

Nutrition for EZ Meals - Three Compartment Meals - Deli														
Product Name	Serving Size (oz)	Calories	Calories from fat	Total Fat (g)	Sat Fat (g)	Trans fats (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Gluten Free Ingred.	Allergens
Grilled Chicken, Mac-n-Cheese, Pit Beans, BBQ	16oz.	643	152	17	10	0.1	153	2299	70	5	29	50	N	Milk, Soy, Wheat
Grilled Chicken, Marsala, Green Beans, Mashed	12oz.	397	134	15	8	0.1	137	1492	25	3	4	36	N	Wheat, Milk
Grilled Chicken, Pesto, Orzo, Green Beans	12oz.	767	349	39	6	0	125	1566	43	4	6	44	N	Milk, Wheat, Nuts (Almond, Pine Nuts)
Roast Beef, Au Jus, White Mac, Steamed Veg	12oz.	431	172	19	13	0.1	104	1569	25	3	6	14	N	Milk, Soy, Wheat
Rost Beef, Sherry Demi, Brussels, Mashed	12oz.	399	172	19	10	0.1	92	1353	27	4	3	5	N	Milk, Soy, Wheat
Roast Beef, Au Jus, Loaded Potatoes, Grn Beans	12oz.	378	151	17	9	0.1	95	1401	24	3	4	6	N	Milk, Soy, Wheat
Roast Beef, Mushroom Gravy, Loaded Potatoes, Brussels	12oz.	398	168	19	10	0.1	96	1362	26	4	4	6	Y	Milk, Soy, Wheat
Smoked Salmon, Texas Potatoes, Pit Beans	14oz.	858	383	43	13	0.2	170	1322	56	5	19	61	N	Milk, Soy, Wheat, Fish (Salmon)
Parmesan Chicken, Green Beans, Mash Pots	11oz.	503	236	26	12	0.1	93	1280	33	4	5	29	N	Milk, Egg, Wheat