

# Nutrition Facts

**Serving Size**  
1 ea

**Calories**  
per serving **730**

Amount/serving	% DV	Amount/serving	% DV
<b>Total Fat</b> 46g	<b>59%</b>	<b>Total Carb.</b> 51g	<b>19%</b>
Saturated Fat 19g	<b>96%</b>	Fiber 8g	<b>28%</b>
<i>Trans Fat</i> 0g		Total Sugars 13g	
<b>Cholesterol</b> 175mg	<b>58%</b>	Incl.0g Added Sugars	<b>0%</b>
<b>Sodium</b> 560mg	<b>24%</b>	<b>Protein</b> 29g	
Vitamin D 2% · Calcium 8% · Iron 25% · Potassium 25%			

## Cajun Meatloaf, Cumin Sweet Potatoes, Creamed Corn

Ingredients: ground beef, sweet jumbo potatoes, crushed canned tomato, corn, panko, ketchup, water, cream, celery, green bell pepper, yellow onion, liquid whole eggs, milk, yellow onion, heavy cream, worcestershire sauce, unsalted butter, maple syrup, flour, butter, olive oil, garlic, kosher salt, granulated sugar, black pepper, cumin, low sodium vegetable base, coriander, garlic powder, onion powder, ground oregano, rosemary, thyme, chives, ground thyme, dried basil, red chili flakes

Contains Eggs, Milk, Wheat

# Nutrition Facts

Serving Size  
5 oz (142g)

Calories  
per serving **550**

Amount/serving	% DV	Amount/serving	% DV
<b>Total Fat</b> 40g	<b>51%</b>	<b>Total Carb.</b> 23g	<b>8%</b>
Saturated Fat 16g	<b>82%</b>	Fiber 2g	<b>8%</b>
<i>Trans Fat</i> 0g		Total Sugars 5g	
<b>Cholesterol</b> 160mg	<b>53%</b>	Incl.0g Added Sugars	<b>0%</b>
<b>Sodium</b> 380mg	<b>17%</b>	<b>Protein</b> 26g	
Vitamin D 0% · Calcium 4% · Iron 20% · Potassium 10%			

## Cajun Meatloaf

Ingredients: ground beef, crushed canned tomato, panko, ketchup, celery, green bell pepper, yellow onion, liquid whole eggs, milk, worcestershire sauce, water, flour, butter, granulated sugar, garlic, black pepper, kosher salt, garlic powder, onion powder, ground oregano, ground thyme, dried basil, red chili flakes

Contains Eggs, Milk, Wheat

# Nutrition Facts

**Serving Size**  
1/2 cup

**Calories**  
per serving **80**

Amount/serving	% DV	Amount/serving	% DV
<b>Total Fat</b> 1.5g	<b>2%</b>	<b>Total Carb.</b> 16g	<b>6%</b>
Saturated Fat 0g	<b>0%</b>	Fiber 4g	<b>15%</b>
<i>Trans Fat</i> 0g		Total Sugars 6g	
<b>Cholesterol</b> 0mg	<b>0%</b>	Incl.0g Added Sugars	<b>0%</b>
<b>Sodium</b> 55mg	<b>2%</b>	<b>Protein</b> 2g	
Vitamin D 0% · Calcium 2% · Iron 4% · Potassium 10%			

Cumin Roasted Sweet Potatoes

Ingredients: sweet jumbo potatoes, maple syrup, olive oil, cumin, coriander, kosher salt, black pepper

# Nutrition Facts

Serving Size  
3 fl oz

Calories  
per serving **80**

Amount/serving	% DV	Amount/serving	% DV
<b>Total Fat</b> 5g	<b>6%</b>	<b>Total Carb.</b> 10g	<b>3%</b>
Saturated Fat 3g	<b>15%</b>	Fiber 1g	<b>3%</b>
<i>Trans Fat</i> 0g		Total Sugars 1g	
<b>Cholesterol</b> 15mg	<b>5%</b>	Incl.0g Added Sugars	<b>0%</b>
<b>Sodium</b> 125mg	<b>5%</b>	<b>Protein</b> 2g	

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

Creamed Corn

Ingredients: corn, cream, water, yellow onion, heavy cream, unsalted butter, garlic, low sodium vegetable base, kosher salt, black pepper, rosemary, thyme, chives

Contains Milk