

What's for Dinner?

Week of April 12

Broiled Pork Chops
with Apple-Bacon
Relish + Squash



DAIRY FREE GLUTEN FREE

Sheet Pan
Mediterranean
Chicken &
Cauliflower



GLUTEN FREE

Slow Cooker
Mississippi Pot
Roast



GLUTEN FREE

Cajun-Garlic Shrimp
+ Roasted Broccoli



GLUTEN FREE

Grilled Chili-Lime
Chicken + Coconut-
Mango Rice



DAIRY FREE GLUTEN FREE

Greek Turkey
Burgers + Honey-
Lemon Carrots

One-Pot
Hamburger
Stroganoff

Lemony Snack Mix



MEAL SQUEEZE

Instructions: Cut out each conversation starter and put in a bowl. Pass around the table, each person draws and answers one conversation starter.

<p>If you could be a cartoon character for one week, who would you be?</p>	<p>If you were president, name three things that you would change about the country right away.</p>
<p>If you could invent something that would make life easier, what would it do?</p>	<p>If you could stay one age forever, what age would you choose?</p>
<p>What do you think is your greatest talent or ability? What would you like to try to do that you haven't had a chance to try?</p>	<p>If you could choose your own nickname, what would it be?</p>
<p>Tell the person to your right your favorite thing about them.</p>	<p>Would you rather be able to run 50 mph or swim 100 mph? Why?</p>
<p>Would you rather be able to fly or read minds?</p>	<p>If you could change one thing about school, what would it be?</p>
<p>What is one thing you don't know how to do that you wish you could?</p>	<p>What do you wish you had more time for?</p>
<p>You are sailing away to a deserted island. Which 3 things will you take with you?</p>	<p>What makes someone a good friend?</p>

Produce

- 1 pound baby carrots [W]
- 1 pound whole carrots [S]
- 2 pounds butternut squash [M]
- 2 heads of cauliflower [T][Th]
- 1/4 cup cucumber [S]
- 3 cups fresh fruit of choice [Th]
- 4 ounces fresh mushrooms [Su]
- 1 large apple [M]
- 1 1/2 Tbsp lemon juice [T][S]
- 1/4 cup lime juice [F]
- 5 tsp minced garlic [M][T][Th]
- 1 pound russet potatoes [W]
- 1 red onion [M][S]
- 2 yellow onions [T][Th]
- 1 ripe mango [F]

Canned Goods

- 1 tsp beef bouillon base [W]
- 5 pepperoncini peppers (keep juice) [W]

Condiments

- 1 Tbsp Dijon mustard [Su]
- 1 Tbsp ketchup [Su]
- 1/2 tsp hot sauce, optional [Su]

Pasta

- 8 ounces whole wheat rotini [Su]

Ethnic Foods

- 1 cup long-grain white rice [F]
- 1 cup canned coconut milk [F]

Oils, Vinegars & Cooking Wine

- 1/2 Tbsp apple cider vinegar [M]
- 2 Tbsp canola oil [F]
- 1/2 cup olive oil [T][Th]

Bread/Breakfast/Snacks

- 4 Tbsp honey [M][F][S]
- 4 slices whole wheat bread [T]
- 4 whole wheat thin buns [S]

Frozen

- 12 ounces frozen steamer broccoli [F]
- 16 ounces frozen vegetables of choice [Su]

Dairy

- 3/4 cup butter [M][W][Th][F][S]
- 1/4 cup milk [W]
- 1/4 cup orange juice [F]
- 1 1/2 cups plain Greek yogurt [T][W][S]
- 1/2 cup sour cream [Su]

Spices

- Kosher salt
- Ground black pepper
- 1/8 tsp cayenne pepper [Th]
- 1 Tbsp chili powder [F]
- 1 cinnamon stick or 1/4 tsp ground cinnamon [F]
- 1 1/2 tsp dried dill [S]
- 1/2 tsp dried thyme leaf [M][W]
- 3 tsp garlic powder [W][Th][S][Su]
- 1/4 tsp ground cinnamon [M]
- 2 tsp ground coriander [T]
- 2 tsp ground cumin [T]
- 2 tsp onion powder [W][Th][Su]
- 1 3/4 tsp paprika [T][Th]
- 1/2 tsp seasoned salt [Su]

Meat, Poultry & Seafood

- 5 slices bacon [M][Th]
- 1 1/2 pounds boneless beef chuck roast [W]
- 4 (4 ounce) boneless pork loin chops [M]
- 2 1/4 pounds boneless skinless chicken thighs [T][F]
- 1 pound ground turkey [S]
- 1 pound lean ground beef [Su]
- 1 pound large raw shrimp [Th]

Cheese

- 4 ounces crumbled feta cheese [S]
- 1/2 cup shredded cheddar cheese [Su]

This Week's Meals

[M] Broiled Pork Chops

[T] Sheet Pan Mediterranean Chicken

[W] Slow Cooker Mississippi Pot Roast

[Th] Cajun-Garlic Shrimp

[F] Grilled Chili-Lime Chicken

[S] Greek Turkey Burgers

[Su] One-Pot Hamburger Stroganoff



Weekend Prep List - 4 servings

Stove/Oven/Microwave:

- Pierce whole (2#) butternut squash with a knife several times. Place in a microwave-safe dish and microwave on HIGH for 5 minutes. Remove squash from microwave and cut in half lengthwise. Scoop out and discard seeds, then return squash to the dish with the cut side down. Add 1-inch of water and microwave for 5-7 minutes more, until squash is tender. Let cool for a few minutes, then scoop out the pulp into a labeled storage container. Add butter and salt and freeze until ready to use. [M]

Cutting Board:

- Thinly slice 1/4 cup red onion. Place in a labeled storage container and freeze until ready to use. [M]
- Cut 1 head cauliflower into bite-sized florets. Slice onion into thin strips. Place veggies together in a labeled storage container and refrigerate until ready to use. [T]
- Cut 1 head broccoli into bite-size florets. Slice yellow onion into 1/4" half-moons. Place broccoli and onion in a labeled storage container and refrigerate until ready to use. [Th]
- Peel and slice 1 pound carrots into 1/4-inch coins. Place in a labeled storage container and refrigerate until ready to use. [S]
- Mince 6 tablespoons red onion. Place in a labeled storage container and refrigerate until ready to use. [S]

Meat:

- Chop 3 slices of bacon into 3/4-inch pieces. Place in a labeled storage container and refrigerate until ready to use. [Th]

This Week's Meals: (**Indicates a prep step needs to be done the night before or morning of the meal)

[M] Broiled Pork Chops + Apple-Bacon Relish

[F] **Grilled Chili-Lime Chicken

[T] Sheet Pan Mediterranean Chicken & Cauliflower

[S] Greek Turkey Burgers + Honey-Lemon Carrots

[W] **Slow Cooker Mississippi Pot Roast

[Su] One-Pot Hamburger Stroganoff

[Th] Cajun-Garlic Shrimp + Broccoli

[D] Lemony Snack Mix

***Freeze any meats that will not be used within 3 days, unless packaging indicates longer refrigeration life.*

***Please note the prep list is written assuming meals will be prepared on the day they are scheduled for. If you adjust the schedule, please use your discretion on proper food storage to ensure food safety.*

Broiled Pork Chops with Apple-Bacon Relish + Butternut Squash

Servings: 4



Chops

4 (4 ounce) boneless pork loin chops
1/4 teaspoon kosher salt
1/4 teaspoon ground black pepper

Relish

2 slices bacon, chopped
1 large apple, chopped
1/4 cup red onion, thinly sliced
1 teaspoon minced garlic
1/4 teaspoon dried thyme leaf
1/2 tablespoon apple cider vinegar
1/2 tablespoon honey
1/4 teaspoon ground cinnamon

Squash

2 pounds butternut squash
2 tablespoons butter, optional
1/4 teaspoon kosher salt

Prep Day:

1. Pierce whole butternut squash with a knife several times. Place in a microwave-safe dish and microwave on HIGH for 5 minutes. Remove squash from microwave and cut in half lengthwise. Scoop out and discard seeds, then return squash to the dish with the cut side down. Add 1-inch of water and microwave for 5-7 minutes more, until squash is tender. Let cool for a few minutes, then scoop out the pulp into a labeled storage container. Add butter and salt and freeze until ready to use.

2. Thinly slice red onion. Place in a labeled storage container and freeze until ready to use.

Meal Day:

1. Preheat broiler to HIGH (550°F). Place top oven rack about 5 inches from broiler. Prepare a broiler pan by lining the bottom with foil and lightly greasing the top. Season pork chops with salt and pepper and place on the broiler pan. Set aside.

2. Heat a skillet over medium-high heat. Use a kitchen shears to cut bacon into 1/2-inch pieces and add to the skillet. Cook and stir until nearly crisp, about 5 minutes. Meanwhile, chop apple and set aside.

3. When bacon is nearly crisp, stir in the sliced red onion, minced garlic and thyme leaf. Cook until soft, about 4 minutes.

4. Place pork chops under the broiler and broil for 4-6 minutes per side, until pork reaches 145°F. Meanwhile, reheat butternut squash in the microwave.

5. When the sliced onions are soft, stir in chopped apple. Cook until tender, about 4 minutes. Reduce heat to low and stir in vinegar, honey and cinnamon. Serve over the pork chops with the squash on the side.

Note: Pork chops can be grilled instead of broiled, if desired. Cook time will be roughly the same.

Adapted from: <https://paleoleap.com/pork-chops-apple-bacon-relish/>

Sheet Pan Mediterranean Chicken & Cauliflower

Servings: 4



Sheet Pan Bake

1 head cauliflower, cut into bite-sized florets
1 yellow onion, sliced
1 teaspoon minced garlic, about 2 cloves
1 pound boneless skinless chicken thighs
5 tablespoons olive oil
1/2 teaspoon Kosher salt
1/2 teaspoon ground black pepper
2 teaspoons ground cumin
2 teaspoons ground coriander
1 teaspoon paprika

Yogurt Sauce

1/2 cup plain Greek yogurt
1/2 tablespoon lemon juice
1/8 teaspoon kosher salt

Bread or Naan

4 slices whole wheat bread, or naan, optional for serving,
GF if needed

Prep Day:

1. Cut cauliflower into bite-sized florets. Slice onion into thin strips. Place veggies together in a labeled storage container and refrigerate until ready to use.

Meal Day:

1. Preheat oven to 425°F. Drizzle 1 tablespoon of olive oil on a large sheet pan. Use 2 pans for 6 or 8 servings.

2. Place chicken thighs, cauliflower, onion and garlic on the prepared pan. Drizzle remaining olive oil over top. In a small bowl, combine kosher salt, black pepper, cumin, coriander and paprika. Sprinkle seasonings over top, then toss cauliflower and rub chicken to coat everything well with oil and seasoning. Spread into an even layer and bake for 25-30 minutes, until veggies are tender and chicken has reached 165°F.

3. Meanwhile, in a small bowl, mix Greek yogurt, lemon juice and salt. Refrigerate until chicken is ready.

4. When chicken is ready, cut into cubes, then serve topped with yogurt sauce with bread or naan on the side.

Adapted from: <https://food52.com/recipes/67675-sheet-pan-chicken-and-cauliflower-bake>

Slow Cooker Mississippi Pot Roast + Mashed Potatoes

Servings: 4



Roast

- 1 1/2 pounds boneless chuck roast
- 1 pound baby carrots
- 5 pepperoncini peppers
- 2 tablespoons butter, cut into cubes
- 1/3 cup pepperoncini juice
- 1 teaspoon beef base or bouillon granules (like Better than Bouillon base)
- 3/4 teaspoon garlic powder
- 3/4 teaspoon onion powder
- 1/4 teaspoon dried thyme leaf
- 1/4 teaspoon ground black pepper

Mashed Potatoes

- 1 pound potatoes, russet cut into 1 inch cubes
- 2 tablespoons butter, melted
- 1/4 cup milk
- 2 tablespoons plain Greek yogurt, or sour cream
- 1/8 teaspoon salt
- 1/2 teaspoon ground black pepper

Morning of Meal Day:

1. Place roast in the bottom of the slow cooker and spread baby carrots and whole pepperoncinis around it. Cut butter into cubes and spread over roast.
2. In a small bowl, whisk together beef base, pepperoncini juice, garlic powder, onion powder, thyme leaf and black pepper. Pour over the roast, then cover and cook on LOW for 8 hours.

Meal Time:

1. Scrub potatoes, peel if desired, then cut into 1-inch cubes. Place in a large saucepan and cover with cool water. Bring to a boil over high heat, then reduce heat and simmer for 13-15 minutes, until fork tender.
2. Meanwhile, remove roast from the slow cooker and shred with two forks. Return to the slow cooker.
3. When potatoes are tender, drain well, then add melted butter, milk, Greek yogurt or sour cream, salt and pepper. Mash with a potato masher or handheld mixer until desired consistency is reached. Serve with roast and carrots.

Cajun-Garlic Shrimp + Roasted Broccoli

Servings: 4



Shrimp

2 tablespoons butter
2 tablespoons olive oil
1 1/2 teaspoons minced garlic, about 3 cloves
3/4 teaspoon paprika
1/2 teaspoon Kosher salt
3/4 teaspoon garlic powder
1/2 teaspoon ground black pepper
1/4 teaspoon onion powder
1 pinch cayenne pepper
1 pound large raw shrimp

Broccoli

1 head broccoli, cut into bite-sized florets
1 yellow onion, halved and cut into 1/4-inch-thick slices
1/4 cup olive oil
1 1/2 teaspoons minced garlic, about 3 cloves
1/2 teaspoon Kosher salt
1/2 teaspoon ground black pepper
3 slices reduced-sodium bacon, chopped into 3/4 pieces

Fruit

3 cups fresh fruit

Prep Day:

1. Cut broccoli into bite-size florets. Slice yellow onion into 1/4" half-moons. Place broccoli and onion in labeled storage container and refrigerate until ready to use.
2. Chop bacon into 3/4-inch pieces. Place in a labeled storage container and refrigerate until ready to use.

Meal Day:

1. Preheat oven to 400°F. Line a large baking sheet with parchment paper or foil.
2. In a large bowl, toss broccoli, olive oil, minced garlic and onion. Turn out onto parchment-lined baking sheet. Sprinkle with salt and pepper and spread raw bacon pieces on top. Place into hot oven. and roast for 20-25 minutes, until broccoli is tender and bacon is starting to crisp.
3. Peel and rinse shrimp, then pat dry and set aside. In a small bowl, combine minced garlic, paprika, salt, garlic powder, black pepper, onion powder and cayenne. Set aside.
4. When the broccoli has 5 minutes left, heat butter and olive oil in a large skillet over medium-high heat. Add spices and cook, stirring for 1 minute. Add shrimp and cook for about 1-2 minutes per side, until shrimp is opaque. Serve with broccoli and fruit.

Grilled Chili-Lime Chicken + Coconut-Mango Rice

Servings: 4



Chicken

2 tablespoons canola oil, or other high-heat oil
1/4 cup lime juice
2 tablespoons honey
1 tablespoon chili powder
1/4 teaspoon kosher salt
1/4 teaspoon ground black pepper
1 1/4 pounds boneless skinless chicken thighs, trimmed

Rice

1 tablespoon butter, or non-dairy spread
1 cinnamon stick, or 1/4 teaspoon ground cinnamon
1/4 teaspoon salt
1/4 cup orange juice
1 cup lite canned coconut milk
1/2 cup water
1 cup long-grain white rice
1 ripe mango, peeled and diced

Broccoli

12 ounces frozen steamer broccoli, or other veggie of choice

Night Before or Morning of Meal Day:

1. In a large shallow storage container, whisk together canola oil, lime juice, honey, chili powder, kosher salt and ground black pepper. Add chicken thighs and turn to coat. Cover and refrigerate until meal time. (marinate at least 1-2 hours, or up to 24 hours)

Meal Time:

1. In a large saucepan, combine butter, cinnamon stick, salt, orange juice, coconut milk and water. Bring to a boil, then stir in rice. Cover, reduce heat to medium-low and simmer for 15-20 minutes, until rice is tender.

2. Meanwhile, oil grill grates then preheat on high heat. While grill heats, dice mango and set aside.

3. Turn grill down to medium-high heat. Remove chicken from the marinade, shake off excess, and place on the hot grill. Grill for 3-4 minutes per side, until chicken reaches 165°F. If desired, pour remaining marinade into a small saucepan and boil for 5-7 minutes, until thickened.

4. Cook broccoli according to package directions. When rice is tender, stir in mango. Slice chicken and serve.

Chicken: <https://iowagirleats.com/2015/08/05/grilled-chili-honey-lime-chicken/>

Greek Turkey Burgers + Honey Lemon Carrots

Servings: 4

Tzatziki Sauce

1/4 cup cucumber, chopped
1/2 cup plain Greek yogurt
2 tablespoons red onion, minced
1/2 teaspoon dried dill
1 1/2 teaspoons lemon juice

Burgers

1 pound ground turkey
4 ounces crumbled feta cheese
1/4 cup red onion, minced
1/4 cup plain Greek yogurt
1 teaspoon dried dill
1/4 teaspoon salt
1/4 teaspoon ground black pepper
1/4 teaspoon garlic powder
4 whole wheat thin buns

Honey Lemon Carrots

1 pound carrots, sliced into 1/4" coins
2 tablespoons butter
1 tablespoon honey
1 1/2 teaspoons lemon juice

Prep Day:

1. Peel and slice carrots into 1/4-inch coins. Place in a labeled storage container and refrigerate until ready to use.
2. Mince red onion. Place in a labeled storage container and refrigerate until ready to use.

Meal Day:

1. Bring 1" water to boil in a medium saucepan. Stir in carrots and bring to a boil. Reduce heat to a simmer and cover. Cook for 12-15 minutes until crisp-tender. Drain, then stir in butter, honey and lemon juice. Cover and keep warm.
2. Meanwhile, peel and seed a cucumber, then chop 1/4 cup. Place in a small bowl and add remaining ingredients for tzatziki sauce. Set aside.
3. In a large bowl, combine ground turkey, feta cheese, red onion, Greek yogurt, dill, salt, black pepper and garlic powder. Mix well with hands. Form into equal patties, about 1/2" thick by 5" in diameter. Make a slight indentation in the middle with your thumb.
4. Heat grill or griddle to medium-high heat (400 degrees F). Spray with non-stick grill spray and cook patties 8-10 minutes, flipping after 5 minutes, until patties reach internal temperature of 165 degrees F.
5. Place burgers on buns, top with tzatziki sauce and serve with a side of carrots.

One-Pot Hamburger Stroganoff

Servings: 4

Stroganoff

1 pound lean ground beef
4 ounces fresh mushrooms, chopped
1 tablespoon ketchup
1 tablespoon Dijon mustard
1 teaspoon garlic powder
1 teaspoon onion powder
1/2 teaspoon seasoned salt
1/2 teaspoon ground black pepper
1/2 teaspoon hot sauce, optional
8 ounces whole wheat rotini
3 cups water
1/2 cup sour cream
1/2 cup shredded cheddar cheese

Veggies

16 ounces frozen vegetable of choice

1. Heat a large skillet over medium-high heat. Add ground beef and cook, stirring and breaking apart with a spoon, until nearly cooked through. Meanwhile, chop mushrooms.

2. Add mushrooms to the pan and cook for 2-3 minutes more, until mushrooms start to soften.

3. Stir in ketchup, mustard, garlic powder, onion powder, seasoned salt, black pepper, hot sauce, uncooked pasta and water. Bring to a boil, then cover and reduce heat. Simmer for 12-15 minutes, until pasta is al dente.

4. Meanwhile, cook vegetables according to package directions. When pasta is tender, remove from the heat and stir in sour cream and shredded cheese.

Adapted from: <https://thesaltymarshmallow.com/one-pot-homemade-hamburger-helper/>

Lemony Snack Mix

Servings: 8



Ingredients:

4 1/2 cups Crispix cereal
3/4 cup white chocolate chips
2 teaspoons grated lemon zest
1 tablespoon lemon juice
2 tablespoon butter, softened
3/4 cup powdered sugar


1. In the top of a double boiler (or a metal bowl over a small saucepan of boiling water), combine white chocolate chips, lemon zest and lemon juice, stirring until melted and smooth. Remove from the heat and stir in the butter.

2. Pour into a large bowl or brown paper bag. Sprinkle powdered sugar over top and stir or toss to coat, then spread on waxed paper to cool completely.

<https://www.tasteofhome.com/recipes/lemony-snack-mix/>


Broiled Pork Chops + Apple-Bacon Relish

1 pork chop + 1 c. squash

Nutrition Facts	
Amounts Per Serving	
Calories	431
Total Fat	18g
Saturated Fat	7g
Trans Fat	0g
Polyunsaturated Fat	1g
Monounsaturated Fat	6g
Cholesterol	111mg
Sodium	469mg
Total Carbohydrates	35g
Dietary Fiber	8g
Sugar	13g
Protein	34g
Vitamin A	25517IU
Vitamin C	37mg
Calcium	115mg
Iron	2mg
Phosphorous	350mg
Potassium	1161mg
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Sheet Pan Mediterranean Chicken & Cauliflower

4 oz. chicken + 1 c. cauliflower + 1 naan

Nutrition Facts	
Amounts Per Serving	
Calories	485
Total Fat	28g
Saturated Fat	5g
Trans Fat	0g
Polyunsaturated Fat	4g
Monounsaturated Fat	16g
Cholesterol	139mg
Sodium	709mg
Total Carbohydrates	24g
Dietary Fiber	6g
Sugar	6g
Protein	37g
Vitamin A	346IU
Vitamin C	63mg
Calcium	141mg
Iron	3mg
Phosphorous	400mg
Potassium	713mg
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Slow Cooker Mississippi Pot Roast

4 oz. roast + 1 c. potatoes

Nutrition Facts	
Amounts Per Serving	
Calories	686
Total Fat	38g
Saturated Fat	18g
Trans Fat	1g
Polyunsaturated Fat	1g
Monounsaturated Fat	15g
Cholesterol	174mg
Sodium	1636mg
Total Carbohydrates	40g
Dietary Fiber	7g
Sugar	9g
Protein	48g
Vitamin A	16735IU
Vitamin C	76mg
Calcium	127mg
Iron	6mg
Phosphorous	481mg
Potassium	1636mg
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Cajun-Garlic Shrimp

4 oz. shrimp + 1 c. broccoli + ¾ c. fruit

Nutrition Facts	
Amounts Per Serving	
Calories	505
Total Fat	31g
Saturated Fat	7g
Trans Fat	0g
Polyunsaturated Fat	3g
Monounsaturated Fat	17g
Cholesterol	181mg
Sodium	821mg
Total Carbohydrates	28g
Dietary Fiber	6g
Sugar	16g
Protein	28g
Vitamin A	492IU
Vitamin C	118mg
Calcium	58mg
Iron	1mg
Phosphorous	121mg
Potassium	581mg
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Grilled Chili-Lime Chicken

4 oz chicken + 1 c. rice + ¾ c. veggies

Nutrition Facts	
Amounts Per Serving	
Calories	614
Total Fat	30g
Saturated Fat	16g
Trans Fat	0g
Polyunsaturated Fat	4g
Monounsaturated Fat	8g
Cholesterol	180mg
Sodium	572mg
Total Carbohydrates	50g
Dietary Fiber	5g
Sugar	18g
Protein	40g
Vitamin A	2960IU
Vitamin C	93mg
Calcium	110mg
Iron	5mg
Phosphorous	459mg
Potassium	1004mg
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Greek Turkey Burgers

4 oz burger + 3 tbsp tzatziki + 1 cup
carrots

Nutrition Facts

Amounts Per Serving

Calories 507

Total Fat 22g

Saturated Fat 10g

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 3g

Cholesterol 122mg

Sodium 833mg

Total Carbohydrates 42g

Dietary Fiber 4g

Sugar 15g

Protein 36g

Vitamin A 19694IU

Vitamin C 6mg

Calcium 302mg

Iron 2mg

Phosphorous 247mg

Potassium 470mg

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One-Pot Hamburger

Stroganoff

2 cups pasta + 1 c. veggies

Nutrition Facts

Amounts Per Serving

Calories 600

Total Fat 26g

Saturated Fat 11g

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 8g

Cholesterol 131mg

Sodium 591mg

Total Carbohydrates 47g

Dietary Fiber 8g

Sugar 6g

Protein 45g

Vitamin A 6361IU

Vitamin C 37mg

Calcium 215mg

Iron 6mg

Phosphorous 595mg

Potassium 1024mg

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Lemony Snack Mix

¾ cup

Nutrition Facts

Amounts Per Serving

Calories 212

Total Fat 8g

Saturated Fat 4g

Trans Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 2g

Cholesterol 10mg

Sodium 145mg

Total Carbohydrates 34g

Dietary Fiber 0g

Sugar 21g

Protein 2g

Vitamin A 375IU

Vitamin C 4mg

Calcium 34mg

Iron 4mg

Phosphorous 36mg

Potassium 60mg

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