

# NUTRITIONAL FACTS

CHEF 5 MINUTE MEALS (7-PACK)

## VEGETABLE LASAGNA 9-oz

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving size</b>	<b>1 tray 9oz. (255g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>240</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 4.5g	<b>23%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 40mg	<b>13%</b>
<b>Sodium</b> 450mg	<b>20%</b>
<b>Total Carbohydrate</b> 32g	<b>12%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 8g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 11g	
Vitamin D 0mcg	<b>0%</b>
Calcium 224mg	<b>15%</b>
Iron 2mg	<b>10%</b>
Potassium 651mg	<b>15%</b>
*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

Water, Lasagna (Filling: Ricotta Cheese [Whey, Milk, Vinegar, Carrageenan], Vegetable Mix [Spinach, Onions, Carrots, Corn, Peas, Butter], Cooked Pinto Beans, Mozzarella Cheese [Pasteurized Milk, Cheese Cultures, Salt, and Enzymes], Water, Parmesan Cheese [Pasteurized Part-Skim Cow's Milk, Cheese Cultures, Salt, Enzymes], Enriched Cracker Meal [Enriched Flour {Wheat Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid}, Salt], Eggs, Romano Cheese [Pasteurized Sheep's Milk, Cheese Cultures, Salt, Enzymes], Garlic, Salt, Sugar, Black Pepper. Pasta Sheets: Enriched Semolina Flour [Semolina, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, and Eggs), Crushed Tomatoes, Tomatoes in Juice (Tomatoes, Tomato Juice, Citric Acid, Calcium Chloride), Mozzarella Cheese (Mozzarella Cheese [Pasteurized Milk, Salt, Cultures, Enzymes], Modified Corn Starch, Powdered Cellulose, Nonfat Milk, Sodium Citrate, Flavors, Sodium Propionate), Contains 2% or less of the following: Apple Juice Concentrate, Garlic Powder, Onion Powder, Salt, Spice.

**Contains: Eggs, Milk, and Wheat**

# NUTRITIONAL FACTS

CHEF 5 MINUTE MEALS (7-PACK)

## CHICKEN PASTA PARMESAN 9-oz

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving size</b>	<b>1 tray 9oz. (255g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 2.5g	<b>13%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 540mg	<b>23%</b>
<b>Total Carbohydrate</b> 27g	<b>10%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 6g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 18g	
Vitamin D 0mcg	0%
Calcium 135mg	10%
Iron 2mg	10%
Potassium 452mg	10%
<small>*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.</small>	

### INGREDIENTS

Water, Cooked Chicken, Crushed Tomatoes, Enriched Pasta (Semolina, Egg Whites, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Parmesan Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes), Modified Corn Starch, Romano Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes), Green Bell Peppers, Tomato Paste, Sugar, Salt, Onion Powder, Garlic Powder, Spice, Paprika Oleoresin .

**Contains: Milk, Eggs, Wheat**

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CHEF 5 MINUTE MEALS (7-PACK)

## CHICKEN CACCIATORE 9-oz

### Nutrition Facts

1 servings per container

**Serving size 1 tray 9oz. (255g)**

**Amount per serving**

**Calories 270**

**% Daily Value\***

**Total Fat 6g 8%**

Saturated Fat 1g **5%**

*Trans Fat 0g*

**Cholesterol 40mg 13%**

**Sodium 540mg 23%**

**Total Carbohydrate 36g 13%**

Dietary Fiber 1g **4%**

Total Sugars 3g

Includes 1g Added Sugars **2%**

**Protein 19g**

Vitamin D 0mcg **0%**

Calcium 83mg **6%**

Iron 2mg **10%**

Potassium 333mg **8%**

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### INGREDIENTS

Water, Cooked Chicken, Enriched Long Grain Parboiled Rice (Long Grain Parboiled Rice, Iron Phosphate, Niacin, Thiamine Mononitrate, Folic Acid), Diced Tomatoes (Tomatoes, Tomato Juice, Citric Acid, Calcium Chloride), Mushrooms, Modified Corn Starch, Tomato Paste, Red Bell Peppers, Green Bell Peppers, Onions, Canola Oil, Chicken Flavor (Chicken Meat Including Chicken Juices, Salt, Potato Flour, Flavorings, Carrot Powder, Turmeric), Maltodextrin, Wild Rice, Hydrolyzed Plant Protein (Hydrolyzed Corn Gluten, Wheat Protein and Soy Protein, Autolyzed Yeast Extract, Salt), Sugar, Spice, Salt, Garlic Powder, Paprika Oleoresin, Citric Acid.

**Contains: Soy, Wheat**

# NUTRITIONAL FACTS

CHEF 5 MINUTE MEALS (7-PACK)

## BEEF CHILI WITH BEANS 9-oz

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving size</b>	<b>1 tray 9oz. (255g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>220</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 2.5g	<b>13%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 40mg	<b>13%</b>
<b>Sodium</b> 670mg	<b>29%</b>
<b>Total Carbohydrate</b> 27g	<b>10%</b>
Dietary Fiber 10g	<b>36%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 19g	
Vitamin D 0mcg	0%
Calcium 74mg	6%
Iron 4mg	20%
Potassium 894mg	20%
<small>*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.</small>	

### INGREDIENTS

Water, Ground Beef, Cooked Pinto Beans, Tomatoes in Juice (Tomatoes, Tomato Juice, Citric Acid, Calcium Chloride), Tomato Paste, Modified Corn Starch, Dehydrated Onions, Chili Powder (Chili Pepper, Spices, Salt, Garlic Powder), Garlic Powder, Salt, Spice.

# NUTRITIONAL FACTS

CHEF 5 MINUTE MEALS (7-PACK)

## BEEF STEW 9-oz

### Nutrition Facts

1 servings per container

**Serving size 1 tray 9oz. (255g)**

**Amount per serving**

**Calories 180**

**% Daily Value\***

**Total Fat 4g 5%**

Saturated Fat 1.5g **8%**

*Trans* Fat 0g

**Cholesterol 30mg 10%**

**Sodium 580mg 25%**

**Total Carbohydrate 18g 7%**

Dietary Fiber 3g **11%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

**Protein 18g**

Vitamin D 0mcg **0%**

Calcium 32mg **2%**

Iron 3mg **15%**

Potassium 434mg **10%**

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### INGREDIENTS

Water, Cooked Beef (Beef, Salt), Potatoes, Carrots, Celery, Peas, Ground Beef, Contains less than 2% of Roast Flavor (Yeast Extract, Salt, Dried Soy Sauce [Soybeans, Wheat, Salt], Modified Corn Starch, Maltodextrin, Lactic Acid, Dextrose), Modified Corn Starch, Tomato Paste, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Dehydrated Onions, Bay Leaf Oleoresin.

**Contains: Soy, Wheat**

# NUTRITIONAL FACTS

CHEF 5 MINUTE MEALS (7-PACK)

## BEEF STROGANOFF 9-oz

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving size</b>	<b>1 tray 9oz. (255g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>260</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 4.5g	<b>23%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 60mg	<b>20%</b>
<b>Sodium</b> 630mg	<b>27%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 4g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 21g	
<b>Vitamin D</b> 0mcg	<b>0%</b>
<b>Calcium</b> 62mg	<b>4%</b>
<b>Iron</b> 3mg	<b>15%</b>
<b>Potassium</b> 362mg	<b>8%</b>
*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

Water, Cooked Beef (Beef, Salt), Enriched Egg Noodles (Durum Wheat Flour, Eggs, Glyceryl Monostearate, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Mushrooms, Onions, Cooking Wine (Wine, Salt), Sour Cream Powder (Cultured Cream, Nonfat Milk), Modified Corn Starch, Tomato Paste, Contains less than 2% of: Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Roast Flavor (Yeast Extract, Salt, Dried Soy Sauce [Soybeans, Wheat, Salt], Modified Corn Starch, Maltodextrin, Lactic Acid, Dextrose), Sour Cream Flavor (Maltodextrin, Modified Food Starch, Sour Cream [Cream, Nonfat Milk, Cultures], Citric Acid, Vinegar, Corn Syrup Solids, Cultured Nonfat Milk, Natural Flavoring, Tocopherols, Ascorbyl Palmitate), Salt, Spice, Garlic Powder.

**Contains: Milk, Soy, Wheat, Eggs**

# NUTRITIONAL FACTS

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## SPAGHETTI & MEATBALLS 9-oz

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving size</b>	<b>1 tray 9oz. (255g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>210</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 2.5g	<b>13%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 620mg	<b>27%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 6g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 15g	
Vitamin D 0mcg	0%
Calcium 42mg	4%
Iron 3mg	15%
Potassium 510mg	10%
<small>*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.</small>	

### INGREDIENTS

Tomato Puree (Ground Tomatoes, Tomato Puree, Salt), Water, Cooked Italian Style Meatballs (Beef, Water, Textured Vegetable Protein [Soy Flour, Caramel Color], Italian Style Seasoning [Salt, Garlic & Onion, Parmesan Cheese {Part-Skim Milk, Cheese Culture, Salt, Enzymes}, Spices, Sugar, White Pepper], Beef Flavoring [Sugar, Flavoring, Hydrolyzed Soy Protein, Spice Extractives, Extractive of Garlic]), Onions, Mushrooms, Enriched Pasta (Semolina {Wheat}, Egg Whites, Niacin, Ferrous Sulfate {Iron}, Thiamine Mononitrate, Riboflavin, Folic Acid), Celery, Contains 2% or less of the following: Corn Starch, Olive Oil, Spice, Sugar, Salt.

**Contains: Eggs, Milk, Soy, Wheat**