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| Cheesy Beef & Noodle Bake Ingredients: **sour cream** (cultured milk and cream, enzymes), **cream cheese** (pasteurized milk and cream, whey protein concentrate, whey, salt, carob bean gum, xanthan gum, guar gum, natamycin (a natural mold inhibitor), vitamin a palmitate, cheese culture)**, cottage cheese** (cultured nonfat milk, milk, whey, salt, guar gum\*, citric acid, carrageenan\*, carob gum\*, natural flavor, enzymes, carbon dioxide (to help protect flavor).)**, green onions, cooked ground beef , tomato sauce** (tomatoes, salt, onion powder, garlic powder and natural flavorings)**, garlic, pepper, cheddar cheese** (cultured pasteurized milk, salt, enzymes, artificial color, potato starch and powdered cellulose added to prevent caking, natamycin (a natural mold inhibitor)**, egg noodles** (durum semolina, durum flour, egg yolk, niacin, ferrous sulfate (iron), thiamin mononitrate, riboflavin, folic acid)Nutritional info: calories 571/fat 35g/sat fat 18g/carbs 27g/fiber 2g/sodium 672mg/protein 36g/sugar 7g |
| Chicken Marsala**Ingredients: Chicken Breast, mushrooms, marsala wine** (marsala wine, salt, potassium meta bisulfite (preservative), cream (heavy cream (milk), mono and diglycerides, carrageenan, disodium phosphate, sodium citrate, polysorbate 80), **sherry** (sherry wine, salt, potassium sorbate (a preservative), potassium metabisulfite))**,** **chicken broth** (roasted chicken and chicken broth, salt, sugar, hydrolyzed corn protein, contains 2% or less of chicken fat, onion powder, disodium inosinate, disodium guanylate, extractive of turmeric (color), spice extractive)**, flour** (bleached wheat flour enriched (bleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), malted barley flour)**, pepper, salt, oregano**Nutritional Info: Calories 201, Fat 3g, Sat Fat 2g, Carbs 11g, Fiber 0, Sodium 550mg, Protein 28g, Sugar 1g |
| Jerk Pork ChopsIngredients: **Pork Chop, jerk seasoning**(Salt, spices (including red pepper), dextrose, caramel color, chives and sulfating agents), **lemon juice** (Lemon Juice from concentrate (water, concentrated lemon juice) and less than 2% of sodium benzoate, sodium metabisulfite and sodium sulfite (preservatives) Lemon oil), **garlic** (garlic, water, citric acid), **root beer** (Water, high fructose corn syrup, caramel color, sodium benzoate (preservative), natural & artificial flavors, quillaia extract),  **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), **hot sauce** (distilled vinegar, red pepper, salt)Nutritional info: Calories 161.6/Fat 6/Carbs 4/Fiber 1/Sodium 330mg/ Protein 21/ sugar .3g |
| Pad Thai Chicken (GF)Ingredients: **Chicken breasts, 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), **sugar**Nutritional Info (w/o pasta): Calories 543/Fat 37.8g/Sat Fat 24.6g/Carbs 16.4g/Fiber 2.8g/Sodium 3265mg/ Protein 38g/Sugar 13g |
| Pizza Empanadas (beef, pork, or veggie)Ingredients: **Pie 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 (ascorbic acid, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, enzymes (added for improved baking)), milk substitute (soy, whey), salt, sea, dough relaxer (wheat flour, salt, soybean oil, L-cysteine, ascorbic acid, enzymes), **ricotta cheese** (pasteurized milk, vinegar, salt, stabilizer (modified food starch, guar gum, carrageenan), potassium sorbate to protect flavor) , **pizza sauce** ( tomatoes, salt, citric acid and basil), **garlic** (garlic, water, citric acid) , **Italian seasoning**, **Italian sausage** ( pork, water, salt, spices, sugar, flavoring) , **pepperoni** (pork, beef, salt, contains 2% or less of water, dextrose, spices, lactic acid starter culture, oleoresin of paprika, garlic powder, sodium nitrite, BHA, citric acid) **, 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 (a natural mold inhibitor))Nutritional Info: Calories 556/Fat 15g/Sat Fat 7g/Carbs 32g/ Fiber 2g/Sodium 794mg/ Protein 17g/Sugar 5g |
| Sesame BBQ MeatballsIngredients: **beef 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), **brown sugar** (Sugar, molasses), **onion, 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), **garlic** (garlic, water, citric acid), **sesame seeds, green onion, honey, soy sauce** (Water, Hydrolyzed soy protein, salt, molasses, caramel color, and sodium benzoate added as a preservative), **white vinegar** ( distilled vinegar from corn, (diluted with water to 5% acidity)), **ginger** (ginger, phosphoric acid, sodium benzoate and potassium sorbate added as preservatives)Calories 472/Fat 18g/Sat Fat 6g/Carbs 47g/Fiber 1g/Sodium 1347mg/Protein 32g/Sugar 9g |
| Shredded Chicken Soft Tacos Ingredients: **Chicken, enchilada sauce** ( tomato puree (water, tomato paste) water, red Chile puree, less than 2% of: salt, chili pepper, canola oil, onion powder, spices, garlic puree, colored with oleoresin paprika, pectin, cornstarch, natural flavor, lemon juice concentrate, citric acid, guar gum, xanthan gum, garlic powder, autolyzed yeast extract, locust bean gum), **black beans** (black beans, water, salt, ferrous gluconate calcium chloride (to help maintain firmness), **corn, cilantro, garlic (**garlic, water, citric acid),, **taco seasoning (**spices (including chili pepper paprika, oregano), onion, salt, potato starch, sugar, garlic & natural flavor), **tortillas (**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)Nutritional: Calories 453/Fat 10g/Sat Fat 2g/Carbs 54g/Fiber 3g/Sodium 804mg/Protein 35g/Sugar 0 |
| Sloppy Joes Done Right Ingredients: **Ground beef, tomato sauce** ( tomatoes, salt, onion powder, garlic powder and natural flavorings), **tomato paste** (tomato pulp) , **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** ( sugar, molasses), **soy sauce (**Water, Hydrolyzed soy protein, salt, molasses, caramel color, and sodium benzoate added as a preservative), **garlic** (garlic, water, citric acid), **onions**Nutritional Info: Calories 687/Fat 36g/Sat fat 13g/Carbs 55g/Fiber 4g/Sodium 1703mg/ Protein 37g/Sugar 26g |
| Slow Cooker Chicken Parmesan Ingredients: **Chicken breasts, oil** ( Canola Oil, extra virgin olive oil), **parmesan cheese** ( imported parmesan cheese (pasteurized part skim milk, cheese cultures, salt, enzymes), rice flour and powdered cellulose added to prevent caking), **pepper, panko** (whole grain rice, rice, sugar, salt, molasses, vitamin E (mixed tocopherols) added to preserve freshness), **Italian seasoning, marinara** (Vine ripened tomatoes, tomato puree, soybean oil, corn syrup, salt, modified dehydrated onion, dehydrated garlic, spices, dextrose, citric acid, natural flavors)Nutritional Info: Calories 500/Fat 25g/Sat Fat 9.4g/Carbs 22.6g/Fiber 2.2g/Sodium 963mg/Protein 43.7g/Sugar 5.8g |
| Taco SoupIngredients: **Chicken, refried beans (**Cooked beans, water. Contains 2% or less of: partially hydrogenated lard, salt, vinegar, onion powder, garlic powder, spice, chili pepper), **crushed tomatoes** (Vine ripened unpeeled tomatoes, tomato puree, less than 2% of: salt, citric acid), **corn, onions, chicken broth (**Roasted chicken and chicken broth, salt, sugar, hydrolyzed corn protein, contains 2% or less of chicken fat, onion powder, disodium inosinate, disodium guanylate, extractive of turmeric (color), spice extractive), **salsa** (tomatoes, water, tomato paste, jalapeno peppers, onions, distilled vinegar, salt, dehydrated onions, dehydrated garlic, natural flavor) , **cilantro, cornstarch, taco seasoning**, (spices (including chili pepper paprika, oregano), onion, salt, potato starch, sugar, garlic & natural flavor), **sugar**Nutritional Info (12 oz serving): Calories 168/Fat 2g/Sat Fat 0/Carbs 32g/Fiber 7g/Sodium 1031/Protein 10g/Sugar 6g |
| Tangy Slow Cooker Pork Roast**Ingredients**: **Pork Roast, cranberries** (cranberries, sugar), **garlic** (garlic, water, citric acid), **bay, sage, rosemary, salt, pepper, Worcestershire sauce**, **brown sugar** (Sugar, molasses), **honey, Dijon mustard** (Water, mustard seeds, vinegar, salt, salt, sulfites as a preservative), **beer** (Water, yeast, Malt, and hops)**Nutritional Info**: Calories 378/Fat 10g/Carbs 21g/Fiber 1g/Sodium 619mg/Protein 48g |
| Teriyaki Shrimp Ingredients: **shrimp, 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), **red pepper flakes, corn starch, yakisoba noodles** (enriched unbleached wheat flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin and folic acid), water, salt, soybean oil, potassium sorbate, potassium carbonate, and fd&c yellow #5 and #6)Info: cal. 225.8/fat 7.2g/sat fat 1.1/carbs 23.5/fiber 1.6g/ sodium 503.3/protein 15.6/sugars 2g |