

# Heat & Serve Meal Delivery Nutrition Chart

Based on a 2,000 calorie a day diet which is used for general nutrition advice.

Items with an "\*\*\*" are items that vary in nutrient content due to seasonality of products which makes contents of the item subject to change.

Recipes	Servings per container	Total Calories	Total Fat	Cholesterol	Sodium	Carbohydrates	Protein
Barbaque Chicken (No Sauce)	1	127	11g	0mg	289mg	2.9g	5.7g
Barbaque Sauce	1	49	1.4g	0mg	124mg	9.3g	0.4g
Basil Pesto	1	669	26.5g	15mg	283mg	88.4g	22.3g
Beef Bourguignon	1	1241	89g	288mg	1338mg	22.5g	78.2
Beef Mushroom Gravy	1	163	12.7g	20mg	498mg	7.3g	2.4g
Black Beans	1	347	16.5g	5mg	1475mg	35.4g	16g
Bone In Pork Chop	1	693	59.6g	146mg	709mg	5.7g	39.2g
Bowtie Pasta with Garlic Cream Sauce	1	685	28.9g	93mg	111mg	91.5g	16.5g
Bowtie Pasta with Garlic Cream Sauce and Shrimp	1	801	30.3g	230mg	714mg	95.1g	39.7g
Bowtie Pasta with Garlic Cream Sauce Without Shrimp	1	685	28.9g	93mg			
Bowtie Pasta with Marinara		510	12.8	0mg	217mg	87.7g	15.4g
Braised Cabbage	1	91	5.9g	15mg	472mg	9.4g	1.9g
Broccoli Medley	1	157	9.5g	0mg	620mg	17.6g	3g
Brownies	1	848	46.4g	230mg	608mg	106.2g	7.5g
Candied Sweet Potatoes	1	321	6.1g	15mg	202mg	66.2g	2.4g
Cauliflower Rice	1	299	28.2g	0mg	1223mg	10.9g	4g
Cheesecake	1	411	31.3g	127mg	297mg	27.3g	6.8g
Chicken Gravy	1	160	12.5g	20mg	241mg	7g	2.2g
Chicken Parmesan	1	455	17.7g	187mg	860mg	15.1g	57g

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Chicken Stir Fry	1	591	37g	109mg	132mg	23.5g	41.5g
Chicken Stock	1	23	0.1g	0mg	34mg	5.1g	0.7g
Chipotle Mayonaise	1	162	13.3g	16mg	693mg	10.7g	1.2g
Collard Greens with Smoked Turkey	1	107	2.7g	18mg	818mg	15.6g	9.3g
Corn Medley	1	347	16.6g	0mg	613mg	50.3g	7.9g
Crusted Breaded Cod Filet	1	254	13.3	86mg	277mg	11.4g	22.3g
Curry Chicken	1	163	7g	57mg	824mg	5.4g	19.1g
Fish Taco	1	438	20.7g	83mg	875mg	24.5g	40.6g
Fried Plantain	1	114	4.9g	0mg	2mg	19g	0.8g
Garlic Cream Sauce	1	285	26.9g	93mg	111mg	7.4g	2.5g
Garlic Herb Baked Tilapia	1	224	5.6g	110mg	663mg	1.8g	42.4g
Garlic Herb Roasted Chicken	1	121	10.6g	0mg	583mg	2.1g	5.4g
Glazed Carrots	1	198	11.6g	31mg	166mg	24.3g	1.1g
Gluten Free Basil Pesto Pasta	1	322	24.9g	15mg	283mg	14.6g	10g
Gluten Free Chicken Gravy	1	156	12.4g	20mg	270mg	7.7g	0.8g
Gluten Free Macaroni and Cheese	1	457	29.5g	94mg	796mg	24.8g	22.6g
Gluten Free Mushroom Gravy	1	162	12.6g	20mg	498mg	8g	1.9g
Gluten Free Vegetarian Gumbo	1	431	24.5g	0mg	308mg	33.4g	25.2g
Green Bean Medley	1	84	4.8g	8mg	102mg	10g	2.3g
Jamaican Rice and Peas	1	207	4.9g	0mg	553mg	34.1g	5.9g

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Jerk Chicken	1	155	9.1g	0mg	5054mg	8.9g	11.5g
Lemon Butter Sauce	1	148	11.7g	31mg	253mg	7.4g	1.2g
Lemon Pound Cake Glaze	1	125	0.5g	1mg	22mg	30.9g	0.1g
Low Carb & Gluten Free Chicken Parmesan	1	412	20.3g	131mg	987mg	6.6g	47.9g
Low Carb & Gluten Free Lemon Butter	1	105	11.5g	30mg	120mg	1.1g	0.2g
Low Carb Beef Mushroom Gravy	1	74	6.3g	10mg	249mg	2.1g	1.1g
Low Carb Chicken Gravy	1	140	12.4g	20mg	294mg	3.4g	0.8g
Low Carb & Gluten Free Cod Filet	1	198	12.6g	86mg	174mg	1.3g	20.4g
Low Carb Shrimp & Vegetables in Garlic Cream Sauce	1	440	28.8g	285mg	953mg	10.9g	34.6g
Low Carb Soy Glaze	1	203	12.5g	2mg	1313 mg	19.1g	4.9g
Low Carb Thai Coconut Curry with Shrimp & Chicken	1	545	20.6g	286mg	1347mg	42.3g	59g
Low Carb Vegetarian Lasagna	1	467	19.2g	116mg	1682mg	48.1g	29.3g
Macaroni and Cheese	1	461	29.5g	94mg	797mg	25.6g	23.1g
Marinara Sauce	1	110	10.8g	0mg	217mg	3.7g	1.3g
Mashed Potatoes	1	124	6.5g	18mg	197mg	15.3g	1.9g
Mini Lemon Pound Cake (No icing)	1	681	37.6g	175mg	575mg	81.9g	7.7g
Peach Cobbler	1	642	30.9g	81mg	689mg	96.6g	1.6g

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Pico De Gallo	1	18	0.2g	0mg	102mg	4.3g	0.8g
Ratatouille	1	175	14.4g	0mg	199mg	12.6g	2.4g
Rice	1	169	0.3g	0mg	6mg	37g	3.3g
Roasted Potatoes	1	136	7.2g	0mg	155mg	17.3g	1.9g
Seared Salmon	1	226	10.5	75mg	366mg	0.2g	33g
Seasonal Fresh Fruit**	1	104	0.6g	0mg	11mg	26.2g	1.5g
Shrimp and Sausage Gumbo	1	647	40.3g	319mg	1223mg	14.5g	53.7g
Sirloin Steak	1	318	10.6g	152mg	694mg	0.6g	51.7g
Spanish Rice	1	256	7.9g	0mg	465mg	39.3g	6.1g
Steak Fajita	1	452	25.9g	50mg	770mg	21.7g	27g
Teryaki Sauce	1	227	10.9g	0mg	1608mg	31.5g	3.2g
Thai Coconut Curry with Chicken and Shrimp	1	615	20.6g	286mg	1381mg	56.3g	59g
Vegan Carribean Stew	1	418	22.6g	0mg	1630mg	34.9g	24.6g
Vegan Collard Greens	1	128	8.6g	0mg	508mg	14.8g	3.6g
Vegan Green Bean Medley	1	103	7g	0mg	81mg	10g	2.3g
Vegan Gumbo	1	692	24.5g	0mg	308mg	85.5g	26g
Vegan Mashed Potatoes	1	134	7.4g	0mg	160mg	15.9g	2.2g
Vegan Mushroom Gravy	1	95	5g	0mg	235mg	8.2g	1.9g
Vegan Pesto Pasta	1	669	26.5g	15mg	283mg	88.4g	22.3g
Vegan Quinoa Pilaf	1	595	21.9g	0mg	606mg	79g	22.1g

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Vegan Quinoa Pilaf with Tofu	1	805	32.4g	0mg	696mg	85g	46.1g
Vegan Stir Fry (No Tofu)	1	419	33.3g	0mg	74mg	28.2g	6.5g
Vegan Sweet Potatoes	1	394	14.3g	0mg	161mg	66.2g	2.3g
Vegan Three Bean Chili (Without Dairy)	1	420	13.1g	0mg	475mg	61.3g	19.1g
Vegan Vegetable Stir Fry with Tofu	1	538	40.4g	0mg	95mg	31.1g	20.4g
<b>Vegetarian &amp; Gluten Free Lasagna</b>	1	448	12.2g	56mg	1114mg	62.9g	20.5g
Vegetarian Lasagna	1	620	14g	98mg	1103mg	92.2g	31.7g