

NUTRITIONAL FACTS

ST. CLAIR

2-lb Stock Your Freezer Side Dishes

Four Cheese Mac & Cheese

Nutrition Facts	
About 4 servings per container	
Serving size	1 Cup (228g)
Amount per serving	
Calories	500
% Daily Value*	
Total Fat 33g	42%
Saturated Fat 19g	95%
<i>Trans</i> Fat 1g	
Cholesterol 95mg	32%
Sodium 600mg	26%
Total Carbohydrate 27g	10%
Dietary Fiber 0g	0%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 23g	
Vitamin D 1mcg	6%
Calcium 588mg	45%
Iron 1mg	6%
Potassium 146mg	4%

*The % Daily Value 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: PASTA (Semolina, Enriched with Iron [Ferrous Sulfate] and B Vitamins [Niacin, Thiamin, Mononitrate, Riboflavin, Folic Acid]), WHOLE MILK, WATER, SHARP CHEDDAR (Cultured Pasteurized Milk, Salt, Enzymes, Annatto Color, Anticake (Powdered Cellulose)), MONTEREY JACK CHEESE (Cultured Pasteurized Milk, Salt, Enzymes), PASTEURIZED PROCESS AMERICAN CHEESE (Cultured Milk, Water, Cream, Salt, Sodium Phosphate, Sodium Citrate, Lactic Acid, Sorbic Acid (a preservative), Enzymes), MOZZARELLA CHEESE (Cultured Pasteurized Reduced Fat Milk, Salt, Enzymes, Anticake (potato starch, corn starch, powdered cellulose) and Natamycin (a natural mold inhibitor)), HEAVY WHIPPING CREAM, BUTTER (Cream, Salt), ASIAGO CHEESE (Cultured Pasteurized Milk, Salt Enzymes, Anticake (Potato Starch, Powdered Cellulose), Natamycin (a Natural Mold Inhibitor)), NON-DAIRY CREAMER (Corn Syrup Solids, Sunflower Oil, Sodium Caseinate [a milk derivative], Dipotassium Phosphate, Lecithin, Sodium Silico Aluminate, Tocopherols [added to protect flavor], Artificial Flavor), MODIFIED CORN STARCH, SALT, SUGAR, SOY LECITHIN, WHITE PEPPER, GARLIC POWDER, ANNATTO TURMERIC BLEND (Silicon Dioxide, Polysorbate 80, Propylene Glycol, Turmeric Oleoresin and Annatto Extract (for Color)).

Contains Milk, Soy, Wheat.

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Cornbread Dressing

Nutrition Facts	
About 4 servings per container	
Serving size	1 Cup(220g)
Amount per serving	
Calories	330
% Daily Value*	
Total Fat 19g	24%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 950mg	41%
Total Carbohydrate 33g	12%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 71mg	6%
Iron 2mg	10%
Potassium 149mg	4%
<small>*The % Daily Value 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, CORNBREAD STUFFING CRUMB (Enriched Wheat Flour (Enriched with Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Yellow Cornmeal, Expeller Pressed Sunflower Oil, Yeast, Salt, Nonfat Milk, Extractives of Turmeric and Annatto, Spice Extractive), CELERY, ONION, LIQUID EGGS (Whole Egg, Citric Acid, and Xanthan Gum), LIQUID MARGARINE (Liquid and Hydrogenated Soybean Oil, Water, Salt, Vegetable Mono & Diglycerides, Soy Lecithin, Sodium Benzoate (a preservative), Citric Acid, Natural and Artificial Flavor, Calcium Disodium EDTA added to protect flavor, Beta Carotene (color), Vitamin A Palmitate added), CULTURED REDUCED FAT BUTTERMILK (Cultured Grade A Reduced Fat Milk, Non Fat Dry Milk, Salt, Sodium Citrate, Vitamin A Palmitate, and Vitamin D3), VEGETABLE OIL (Soybean Oil), HYDROLYZED VEGETABLE PROTEIN (Hydrolyzed Corn Protein, with Palm and/or Sunflower Oil Added), DRIED SAGE, WHITE PEPPER, POULTRY SEASONING (Salt, Sage, Oregano, Rosemary).

Contains Egg, Milk, Soy, Wheat.

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Baked Potato Casserole

Nutrition Facts	
About 6.5 servings per container	
Serving size	2/3 Cup(140g)
Amount per serving	
Calories	210
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 660mg	29%
Total Carbohydrate 22g	8%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 77mg	6%
Iron 1mg	6%
Potassium 368mg	8%
<small>*The % Daily Value 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: POTATOES, WATER, SOUR CREAM (Cultured milk, cream, whey, modified corn starch, sodium phosphate, guar gum, carrageenan, carob bean gum and potassium sorbate (maintains freshness)), NON-DAIRY CREAMER (Corn Syrup Solids, Sunflower Oil, Sodium Caseinate [a milk derivative], Dipotassium Phosphate, Lecithin, Sodium Silico Aluminate, Tocopherols [added to protect flavor], Artificial Flavor), MILD CHEDDAR CHEESE (Cultured Pasteurized Milk, Salt, Enzymes, Color Added, Anticake (Powdered Cellulose)), BACON (Cured with Water, Salt, Sugar, Sodium Erythorbate, Sodium Nitrite. May also contain Dextrose, Flavoring, Honey, Dehydrated Pork Broth, Potassium Chloride, Potassium Lactate, Smoke Flavoring, Sodium Diacetate, and Sodium Phosphate), VEGETABLE OIL (Soybean Oil), MODIFIED CORN STARCH, SALT, GRANULATED GARLIC, BLACK PEPPER, CITRIC ACID, DEHYDRATED PARSLEY, DEHYDRATED CHIVES.

NUTRITIONAL FACTS

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Broccoli Rice with Cheddar Topping

Nutrition Facts	
About 4 servings per container	
Serving size	1 Cup(220g)
Amount per serving	
Calories	310
% Daily Value*	
Total Fat 17g	22%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 800mg	35%
Total Carbohydrate 29g	11%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 208mg	15%
Iron 1mg	6%
Potassium 135mg	2%
<small>*The % Daily Value 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, BROCCOLI, PASTEURIZED PROCESS AMERICAN CHEESE (Cultured Milk, Water, Cream, Salt, Sodium Phosphate, Sodium Citrate, Lactic Acid, Sorbic Acid (preservative), Apo-Carotenal (color), Enzymes), ENRICHED LONG GRAIN WHITE RICE (Long Grain Parboiled Rice, Iron Phosphate, Niacin, Thiamine Mononitrate, and Folic Acid), NON-DAIRY CREAMER (Corn Syrup Solids, Sunflower Oil, Sodium Caseinate [a milk derivative], Dipotassium Phosphate, Lecithin, Sodium Silico Aluminate, Tocopherols [added to protect flavor], Artificial Flavor), MARGARINE (Palm Oil, Water, Soybean Oil, Salt, Contains Less Than 2% of Natural Flavor [includes Milk], Soy Lecithin, Beta Carotene [color], Vitamin A Palmitate [added]), ONION, CHICKEN BASE (Roasted Mechanically Separated Chicken, Salt, Sugar, Hydrolyzed Wheat Gluten, Rendered Chicken Fat, Onion Powder, Disodium Inosinate & Disodium Guanylate, Extract of Turmeric, Spice Extractives), CELERY, NON-FAT DRY MILK (Skim Milk Solids), ENRICHED BLEACHED WHEAT FLOUR (Niacin, Iron [reduced], Thiamine Mononitrate, Riboflavin, Folic Acid, Malted Barley Flour), MODIFIED CORN STARCH, GELATIN, MALTODEXTRIN, SALT, YEAST EXTRACT (Yeast Extract, Sunflower Oil), GARLIC POWDER, XANTHAN GUM, HYDROLYZED VEGETABLE PROTEIN (Hydrolyzed Corn Protein, with Palm and/or Sunflower Oil Added), WHITE PEPPER, NATURAL CHEESE FLAVOR (Maltodextrin, Whey Solids, Natural Bleu Cheese Flavor, Salt), ANNATTO TURMERIC BLEND (Silicon Dioxide, Polysorbate 80, Propylene Glycol, Turmeric Oleoresin and Annatto Extract (for Color)), NATURAL CHEESE FLAVOR (Maltodextrin, Natural Cheddar Cheese Flavor, Whey Solids, Salt, Disodium Phosphate).

Contains Milk, Soy, Wheat.