

Nutrition Facts

Serving Size
1.0 ea

Calories
per serving **660**

Amount/serving	% DV	Amount/serving	% DV
Total Fat 35g	45%	Total Carb. 40g	15%
Saturated Fat 13g	66%	Fiber 7g	26%
<i>Trans Fat</i> 0g		Total Sugars 9g	
Cholesterol 120mg	41%	Incl.0g Added Sugars	0%
Sodium 850mg	37%	Protein 44g	
Vitamin D 0% · Calcium 10% · Iron 30% · Potassium 35%			

Mediterranean Braised Lamb, & Herb Roasted Night Shades

Ingredients: boneless leg lamb, mushroom, cremini, zucchini, red onion, red wine vinegar, chicken stock, water, tomatoes, eggplant, yellow onion, roasted tomatoes, couscous, carrot, yellow bell pepper, feta cheese, olive oil, pine nuts, garlic, parsley, fresh mint, low sodium vegetable base, rosemary, kosher salt, thyme, black pepper, fresh oregano

Contains Milk, Tree nuts (Pine Nut/Pinon Nut), Wheat

Nutrition Facts

Serving Size

6.0 oz (170g)

Calories
per serving **430**

Amount/serving	% DV	Amount/serving	% DV
Total Fat 25g	33%	Total Carb. 11g	4%
Saturated Fat 11g	54%	Fiber 3g	10%
<i>Trans Fat</i> 0g		Total Sugars 5g	
Cholesterol 115mg	39%	Incl.0g Added Sugars	0%
Sodium 460mg	20%	Protein 37g	

Vitamin D 0% · Calcium 4% · Iron 25% · Potassium 25%

Mediterranean Braised Lamb

Ingredients: boneless leg lamb, mushroom, cremini, chicken stock, red wine vinegar, zucchini, yellow onion, roasted tomatoes, carrot, parsley, garlic, rosemary, thyme

Contains Wheat

Nutrition Facts

Serving Size

4.0 oz (113g)

Calories
per serving **90**

Amount/serving	% DV	Amount/serving	% DV
Total Fat 6g	7%	Total Carb. 10g	4%
Saturated Fat 1g	4%	Fiber 3g	11%
<i>Trans Fat</i> 0g		Total Sugars 4g	
Cholesterol 0mg	0%	Incl.0g Added Sugars	0%
Sodium 170mg	8%	Protein 2g	

Vitamin D 0% · Calcium 2% · Iron 4% · Potassium 8%

Herb Roasted Nightshades

Ingredients: red onion, tomatoes, eggplant, zucchini, yellow bell pepper, olive oil, garlic, kosher salt, rosemary, black pepper, fresh oregano, thyme