

Nutrition for EZ Meal Cooking Bag - Meat Dept Items														1/30/20 ts	
Product Name	Serving Size (oz)	Calories	Calories from fat	Total Fat (g)	Sat Fat (g)	Trans fats (g) *not a significant source of trans fat	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Gluten Free Ingredi	Allergens	
Meal, Cajun Chicken, Rice, Grn Beans	11oz.	587	120	13	6	0	125	2633	73	2	4	42	Yes	Milk	
Meal, Santa Fe Chicken, Rice, Green Beans	11oz.	394	102	11	5	0	125	2195	34	3	3	38	Yes	Milk	
Meal, Cajun Pork, Rice, Green Beans	11oz.	674	223	25	10	0	101	3025	73	2	5	38	Yes	Milk	
Meal, Santa Fe Pork, Rice, Green Beans	11oz.	482	206	23	10	0	100	2593	34	3	3	34	Yes	Milk	
Bratwurst	6oz.	256	151	17	5	0	72	800	6	1	3	21	Yes	None	
Chicken, Bob's Rub	6oz.	202	36	4	1	0	111	710	6	0.4	4	35	Yes	None	
Chicken, Cajun Rub	6oz.	183	35	4	1	0	111	661	1	0	0	35	Yes	None	
Chicken, Fajita	4oz.	108	34	4	0.6	0	38	253	5	1	3	13	Yes	None	
Chicken, Lemon Herb	6oz.	256	94	11	5	0	132	620	3	0.6	0.7	36	Yes	Milk	
Chicken, Mediterranean	6oz.	245	85	9	2	0	115	221	1	0.4	1	36	Yes	None	
Chicken, Rosemary	6oz.	238	85	9	2	0	115	520	1	0	0	36	Yes	None	
Chicken, Three Pepper	6oz.	295	135	15	6	0	132	287	2	0.2	0.4	36	Yes	Milk	
Chicken, Wild Garlic	6oz.	301	145	16	6	0	132	600	1	0.1	0	36	Yes	Milk	
Pork Chops, Bob's Rub	6oz.	221	47	5	1	0	92	640	5	0.4	4	39	Yes	None	
Pork Chops, Cajun	6oz.	204	46	5	1	0	93	448	0	0	0	39	Yes	None	
Pork Chops, Rosemary	6oz.	403	218	24	7	0.2	143	393	0	0	0	44	Yes	None	
Pork Tenderloin, Bob's Rub	6oz.	211	35	4	1	0	90	799	5	0.4	4	37	Yes	None	
Pork Tenderloin, Chipotle Maple	6oz.	240	72	8	1.5	0	94	714	1	0	0.7	38	Yes	None	
Pork Tenderloin, Smokey Alabama	6oz.	294	146	16	4	0	109	276	0.7	0	0.7	35	Yes	None	