



Let's Dish!

February 2010 Menu

Ingredients and Nutritional Information*

Design-Your-Own Calzones

Create six individual calzones, stuffed with your choice of favorite pizza toppings. Max order quantity 2.

Nutrition Notes: Nutrition Information Will Vary Depending Upon Choices of Fillings.

Servings	Calories	Fat Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.	Sodium	Carb	Fiber	Sugars	Protein	WW Pts [^]
6												

Keep Frozen;
Cook Method:
Oven (50
minutes)

Ingredients*: Depends on your choice, but could include: Pizza Dough(ENRICHED WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, HIGH FRUCTOSE CORN SYRUP, CONTAINS LESS THAN 2 % OF THE FOLLOWING: SALT, SOYBEAN OIL, WHEAT GLUTEN, AMMONIUM SULFATE, CALCIUM SULFATE, ASCORBIC ACID, PARTIALLY HYDROGENATED SOYBEAN OIL.), Pizza Sauce(Tomato Puree (water, tomato paste), Onions, Salt, Soybean Oil, Corn Syrup, Spices, Citric Acid, Garlic Powder, Xanthan Gum, Natural Flavor.), Mozzarella Cheese(Pasteurized Part Skim Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose added to prevent caking.), Pepperoni, Ham, Green Pepper, Broccoli, Onion, Mushroom, Ricotta(Milk, Vinegar, Salt and Xanthan Gum, Locust Bean Gum, Guar Gum, (Stabilizers).)

Fusion Pork Tenderloins

Our "Always Tender" pork tenderloins, spiced with a little curry powder, then coated in a mixture of coconut, panko breadcrumbs and a touch of garlic. Drizzled with a plum and ginger sauce and served over egg noodles. Max order quantity 2.

Nutrition Notes: Sauce info: Cals:71; Fat:0.4; Chol:0; Sodium:205; Carbs:16.5; Fiber:0.3; Protein:0.3.

Pork	Servings	Calories	Fat Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.	Sodium	Carb	Fiber	Sugars	Protein	WW Pts [^]
	6	260	71	08 g	3.9 g	.0 g	96 mg	349 mg	13 g	2 g		34 g	5.0

Noodles	Servings	Calories	Fat Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.	Sodium	Carb	Fiber	Sugars	Protein	WW Pts [^]
	6	143	14	02 g	.3 g	.0 g	36 mg	8 mg	27 g	1 g		5 g	3.0

Thaw in Fridge;
Cook Method:
Oven and
Stovetop (45
minutes)

Ingredients*: Pork Tenderloins, Curry Powder, Liquid Egg, Salt, Malibu Coconut Breading(Bleached Wheat Flour, Coconut, Sugar, Dextrose, Salt, Yeast and Malibu Caribbean Rum Flavor (Natural and Artificial Flavor). Contains: Wheat.), Garlic Powder, Plum Sauce(Sugar, Water, Sweet Potato, Plum, Salt, Vinegar, Ginger, Chili, Guar Gum, Caramel Coloring, Citric Acid), Red Pepper Flakes, Garlic, Cider Vinegar.

Ginger Beef and Vegetables

Tender strips of beef, green onions and julienne carrots stir-fried with a sesame-ginger sauce, and served with your choice of noodles or rice. Max order quantity 2.

Nutrition Notes: Nutrition is for beef and veggies only. Nutrition for rice and noodles dependant upon customer choice.

Servings	Calories	Fat Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.	Sodium	Carb	Fiber	Sugars	Protein	WW Pts [^]
6	178	39	04 g	1.3 g	.0 g	57 mg	445 mg	13 g	2 g		21 g	

Thaw in Fridge;
Cook Method:
Stovetop (20
minutes)

Ingredients*: Sirloin Beef Strips, Low Sodium Soy Sauce(water, wheat, soybeans, salt, lactic acid, sodium benzoate: less than 1/10 of 1% as a preservative.), Salt, Rice Wine Vinegar, Sesame Oil, Cornstarch, Carrots, Green Beans, Ginger, Brown Sugar, Bell Peppers, Rice.

Jerk Chicken with Pineapple Salsa

All-natural, boneless chicken breasts marinated in jerk seasoning and other Caribbean inspired flavors and topped with a delicious, sweet and spicy pineapple salsa. Max order quantity 3.

Nutrition Notes: Nutrition Information includes Pineapple Salsa! This dish follows the American Heart Association recommendations for living a heart healthy lifestyle.

Servings	Calories	Fat Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.	Sodium	Carb	Fiber	Sugars	Protein	WW Pts [^]
6	277	79	09 g	1.0 g	.0 g	82 mg	635 mg	15 g	2 g		34 g	5.0

Thaw in Fridge;
Cook Method:
Grill or Oven (25
minutes)

Ingredients*: All-Natural Chicken Breast, Soy Sauce(water, wheat, soybeans, salt, lactic acid, sodium benzoate: less than 1/10 of 1% as a preservative.), Lime Juice, Ginger, Garlic, Jerk Seasoning(SUGAR, SPICES (INCLUDING RED PEPPER, THYME, AND ALLSPICE), SALT, ONION, AND TURMERIC.), Brown Sugar, Vegetable Oil, Paprika, Pineapple.



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Key West Honey-Lime Mahi Tender mahi mahi filets marinated in a mixture of lime, lemon, honey and seasonings and broiled to flakey perfection. Served with a side of sweet potato fries. Max order quantity 4.

Fish	Servings	Calories	Fat Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.	Sodium	Carb	Fiber	Sugars	Protein	WW Pts [^]
	6	141	9	01 g	.3 g	.0 g	104 mg	516 mg	7 g	0 g		26 g	3.0

Sweet Potato Fries	Servings	Calories	Fat Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.	Sodium	Carb	Fiber	Sugars	Protein	WW Pts [^]
	6	137	48	05 g	.0 g	.0 g	0 mg	124 mg	20 g	3 g		2 g	3.0

Keep Frozen; Cook Method: Grill and Oven or Oven (30 minutes)
 Ingredients*: Mahi filets, Lime Zest, Lime Juice, Lemon Pepper Seasoning, Honey, Garlic, Salt, Chipotle Tabasco Sauce, Sweet Potato Fries.

Montreal Chicken with Homemade Potato Chips All-natural, boneless chicken breasts marinated in olive oil, lemon, and Montreal seasoning. Served with our signature homemade potato chips. Max order quantity 4.

Chicken	Servings	Calories	Fat Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.	Sodium	Carb	Fiber	Sugars	Protein	WW Pts [^]
	6	197	56	06 g	1.1 g	.0 g	82 mg	485 mg	2 g	1 g		33 g	4.0

Chips	Servings	Calories	Fat Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.	Sodium	Carb	Fiber	Sugars	Protein	WW Pts [^]
	6	103	41	05 g	.6 g	.0 g	0 mg	805 mg	14 g	1 g		2 g	2.0

Thaw in Fridge; Keep Potatoes Frozen; Cook Method: Grill and Oven or Oven (25 minutes)
 Ingredients*: Chicken Breasts, Montreal Seasoning(SALT, SPICES (INCLUDING BLACK PEPPER, AND RED PEPPER), GARLIC, PARTIALLY HYDROGENATED SOYBEAN OIL, NATURAL FLAVOR, AND EXTRACTIVES OF PAPRIKA.), Lemon, Olive Oil, Potatoes.

Moroccan Chicken with Couscous Chicken tenders simmered in a deliciously unique sauce of tomatoes, curry, onions, raisins, and a touch of sweetness. Enjoy over warm couscous. Max order quantity 5.

Chicken and Sauce	Servings	Calories	Fat Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.	Sodium	Carb	Fiber	Sugars	Protein	WW Pts [^]
	6	187	20	02 g	.5 g	.0 g	65 mg	311 mg	15 g	1 g		27 g	4.0

Couscous	Servings	Calories	Fat Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.	Sodium	Carb	Fiber	Sugars	Protein	WW Pts [^]
	6	175	19	02 g	1.3 g	.0 g	5 mg	200 mg	34 g	2 g		6 g	3.0

Thaw in Fridge; Cook Method: Stovetop (25 minutes)
 Ingredients*: Chicken Tenders, Couscous, Butter, Salt, Raisins, Green Olives (optional), Salsa, Curry Powder, Honey.



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Pasta Pomodoro Tri-shaped pasta baked in a sauce of diced tomatoes, white wine (optional), sun-dried tomato pesto, herbs, and a touch of cream. Topped with grated Parmesan cheese. Max order quantity 4.

Servings	Calories	Fat Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.	Sodium	Carb	Fiber	Sugars	Protein	WW Pts^
6	319	107	12 g	4.2 g	.0 g	18 mg	377 mg	42 g	2 g		11 g	7.0

Keep Frozen; Cook Method: Oven (55 minutes)
 Ingredients*: Pasta(WATER, ENRICHED SEMOLINA DURUM WHEAT SEMOLINA, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID). CONTAINS: WHEAT), Tomatoes, White Wine, Sun Dried Tomato Pesto(Canola Oil, Water, Dried Tomatoes, Parmesan Cheese (pasteurized part-skim cow's milk, cheese culture, salt, enzymes), Onions, Basil, Granulated Garlic, Garlic Powder, Salt and Black Pepper.), Culinary Cream (Water, Butter(sweet cream, salt), Lactose, Sodium Caseinate(from milk), Whey Protein Concentrate, Xanthan Gum, Guar Gum, Potassium Sorbate (preservative), Citric Acid(preservative).), Garlic, Worcestershire Sauce(DISTILLED VINEGAR, MOLASSES, CORN SYRUP, WATER, SALT, CARAMEL COLOR, SUGAR, SPICES, ANCHOVIES#, NATURAL FLAVOR, TAMARIND), Sugar, Thyme, Rosemary, Marjoram, Red Pepper Flakes, Parmesan Cheese(Pasteurized Cow's Milk, Cheese Cultures, Salt, Enzymes).

Roasted Herb Pork Chops Super-moist loin chops simmered in a herb and roasted-onion sauce and served over fluffy rice. Max order quantity 4.

Servings	Calories	Fat Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.	Sodium	Carb	Fiber	Sugars	Protein	WW Pts^
6	213	74	08 g	2.8 g	.0 g	84 mg	224 mg	4 g	0 g		31 g	5.0

Servings	Calories	Fat Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.	Sodium	Carb	Fiber	Sugars	Protein	WW Pts^
6	166	2	00 g	.1 g	.0 g	0 mg	2 mg	38 g	1 g		3 g	2.0

Thaw in Fridge (or see 'Freezer Freedom'); Cook Method: Stovetop (30 minutes)
 Ingredients*: Pork Loin Chops, Cumin, Thyme, Pepper, Garlic Powder, Lime Juice, Low-Sodium Soy Sauce, Roasted Onion Concentrate, Dijon Mustard, Brown Sugar, Cornstarch, Rice.

Rosemary and Mustard Grilled Sirloin Steaks Six tender steaks rubbed with a captivating blend of garlic, thyme, rosemary, mustard seed and soy sauce, then broiled to perfection. Served with a side of egg noodles. Max order quantity 2.

Nutrition Notes: Trans-fat free.

Servings	Calories	Fat Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.	Sodium	Carb	Fiber	Sugars	Protein	WW Pts^
6	206	49	05 g	1.9 g	.0 g	102 mg	813 mg	2 g	0 g		37 g	5.0

Thaw in Fridge; Cook Method: Grill or Oven (15 minutes)
 Ingredients*: Ball Tip Steaks, Garlic, Soy Sauce(water, wheat, soybeans, salt, lactic acid, sodium benzoate: less than 1/10 of 1% as a preservative.), Thyme, Rosemary, Whole Mustard Seed.



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Santa Fe Chicken Tortilla Soup A hearty soup of tender chicken, black beans, corn and seasonings in a southwestern tomato-based broth. Max order quantity 4.

Soup	Servings	Calories	Fat Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.	Sodium	Carb	Fiber	Sugars	Protein	WW Pts [^]
	6	183	27	03 g	.4 g	.0 g	37 mg	696 mg	20 g	5 g		19 g	3.0

Chips Topper	Servings	Calories	Fat Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.	Sodium	Carb	Fiber	Sugars	Protein	WW Pts [^]
	6	136	55	06 g	.0 g	.0 g	0 mg	101 mg	20 g	0 g		0 g	3.0

Keep Frozen; Cook Method: Stovetop (40 minutes)
 Ingredients*: Chicken Breast, Cumin, Enchilada Sauce(WATER, CRUSHED TOMATOES (WATER, CONCENTRATED CRUSHED TOMATOES), MODIFIED FOOD STARCH, CHILI POWDER (CHILI PEPPER, CUMIN, OREGANO, DEHYDRATED GARLIC), VEGETABLE OIL (CORN, COTTONSEED AND/OR CANOLA), SALT, ONION POWDER, DEHYDRATED GARLIC, SPICE, CITRIC ACID AND SODIUM BENZOATE (PRESERVATIVE).), Tomatoes, Onion, Black Beans, Corn, Chicken Base(Chicken Meat and Natural Chicken Juices, Dried Whey, Maltodextrin, Hydrolyzed (corn and wheat gluten, soy) Proteins, Flavor (contains torula yeast), Yeast Extract, Cornstarch, Chicken Flavor, Corn Oil, Disodium Inosinate/Disodium Guanylate, Chicken Stock, Hydrolyzed Chicken, Chicken Fat, Potato Starch, Turmeric, Calcium Lactate, Soy Lecithin, Dextrose, Lactic Acid, Vegetable Color (turmeric and annatto and paprika extracts). NO ADDED MSG other than that which naturally occurs in the hydrolyzed proteins and yeast extract. CONTAINS: Milk, Soy, Wheat Ingredients), Tri-Colored Tortilla Chips(CORN MASA FLOUR, SAFFLOWER AND/OR SUNFLOWER OIL, 2% OR LESS OF THE FOLLOWING: SALT, ARTIFICIAL COLORS (HIGH FRUCTOSE CORN SYRUP, GLYCERINE, RED 40, CORN SYRUP, BLUE 1, YELLOW 5 LAKE, MODIFIED FOOD STARCH, BLUE 2, SODIUM BENZOATE AND POTASSIUM SORBATE [PRESERVATIVES], GUM ARABIC, CARRAGEENAN, AGAR, CITRIC ACID), TRACE OF LIME.)), Cheddar Cheese.

Sautéed Shrimp with Feta and Orzo Plump shrimp sautéed in a delectable sauce of tomatoes, white wine (optional), garlic and herbs. Served on a bed of orzo and sprinkled with feta cheese. Max order quantity 2.

Nutrition Notes: Feta info is: Cals:66; Fat:5.3; Chol:22; Sodium:279; Carbs:1; Fiber:0; Protein:3.6.

Shrimp Mixture Only	Servings	Calories	Fat Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.	Sodium	Carb	Fiber	Sugars	Protein	WW Pts [^]
	6	163	89	10 g	1.4 g	.0 g	71 mg	389 mg	8 g	2 g		11 g	4.0

Orzo	Servings	Calories	Fat Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.	Sodium	Carb	Fiber	Sugars	Protein	WW Pts [^]
	6	154	7	01 g	.0 g	.0 g	0 mg	15 mg	32 g	2 g		5 g	3.0

Keep Frozen; Cook Method: Stovetop (35 minutes)
 Ingredients*: Shrimp, Lemon Juice, Tomatoes, Tomato Paste, Garlic, Parsley, Oregano, Salt, Black Pepper, White Wine, Olive Oil, Onion, Feta, Orzo Pasta(Semolina, Durum Flour, Niacin, Iron (Ferrous Sulfate), Thiamine Mononitrate, Riboflavin).

Sesame Apricot Chicken with Jasmine Rice Chicken tenders coated with sesame seeds, browned in fragrant sesame oil, and then sautéed in a sauce of apricot preserves, soy, ginger and red pepper flakes. Enjoy over Jasmine rice. Max order quantity 4.

Nutrition Notes: This dish follows the American Heart Association recommendations for living a heart healthy lifestyle.

Chicken and Sauce	Servings	Calories	Fat Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.	Sodium	Carb	Fiber	Sugars	Protein	WW Pts [^]
	6	253	61	07 g	1.1 g	.0 g	65 mg	804 mg	21 g	1 g		27 g	5.0

Rice	Servings	Calories	Fat Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.	Sodium	Carb	Fiber	Sugars	Protein	WW Pts [^]
	6	166	2	00 g	.1 g	.0 g	0 mg	2 mg	38 g	1 g		3 g	3.0

Thaw in Fridge; Cook Method: Stovetop (25 minutes)
 Ingredients*: Chicken Breast Tenders, Sesame Oil, Soy Sauce, Sesame Seeds, Garlic Powder, Salt, Pepper, Ginger, Rice Wine Vinegar, Apricot Preserves(Apricots, High Fructose Corn Syrup, Corn Syrup, Fruit Pectin, Citric Acid.), Red Pepper, Red Pepper Flakes, Cornstarch, Rice.



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Slow-Cooked Barbacoa Beef A hearty beef roast, coated in a Mexican spice rub and slow-cooked to perfection. Once tender, the roast is shredded, and served in tortillas with cheddar cheese. MEAL CANNOT BE SPLIT AND IS NOT ELIGIBLE FOR "HALVES" ORDERS. Max order quantity 2.

Nutrition Notes: Nutrition Information for 2 Flour Tortillas is as follows: Cals: 178; Fat: 2gm; Chol: 0; Sod: 444; Carb: 34; Fib: 4. WW: 3.

Beef Mixture	Servings	Calories	Fat Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.	Sodium	Carb	Fiber	Sugars	Protein	WW Pts ^
	6	299	145	16 g	6.2 g	.0 g	84 mg	582 mg	11 g	1 g		27 g	7.0

Cheddar Cheese Topper	Servings	Calories	Fat Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.	Sodium	Carb	Fiber	Sugars	Protein	WW Pts ^
	6	132	98	11 g	7.0 g	.0 g	34 mg	205 mg	0 g	0 g		8 g	4.0

Thaw in Fridge; Cook Method: Slow Cooker or Oven (4 hours on high, 8 hours on low)
 Ingredients*: Beef Roast, Onion, Taco Seasoning (Yellow corn flour, salt, maltodextrin, paprika, spices, modified cornstarch, dried chile powder, sugar, garlic powder, caramel color, citric acid, autolyzed yeast extract, natural flavor.), Brown Sugar, Chili Powder, Apple Cider Vinegar, Cheddar Cheese, Flour Tortillas (Enriched bleached flour, water, vegetable shortening (hydrogenated soybean and cottonseed oils); contains 2% or less of the following: baking powder, salt, calcium propionate, distilled mono and diglycerides, sorbic acid, fumaric acid, baking soda and sugar).

Southwestern Pinto Burgers A healthy "burger," made with pinto beans, corn and Southwestern flavors. Topped with chipotle mayonnaise and served in a warm whole wheat pita. Max order quantity 2.

Nutrition Notes: Nutrition Information is for Burger only. Nutrition info for pita is as follows: Cals: 181; Fat: 1.7gms; Chol: 0; Sodium: 340; Carbs: 35.2; Fiber: 4.7; Protein: 6.3.

Sauce	Servings	Calories	Fat Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.	Sodium	Carb	Fiber	Sugars	Protein	WW Pts ^
	6	280	42	05 g	1.4 g	.0 g	4 mg	862 mg	46 g	13 g		13 g	5.0

Sauce	Servings	Calories	Fat Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.	Sodium	Carb	Fiber	Sugars	Protein	WW Pts ^
	6	33	27	03 g	.3 g	.0 g	0 mg	94 mg	1 g	0 g		0 g	1.0

Keep Frozen; Cook Method: Stovetop or Grill (15 minutes)
 Ingredients*: Breadcrumbs (Bread Crumbs (Enriched Flour [Wheat Flour, Malted Barley Flour, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid], High Fructose Corn Syrup, Corn Syrup, Partially Hydrogenated Vegetable Oil [Soybean, Cottonseed, Corn, Canola], Water, Salt. Contains Less than 2% of: Yeast, Honey Molasses, Sugar, Wheat Gluten, Whey, Soy Flour, Whole Wheat Flour, Rye Flour, Corn Flour, Oat Bran, Corn Meal, Rice Flour, Potato Flour, Butter, Dough Conditioners [Mono- and Diglycerides, Sodium and/or Calcium Stearoyl Lactate, Soy Lecithin, Calcium Carbonate], Yeast Nutrients [Ammonium Sulfate, Calcium Sulfate, Monocalcium Phosphate], Vinegar, Nonfat Milk, Buttermilk, Lactic Acid, Calcium Propionate and Potassium Sorbate [Preservatives], Sesame Seeds), Salt, Dried Parsley, Spices, Onion Powder, Garlic, Natural Flavor, Egg, Sunflower Seeds. Contains Wheat, Egg, Milk, Sunflower, Soy and Sesame Ingredients.), Onion, Reduced Fat Sour Cream (Cultured sour cream, whey protein concentrate, skim milk, foodstarch-modified, lactic acid, maltodextrin, cellulose gum, potassium sorbate (a preservative), agar-agar, vitamin A palmitate.), Egg, Cilantro, Jalapeños, Tabasco Sauce (Peppers, Salt and Vinegar), Cumin, Kosher Salt, Pepper, Pinto Beans, Corn, Low-Fat Mayonnaise (WATER, SOYBEAN OIL, CORN SYRUP, FOOD STARCH-MODIFIED, DISTILLED VINEGAR, EGG WHITE, SUGAR, SALT, CONTAINS LESS THAN 2% OF XANTHAN GUM, LEMON JUICE CONCENTRATE, MICROCRYSTALLINE CELLULOSE AND SODIUM CARBOXYMETHYL-CELLULOSE, SPICE, PHOSPHORIC ACID, SODIUM BENZOATE AND POTASSIUM SORBATE (AS PRESERVATIVES), POLYSPHORIC ACID, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR, APO CAROTENAL (COLOR), ARTIFICIAL FLAVOR, ARTIFICIAL COLOR YELLOW #5.) Chipotle Pesto (Canola Oil, Water, Onions, Dried Tomatoes, Jalapeño Peppers, Cilantro, Salt, Chipotle Chile Peppers, Sugar, Dehydrated Garlic, Spices, Xanthan Gum, Guar Gum, Maltodextrin, Propylene Glycol Alginate., Pitas (Wheat Flour, Enriched Flour (Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin, Mononitrate [Vitamin B1], Riboflavin [Vitamin B2], Folic Acid), Water, Sugar, Salt, Yeast, L-Cysteine, Ascorbic Acid, Enzymes, Calcium Propionate added to retard spoilage.).



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Wild Maine Blueberry Buckle

Warm blueberries, mixed with brown sugar and cinnamon, then topped with a yummy oat crumble. Max order quantity 2.

Nutrition Notes: This Dish serves 8!

Servings	Calories	Fat Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.	Sodium	Carb	Fiber	Sugars	Protein	WW Pts^
8	310	124	14 g	6.3 g	.0 g	23 mg	312 mg	43 g	3 g		4 g	7.0

Thaw in Fridge; Cook Method: Oven (45 minutes)

Ingredients*: Wild Maine Blueberry Buckle Ingredients - Blueberries, Cake Mix (Enriched Bleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Partially Hydrogenated Soybean Oil, Dextrose, Egg Whites, Emulsifier (Soy Lecithin, Propylene Glycol Monoester, Mono-diglycerides), Nonfat Milk, Leavening (Sodium Aluminum Phosphate, Aluminum Sulfate, Sodium Bicarbonate), Corn Syrup, Food Starch-Modified, Salt, Artificial Flavor, Xanthan Gum. (Contains wheat, eggs, soy and milk. Made on Tree Nut shared equipment.)), Brown Sugar, Cinnamon, Lemon Juice, Oats, Butter

* Items may contain common allergens or come in contact with other allergens that are prepared in this facility. Substitutions may occur. Please contact your local store directly to verify ingredients if you have any specific questions. Nutritional data is based on 6 servings.

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