

Nutritional Facts/ 100g

	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Carbohydrates (g)	Protein (g)	Sugars (g)	Sodium (mg)
501 Butter Chicken	109	6	1	0	16	10	7	2	53
502 Chicken Pot Pie	103	1	0	0	23	11	7	3	49
503 Chicken Stew	93	1	0	0	13	10	7	3	49
504 Sesame Chicken	106	5	1	0	13	12	7	3	59
505 Pineapple Chicken	105	1	0	0	11	16	7	5	57
506 Lemon Dill Chicken	112	1	1	0	5	17	7	3	57
507 Harvest Chicken	109	6	1	0	16	10	7	2	53
508 Curry Chicken	81	2	1	0	16	10	7	2	55
533 Bar-B-Q Chicken	112	1	1	0	5	17	7	3	57
536 Souvlaki Chicken	107	5	1	0	16	10	7	2	51
537 Chicken Gumbo	141	6	2	0	19	13	9	2	55
540 Mushroom Chicken	98	4	0	0	8	10	7	2	51
545 Bowtie Pesto Chicken	107	4	1	0	11	13	7	2	51
509 Cabbage Rolls	76	1	0	0	3	8	5	2	51
510 Liver and Onions	125	4	2	0	16	9	12	1	41
511 Honey Garlic Meatball	106	3	1	0	19	12	9	4	29
512 Beef Stew	99	7	1	0	15	10	7	2	55
513 Roast Beef Dinner	102	13	1	0	25	20	19	2	53
514 Shepherds Pie	117	12	4	0	19	22	7	0	46
515 Swiss Steak	105	7	1	0	11	11	5	1	52
516 Swedish Meatballs	107	6	1	0	19	12	9	1	42

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517 Beef Stoganoff	108	6	1	0	11	12	6	1	48
518 Curried Beef	97	5	1	0	17	13	7	1	58
519 Meatloaf	107	6	1	0	17	10	9	1	42
520 Lasagna	127	4	2	0	15	13	8	2	49
521 Italian Casserole	120	4	2	0	15	12	9	2	53
522 Spaghetti	127	5	2	0	15	13	8	2	49
529 Hearty Chili	105	4	1	0	18	12	6	2	52
538 Steak & Mushroom	106	6	1	0	12	11	5	2	52
523 Pork Tenderloin	107	4	1	0	18	9	7	2	55
524 Sausage and Penne	141	6	2	0	27	13	9	1	55
525 Turkey Dinner	103	11	0	0	23	20	17	1	43
526 Shrimp Rose	98	2	1	0	0	20	7	2	49
527 Dill Haddock	81	2	1	0	6	17	10	1	40
528 Teriyaki Pork	106	5	1	0	13	12	7	3	59
534 Pulled Pork	102	4	1	0	19	9	7	3	54
535 Maple Ham	107	4	1	0	18	9	7	2	55
539 Pork Casserole	111	5	2	0	15	13	7	2	52
541 Salmon Fusion	85	3	1	0	7	17	10	1	43
542 Perogies	132	11	2	0	19	15	5	1	45
543 Mac 'n' Cheese	148	10	2	0	20	18	6	1	45