

Penne Pasta

Nutrition Facts

1 serving per container

Serving Size

CUP (116g)

Amount per serving

Calories

200

% Daily Value *

Total Fat 2.5g 3%

Saturated Fat 0g 2%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 30mg 1%

Total Carbohydrate 39g 14%

Dietary Fiber 2g 7%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 7g

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 1.7mg 10%

Potassium 105mg 2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Tap Water; Penne (Semolina (Wheat), Niacin, Ferrous Sulfate (Iron), Thiamin Mononitrate, Riboflavin, Folic Acid); Canola Oil; Kosher Salt

Contains: Gluten; Wheat

Rotini Pasta, 3/4 Cup

Nutrition Facts

1 serving per container

Serving Size

3/4 CUP (116g)

Amount per serving

Calories

220

% Daily Value *

Total Fat 3.0g	4%
Saturated Fat 0g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 42g	15%
Dietary Fiber 2g	8%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1.8mg	10%
Potassium 115mg	2%

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Ingredients: Rotini Pasta (Semolina (Wheat), Niacin, Ferrous Sulfate (Iron), Thiamin Mononitrate, Riboflavin, Folic Acid); Tap Water; Canola Oil; Kosher Salt**Contains:** Gluten; Wheat

**Alfredo Sauce, 3/4 Cup****Nutrition Facts**

1 serving per container

Serving Size**3/4 CUP (196g)****Amount per serving****Calories****290****% Daily Value ***

Total Fat 24g	31%
Saturated Fat 13g	67%
Trans Fat 0.5g	
Cholesterol 50mg	17%
Sodium 460mg	20%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	1%
Total Sugars 2g	
Includes less than 1g Added Sugars	2%
Protein 8g	
Vitamin D 0.6mcg	4%
Calcium 230mg	20%
Iron 0.6mg	4%
Potassium 230mg	4%

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Ingredients: Tap Water; Heavy Cream; Shredded Parmesan Cheese (Pasteurized Part Skim Milk, Cheese Culture, Salt, and Enzymes, Potato Starch and Powdered Cellulose added to prevent caking); All Purpose Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid); Margarine (Palm Oil, Water, Soybean Oil, contains less than 2% of Soy Lecithin, Vegetable Mono & Diglycerides, Potassium Sorbate (preservative), Citric Acid, Natural & Artificial Flavor, Beta Carotene (color), Vitamin A Palmitate added); Vegetable Soup Base (Maltodextrin, Onions, Sugar, Celery, Onion Powder, Salt, Yeast Extract, Carrots, Potassium Chloride, Corn Oil, Modified Tapioca Starch, Carrot Powder, Water, Carrot Juice Concentrate, Tomato Paste, Disodium Inosinate, Disodium Guanylate, Garlic Powder, Natural Flavor, Citric Acid, extractives of Paprika (for color)); Kosher Salt; Black Pepper

Contains: Gluten; Milk; Soy; Wheat

Crushed Marinara Sauce, 3/4 Cup**Nutrition Facts**

1 serving per container

Serving Size**3/4 CUP (190g)****Amount per serving****Calories****90****% Daily Value ***

Total Fat 2.5g	3%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 15g	6%
Dietary Fiber 4g	13%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0.6mcg	4%
Calcium 50mg	4%
Iron 1.8mg	10%
Potassium 750mg	15%

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Ingredients: Crushed Tomatoes (Vine Ripened Fresh Tomatoes, Tomato Puree, Citric Acid); Yellow Onion; Garlic; Pure Olive Oil; Basil; Kosher Salt; Black Pepper; Crushed Red Pepper**Contains:** No allergens

**Garlic Breadstick, 1 EA****Nutrition Facts**

1 serving per container

Serving Size**EA (54g)****Amount per serving****Calories****160****% Daily Value ***

Total Fat 4.5g	6%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol less than 5 mg	2%
Sodium 250mg	11%
Total Carbohydrate 26g	9%
Dietary Fiber less than 1g	3%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 1.5mg	8%
Potassium 45mg	0%

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Ingredients: Breadstick (Unbleached Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Soybean Oil, contains 2% or less of the following: Salt, Yeast, Calcium Propionate (preservative), Wheat Starch, Enzymes, Ascorbic Acid); Unsalted Butter (Cream, Natural Flavoring); Pure Olive Oil; Garlic; Grated Parmesan Cheese (Parmesan Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Anti-Caking Blend (Modified Corn Starch, Powdered Cellulose, Natamycin [mold inhibitor])); Fresh Italian Parsley

Contains: Gluten; Milk; Wheat

Balsamic Grilled Chicken Protein Cup**Nutrition Facts**

1 serving per container

Serving Size**EA (71g)****Amount per serving****Calories****100****% Daily Value ***Total Fat 4.5g **5%**Saturated Fat 1.5g **6%**

Trans Fat 0g

Cholesterol 55mg **18%**Sodium 55mg **2%**Total Carbohydrate 0g **0%**Dietary Fiber 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 17g

Vitamin D 0mcg **0%**Calcium 0mg **0%**Iron 0mg **0%**Potassium 230mg **4%**

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Ingredients: Boneless Skinless Chicken Breast (Boneless Skinless Chicken Breast with Rib Meat);
Canola Oil; Balsamic Vinegar; Kosher Salt; Garlic; Black Pepper**Contains:** No allergens

Italian Meatball, 4 Each

Nutrition Facts

1 serving per container

Serving Size

4 EA (108g)

Amount per serving

Calories

280

% Daily Value *

Total Fat 22g	29%
Saturated Fat 9g	45%
Trans Fat 1.5g	
Cholesterol 45mg	15%
Sodium 370mg	16%
Total Carbohydrate 7g	2%
Dietary Fiber 1g	5%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 14g	
Vitamin D 0.1mcg	0%
Calcium 40mg	4%
Iron 2.1mg	10%
Potassium 340mg	8%

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Ingredients: Reduced Sodium Italian Style Meatballs (Beef, Water, Breadcrumbs (Wheat Flour, Salt, Yeast), Soy Protein Concentrate, contains less than 2% of the following: Romano Cheese (made from Sheep's and Cow's Milk, Salt, Enzyme), Parmesan Cheese (Milk, Salt, Enzyme), Salt, Parsley Flakes, Potassium Chloride, Spices, Granulated Onion, Granulated Garlic)

Contains: Gluten; Milk; Soy; Wheat

Italian Roasted Sausage, 2 oz

Nutrition Facts

1 serving per container

Serving Size

2 OZ (57g)

Amount per serving

Calories

170

% Daily Value *

Total Fat 14g	18%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 440mg	19%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Protein 8g	
Vitamin D 0.1mcg	0%
Calcium 10mg	0%
Iron 0.4mg	2%
Potassium 180mg	4%

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Ingredients: Italian Sausage (Pork, Water, contains less than 2% of Salt, Corn Syrup, Dextrose, Spice, Flavoring, extractives of Paprika, Paprika, BHA, Propyl Gallate, Citric Acid)

Contains: No allergens

Fresh Broccoli Florets, 3/4 Cup

Nutrition Facts

1 serving per container

Serving Size

3/4 CUP (128g)

Amount per serving

Calories

45

% Daily Value *

Total Fat 0.5g **1%**

Saturated Fat 0g **1%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 50mg **2%**

Total Carbohydrate 9g **3%**

Dietary Fiber 4g **15%**

Total Sugars 2g

Includes Added Sugars

Incomplete Nutritional Component

Protein 3g

Vitamin D 0mcg **0%**

Calcium 50mg **4%**

Iron 0.9mg **4%**

Potassium 370mg **8%**

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Ingredients: Broccoli Florets

Contains: No allergens

Spinach & Caramelized Shallots, 1 oz**Nutrition Facts**

1 serving per container

Serving Size**OZ (29g)****Amount per serving****Calories****15****% Daily Value ***

Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 40mg	2%
Iron 0.5mg	2%
Potassium 85mg	0%

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Ingredients: Leaf Spinach; Shallots; Canola Oil; Garlic; Kosher Salt; Black Pepper**Contains:** No allergens

Roasted Eggplant, 1 oz

Nutrition Facts

1 serving per container

Serving Size

OZ (29g)

Amount per serving

Calories

50

% Daily Value *

Total Fat 4.5g	6%
Saturated Fat 0g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 2g	1%
Dietary Fiber less than 1g	2%
Total Sugars less than 1g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.1mg	0%
Potassium 30mg	0%

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Ingredients: Eggplant; Canola Oil; Kosher Salt; Black Pepper

Contains: No allergens

Roasted Bell Peppers, 1 oz

Nutrition Facts

1 serving per container

Serving Size

OZ (29g)

Amount per serving

Calories

20

% Daily Value *

Total Fat 1.5g	2%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	1%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.1mg	0%
Potassium 45mg	0%

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Ingredients: Green Bell Pepper; Red Bell Peppers; Pure Olive Oil

Contains: No allergens

Roasted Button Mushrooms, 1 oz

Nutrition Facts

1 serving per container

Serving Size

OZ (29g)

Amount per serving

Calories

40

% Daily Value *

Total Fat 4.0g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 1g	0%
Dietary Fiber less than 1g	2%
Total Sugars less than 1g	
Includes 0g Added Sugars	0%
Protein less than 1g	
Vitamin D 1.9mcg	10%
Calcium 0mg	0%
Iron 0.5mg	2%
Potassium 85mg	0%

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Ingredients: Button Mushroom; Pure Olive Oil; Kosher Salt; Black Pepper

Contains: No allergens

Shredded Parmesan Cheese, 2 Tbsp**Nutrition Facts**

1 serving per container

Serving Size**2 TBSP (10g)****Amount per serving****Calories****40****% Daily Value ***

Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 135mg	6%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 120mg	10%
Iron 0.1mg	0%
Potassium 10mg	0%

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Ingredients: Shredded Parmesan Cheese (Pasteurized Part Skim Milk, Cheese Culture, Salt, and Enzymes, Potato Starch and Powdered Cellulose added to prevent caking)**Contains:** Milk