

Nutrition for EZ Meal Cooking Bag - Meat Dept Items

6/3/19 ts

Product Name	Serving Size (oz)	Calories	Calories from fat	Total Fat (g)	Sat Fat (g)	Trans fats (g) *not a significant source of trans fat	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Gluten Free Ingrid.	Allergens
Bratwurst	6oz.	256	151	17	5	0	72	800	6	1	3	21	Yes	None
Chicken, Bob's Rub	6oz.	202	36	4	1	0	111	710	6	0.4	4	35	Yes	None
Chicken, Cajun Rub	6oz.	183	35	4	1	0	111	661	1	0	0	35	Yes	None
Chicken, Fajita	4oz.	108	34	4	0.6	0	38	253	5	1	3	13	Yes	None
Chicken, Lemon Herb	6oz.	256	94	11	5	0	132	620	3	0.6	0.7	36	Yes	Milk
Chicken, Mediterranean	6oz.	245	85	9	2	0	115	221	1	0.4	1	36	Yes	None
Chicken, Rosemary	6oz.	238	85	9	2	0	115	520	1	0	0	36	Yes	None
Chicken, Three Pepper	6oz.	295	135	15	6	0	132	287	2	0.2	0.4	36	Yes	Milk
Chicken, Wild Garlic	6oz.	301	145	16	6	0	132	600	1	0.1	0	36	Yes	Milk
Pork Chops, Bob's Rub	6oz.	221	47	5	1	0	92	640	5	0.4	4	39	Yes	None
Pork Chops, Cajun	6oz.	204	46	5	1	0	93	448	0	0	0	39	Yes	None
Pork Chops, Rosemary	6oz.	403	218	24	7	0.2	143	393	0	0	0	44	Yes	None
Pork Tenderloin, Bob's Rub	6oz.	211	35	4	1	0	90	799	5	0.4	4	37	Yes	None
Pork Tenderloin, Chipotle Maple	6oz.	240	72	8	1.5	0	94	714	1	0	0.7	38	Yes	None
Pork Tenderloin, Smokey Alabama	6oz.	294	146	16	4	0	109	276	0.7	0	0.7	35	Yes	None