	16	5	1	4	2	3	2	2	4	8
Honey Roasted Root Vegetables	4 oz (113g)	90	35	4	6	0.5	3	0	0	0	210	9	12	4	3	12	6	1	180	25	4	2
Italian Pasta Salad	4 oz (113g)	190	80	9	14	2	10	0	10	3	530	22	20	7	1	4	3	6	2	15	15	6
Jalapeno Corn Cakes	1 Cake (57g)	150	45	5	8	1.5	8	0	30	10	250	10	22	7	1	4	9	3	6	8	2	4
Kale & Quinoa Cakes	1 ea (85g)	150	80	9	14	1.5	8	0	45	15	400	17	13	4	1	4	3	5	15	10	4	4
Macaroni & Cheese	4 oz (113g)	180	80	9	14	4	20	0	25	8	340	14	18	6	1	2	1	8	4	0	15	0

Mashed Sweet Potatoes	4 oz (113g)	150	70	8	12	4.5	23	0	20	7	430	18	20	7	2	7	10	1	220	25	4	4
Pico de Gallo	2 Tbsp (25g)	10	5	0	0	0	0	0	0	0	160	7	1	0	0	0	1	0	4	8	0	0
Potato Gratin	1 Each (100g)	180	110	12	18	8	40	0	40	13	380	16	14	5	1	4	0	4	10	0	10	2
Roasted Baby Potatoes	4 oz (113g)	90	10	1.5	2	0	0	0	0	0	500	21	19	6	2	8	0	2	2	10	8	6
Roasted Brussels Sprouts	4 oz (113g)	100	50	6	9	1	4	0	0	0	260	11	8	3	4	15	3	3	10	150	2	0
Roasted Brussels Sprouts & Delicata Squash	4 oz (113g)	110	80	9	14	1.5	8	0	0	0	170	7	8	3	2	8	3	2	50	60	4	4
Roasted Butternut Squash	4 oz (113g)	100	50	6	9	1	5	0	0	0	190	8	11	4	3	12	2	1	240	25	4	4
Roasted Cauliflower & Delicata Squash	4 oz (113g)	80	50	6	9	1	4	0	0	0	160	7	7	2	2	7	3	2	45	45	4	4
Roasted Cauliflower w/ Parmesan Cheese	4 oz (113g)	70	50	6	9	1	5	0	0	0	280	12	4	1	2	8	2	3	0	80	2	2
Roasted Corn & Bean Salad	4 oz (113g)	150	70	8	12	1	5	0	0	0	310	13	18	6	4	16	2	4	4	15	6	6
Roasted Red Potatoes	4 oz (113g)	120	40	4.5	7	0.5	3	0	0	0	240	10	18	6	2	8	1	2	4	15	2	6
Roasted Vegetables	4 oz (113g)	90	45	4.5	7	0.5	5	0	0	0	340	14	11	4	4	16	6	2	280	50	4	4
Roasted Yams	4 oz (113g)	160	60	7	11	1	5	0	0	0	125	5	22	7	3	12	7	2	400	35	4	4
Sauced Spaghetti	4 oz (113g)	150	60	7	10	1	4	0	0	0	125	5	21	7	1	5	2	4	4	10	2	6
Sautéed Greens	4 oz (113g)	50	5	0.5	1	0	0	0	0	0	680	28	9	3	2	8	0	3	220	150	8	8
Seasoned Green Beans	4 oz (113g)	110	70	8	12	1	5	0	0	0	510	21	8	3	3	12	4	2	15	15	4	4
Signature Whipped Potatoes	4 oz (113g)	160	100	11	17	7	35	0	35	12	350	15	12	4	1	3	1	2	8	10	4	2
Sweet Potato Gratin	1 each (100g)	150	110	12	18	8	40	0	35	12	280	12	9	3	1	4	4	3	0	0	10	2
Tuna Salad	4 oz (113g)	230	140	16	24	2.5	11	0	40	13	240	10	0	0	0	0	0	20	2	2	2	6