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| BBQ Chicken Empanadas  Ingredients: **empanada dough** (unbleached enriched wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), margarine (vegetable oil, water, salt, mono-and-diglycerides of fatty acid, citric acid, tocopherol-rich extract, flavor, beta carotene (color)), water, unbleached enriched wheat flour), milk substitute (soy, whey), salt, sea, dough relaxer (wheat flour, salt, soybean oil, l-cysteine, ascorbic acid, enzymes), **diced chicken** (diced white chicken with rib meat, seasoning [maltodextrin, salt, sugar, chicken stock, vegetable stock (carrot, onion, celery), flavors, carrot powder and garlic powder], modified food starch, sodium phosphates, soy protein concentrate, sea salt), **BBQ sauce** (high fructose corn syrup, distilled vinegar, sugar, molasses, brown sugar, soy sauce (water, wheat, soybeans, salt, sodium benzoate [preservative]), tomato paste, modified corn starch, salt, contains less than 2% of orange juice concentrate, chipotle pepper, spice, roasted red pepper, sauteed vegetables (onions, carrots, celery), natural smoke flavor, natural flavor, yeast extract, lemon juice concentrate, maltodextrin, olive oil, chili and chipotle pepper, onion,\* garlic,\* paprika, potassium sorbate and sodium benzoate (preservatives), dextrose, pineapple juice concentrate, xanthan gum, garlic, caramel color, ascorbic acid, chili pepper, mustard flour, malic acid. dried), **basil, red onions, Monterey jack cheese (**cultured pasteurized milk, salt, enzymes, potato starch and powdered cellulose, natamycin)**, mozzarella cheese** **(**low moisture part skim mozzarella cheese (pasteurized milk, cheese cultures, salt, enzymes) potato starch, canola oil and cellulose added to prevent caking, natamycin)  Nutritional info: calories 456/fat 14g/carbs 57g/fiber 3g/sodium 1028mg/protein 26g |
| Blue Cheese Bacon Burgers  Ingredients: Ground chuck, mushrooms, onions, blue cheese, bacon bits (cured with water, salt, sugar, smoke flavoring, sodium phosphate, sodium erythorbate, flavoring, sodium nitrite), lemon pepper (Salt, black pepper, citric acid, dehydrated onion, dehydrated garlic, sugar, yellow 5 lake, maltodextrin, natural flavor and less than 2% silicon dioxide to prevent caking)  Nutritional Info (without bun): Calories 474/Fat 37g/Sat Fat 15g/Carbs 1g/Fiber 0/ Sodium 462/Protein 32g/Sugar 0 |
| Cola Glazed Ribs  Ingredients: **Pork ribs, soda** (Carbonated Water, High Fructose Corn Syrup, Caramel Color, Sugar, Phosphoric Acid, Caffeine, Citric Acid, Natural Flavor), **ketchup** (tomato concentrate made from vine ripened tomatoes, high fructose corn syrup, distilled vinegar, corn syrup, salt, less than 2% of onion powder, garlic powder, natural flavors)**, brown sugar, Worcestershire sauce (**distilled white vinegar, water, molasses, high fructose corn syrup, salt, caramel color, sugar, artificial flavor)**, Molasses, mustard, paprika, salt, pepper, onion powder, chili powder**  Nutritional Info (this includes all the glaze, which you will most likely not eat all): Calories 1962/Fat 120.7g/Carbs 26.4g/Fiber .4/Sodium 7115mg/Protein 180.7g/ Sugar 24.8 |
| Honey BBQ Chicken  Ingredients: **Chicken legs, tomato sauce** (tomatoes, salt, onion powder, garlic powder and natural flavorings), **onion, vinegar** (distilled vinegar from corn (diluted with water to 5% acidity), **honey Worcestershire sauce** (distilled white vinegar, water, molasses, high fructose corn syrup, salt, caramel color, sugar, artificial flavor), **paprika, tabasco** (distilled vinegar, red pepper, salt)  Nutritional Info: Calories 147/Fat 4.2g/Sat fat 2g/Carbs 17.3g/Fiber 1/Sodium 460mg/Protein 12.8g/Sugar 4g |
| Honey Mustard Shrimp  Ingredients: **Shrimp, Dijon mustard** (Water, mustard seeds, vinegar, salt, sulfites as a preservative), **honey, mayonnaise** (soybean oil, water, whole eggs and egg yolks, vinegar, salt, sugar, lemon juice concentrate, calcium disodium edta (used to protect quality) natural flavors), **steak sauce** (tomato puree (water, tomato paste), distilled vinegar, corn syrup, salt, raisin paste, contains 2% or less of crushed orange puree, spices and herbs, dried garlic and onion, caramel color, potassium sorbate (preservative), xanthan gum)  Nutritional Info: Calories 117/Fat 3g/Sat Fat 1g/Carbs 14g/Fiber .7g/Sodium 351mg/Protein/ Sugar 2g9g/Sugar 3g |
| Maple Honey Pork Tenderloin  Ingredients: Pork Tender, shallots, syrup, orange peel, mayonnaise (soybean oil, water, whole eggs and egg yolks, vinegar, salt, sugar, lemon juice concentrate, calcium disodium edta (used to protect quality) natural flavors), Dijon mustard (Water, mustard seeds, vinegar, salt, sulfites as a preservative), honey, lemon juice, salt, pepper  Nutritional Info: |
| Sicilian Garden Pasta Toss  Ingredients: **Alfredo Sauce** (skim milk, water, cream, cream cheese (cream, nonfat dry milk, salt, enzymes), parmesan cheese (cultured milk, salt, enzymes), Romano cheese (cultured milk, salt, enzymes), butter (cream, salt), food starch-modified, contains less than 2% of maltodextrin, salt, natural flavor, sodium phosphate, sodium citrate, cellulose gel, cellulose gum, vegetable mono and diglycerides, spice – gluten free), **oregano, basil, carrots, peas, mushrooms, peppers, broccoli, tomatoes, pasta** (100% durum wheat semolina)  Nutritional Info: Calories 214/ Fat13g/ Carbs16g/ Fiber2/ Sodium626mg/ Protein8g |
| Slow Cooker Honey Chicken Tacos  Calories 488/Fat 22g/Sat Fat 5g/Carbs 56g/Fiber 2g/Sodium 627mg/Protein 18g/Sugar 25g  Ingredients: **Chicken Breasts, salsa Verde** (tomatillos, green jalapeno peppers, water, onions, less than 2% of salt, distilled vinegar, garlic, dehydrated garlic, sodium benzoate (a preservative), dehydrated cilantro, xanthan gum, citric acid), **honey, lime juice, pepper, cumin, onion powder, salt, tortilla shells** (Enriched bleached flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, vegetable shortening (unesterified and hydrogenated soybean oils), contains 2% or less of :salt, sugar, baking soda, sodium acid pyrophosphate, distilled monoglycerides, enzymes, fumaric acid, and calcium propionate and sorbic acid (to maintain freshness) |
| Slow Cooker Meatballs in Peanut Chili Sauce  **Ingredients: Meatballs** (ground beef, water, bread crumbs (enriched bleached wheat flour (bleached wheat flour, niacin, reduced iron thiamine mononitrate, riboflavin, folic acid), salt, durum flour, hydrogenated vegetable oil shortening (soybean), leavening ) , **peanut butter** (Peanuts, Dextrose, Fully Hydrogenated Vegetable Oil (Rapeseed, Cottonseed, Soybean), salt, corn syrup) , **coconut milk** (Coconut, water, guar gum) , **chili paste** **(**Smoked Red Jalapeno, water, vinegar, sugar, salt, natural smoke essence, xanthan gum and garlic ) **, fish sauce** (anchovy extract, salt, sugar and water) , **white sugar**  Nutritional Info: Calories 406/Fat 24/Sat Fat 10g/Carbs 18g/Fiber 7g/Sodium 962mg/Protein 32g/Sugar 5g |
| Sweet & Spicy Chicken  Ingredients: Chicken breasts, chili sauce (tomatoes, corn syrup, vinegar, salt, dehydrated onions, natural flavors, garlic powder, and citric acid), cranberry sauce (Cranberries, high fructose corn syrup, water, corn syrup, citric acid), brown sugar (Sugar, molasses)  Nutritional info: Calories 139/Fat 1.6g/Carbs 4.6/Fiber 0/Sodium 10mg/Protein 26g. |
| Teriyaki Burgers  Nutri Info: Calories 689/Fat41g/Sat Fat 41g/Carbs 37g/Fiber 2g/Sodium 1756mg/Protein 39g/Sugar 21g  Ingredients: **Beef, garlic** (garlic, water, citric acid), **red wine vinegar** (red wine vinegar (diluted with water to 5% acidity) and potassium metabisulfite (as a preservative))**, brown sugar** (Sugar, molasses)**, soy sauce** (Water, Hydrolyzed soy protein, salt, molasses, caramel color, and sodium benzoate added as a preservative) **, ginger (**ginger, phosphoric acid, sodium benzoate and potassium sorbate added as preservatives)**, olive oil (**Canola Oil, extra virgin olive oil |
| Tropical Island Chicken (GF)  Ingredients: Chicken, soy sauce, sugar, oil, garlic, ginger, onion, cayenne pepper sesame seeds  Nutritional Info: Calories 274/Fat16g/Sat Fat 1g/Carbs 6g/Fiber 1g/Sodium1271mg / Protein: 29g/Sugar 8g |