

Sides	Portion Size	Calories	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fibre	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
		(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(% DV)	(% DV)	(% DV)	(% DV)
Recipe Name															
Aloo Gobi (Get the Good Stuff)	118 mL	89	2	0	0	0	319	16	2	2	3	1	58	3	11
Ancho Succotash (Get the Good Stuff)	120 grams	126	4	1	0	0	119	20	4	3	5	7	67	2	7
Asparagus Cuts (Get the Good Stuff)	118 mL	27	0	0	0	0	3	4	1	1	3	1	32	2	4
Asparagus, Grilled (Get the Good Stuff)	85 grams	57	5	0	0	0	188	3	2	2	2	3	8	2	13
Asparagus, Steamed (Get the Good Stuff)	85 grams	17	0	0	0	0	2	3	2	2	2	3	8	2	13
Baby Carrots (Get the Good Stuff)	118 mL	42	1	0	0	0	173	7	2	4	1	41	0	2	3
Bacon Horseradish Potato Salad (Get the Good Stuff)	118 mL	123	3	1	0	6	84	21	2	2	4	11	35	1	7
Baked Lentils with Balsamic Vinegar (Get the Good Stuff)	119 grams	154	2	0	0	0	185	25	4	2	10	5	13	3	21
Baked Quinoa Ratatouille Casserole with Feta Cheese (Get the Good Stuff)	123 grams	116	5	2	0	6	212	15	2	2	5	6	40	3	12
Baked Spaghetti Squash (Get the Good Stuff)	118 mL	49	1	0	0	0	212	10	2	4	1	1	8	3	6
Basmati Rice (Get the Good Stuff)	118 mL	144	0	0	0	0	4	32	0	0	3	0	0	1	2
Bean Salad (Get the Good Stuff)	147 mL	183	7	1	0	0	389	23	5	4	8	2	25	4	16
Beets, Roasted with Olive Oil & Basil (Get the Good Stuff)	97 grams	80	3	0	0	0	294	13	3	9	2	0	12	2	8
Broccoli (Get the Good Stuff)	118 mL	27	0	0	0	0	14	5	3	2	2	4	73	4	4
Broccoli, Steamed (Get the Good Stuff)	118 mL	19	0	0	0	0	19	4	1	1	2	2	83	2	3
Brussel Sprouts (Get the Good Stuff)	118 mL	37	0	0	0	0	9	7	4	2	4	6	13	2	6
Brussels Sprouts, fresh, steamed (Get the Good Stuff)	101 grams	46	2	0	0	0	121	7	4	2	3	4	103	3	9
Bulgur Salad with Roasted Curried Vegetables (Get the Good Stuff)	104 grams	187	13	1	0	0	242	17	3	7	2	2	10	3	7
Cabbage Salad with Mandarins & Grilled Red Peppers (Get the Good Stuff)	93 grams	64	4	0	0	0	138	7	1	5	1	18	95	2	3
Caesar Side Salad (Get the Good Stuff)	237 mL	80	3	1	0	7	207	10	2	2	3	23	20	4	6
Cajun Corn Salad (Get the Good Stuff)	147 mL	197	12	2	0	1	60	22	3	5	3	7	65	1	6
Caponata (Get the Good Stuff)	118 mL	90	5	1	0	0	355	10	3	5	2	6	12	8	9
Carrot & Raisin Salad (Get the Good Stuff)	147 mL	232	8	1	0	5	398	43	3	30	2	57	10	4	8
Carrots, Steamed, Brown Sugar Glaze (Get the Good Stuff)	118 mL	111	6	0	0	0	199	15	2	11	1	66	10	3	2
Cauliflower (Get the Good Stuff)	118 mL	22	0	0	0	0	16	3	2	2	1	0	48	2	2
Cauliflower, Fresh, Blanched (Get the Good Stuff)	118 mL	18	0	0	0	0	21	4	1	1	1	0	57	1	2
Cauliflower, Fresh, Garlic, Curmin (Get the Good Stuff)	118 mL	32	1	0	0	0	208	4	1	1	2	0	58	2	5
Cauliflower, Steamed (Get the Good Stuff)	118 mL	18	0	0	0	0	21	4	1	1	1	0	57	1	2
Chana Masala (Get the Good Stuff)	118 mL	250	6	1	0	0	209	40	6	7	11	1	18	7	33
Chicken Infused Herb Rice (Get the Good Stuff)	118 mL	126	0	0	0	0	417	27	1	0	3	0	0	23	1
Chickpea & Feta Cheese Salad (Get the Good Stuff)	147 mL	150	7	2	0	6	331	17	3	4	6	5	12	4	15
Cilantro Couscous (Get the Good Stuff)	147 mL	121	0	0	0	0	234	25	2	1	4	0	0	1	3
Cilantro Lime Rice (Get the Good Stuff)	118 mL	128	0	0	0	0	171	28	0	1	3	0	0	5	8
Coleslaw (Get the Good Stuff)	118 mL	125	10	2	0	7	307	9	1	5	1	6	40	3	3
Corn Niblets (Get the Good Stuff)	118 mL	89	1	0	0	0	3	21	2	3	3	2	10	0	3
Couscous Salad with Apples & Cranberries (Get the Good Stuff)	118 mL	177	5	0	0	0	287	30	3	8	4	3	12	3	6
Couscous Salad with Grilled Vegetables (Get the Good Stuff)	118 mL	143	7	1	0	0	242	17	2	3	3	5	67	2	6
Couscous (Get the Good Stuff)	118 mL	114	0	0	0	0	5	23	2	0	4	0	0	1	2
Crinkle Cut Zucchini (Get the Good Stuff)	118 mL	16	0	0	0	0	2	3	1	2	1	2	3	0	2
Curried Baby Spinach (Get the Good Stuff)	116 grams	53	2	0	0	0	243	8	2	3	3	32	35	11	20
Curried Lentils (Get the Good Stuff)	118 mL	208	5	0	0	0	135	32	7	5	11	13	28	6	26
Fresh Coleslaw (Get the Good Stuff)	118 mL	112	9	1	0	0	154	8	1	6	1	27	35	3	3
Fresh Grilled Vegetables Balsamic Vinaigrette (Get the Good Stuff)	70 grams	59	4	0	0	0	172	5	1	4	1	16	65	1	2
Fresh Tomato, Zucchini & Okra (Get the Good Stuff)	107 grams	44	1	0	0	0	8	8	2	4	2	3	32	3	4
Frizzled Breakfast Ham (Get the Good Stuff)	24 grams	41	1	0	0	16	220	1	0	1	6	1	0	0	2
Garbanzo Bean Salad (Get the Good Stuff)	118 mL	166	7	1	0	0	321	21	4	5	7	2	27	4	17
Gazpacho Salad (Get the Good Stuff)	237 mL	54	1	0	0	0	60	9	2	2	2	19	47	4	7

Sides	Portion Size	Calories	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fibre	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Recipe Name		(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(% DV)	(% DV)	(% DV)	(% DV)
Glazed Carrots with Ginger & Orange Juice (Get the Good Stuff)	103 grams	86	1	0	0	0	76	19	3	13	2	92	40	4	3
Glazed Carrots with Ginger, Orange & Thyme (Get the Good Stuff)	103 grams	64	1	0	0	0	218	13	3	7	1	84	18	3	3
Greek Macaroni Side Salad (Get the Good Stuff)	118 mL	105	2	0	0	0	220	19	1	1	3	1	3	1	8
Greek Penne Side Salad (Get the Good Stuff)	118 mL	104	4	1	0	3	386	14	1	1	3	4	18	2	7
Greek Quinoa Salad (Get the Good Stuff)	119 grams	152	6	1	0	0	301	21	3	3	5	1	17	3	17
Green Beans (Get the Good Stuff)	118 mL	27	0	0	0	0	11	5	3	1	1	4	7	4	6
Green Beans, Fresh, Garlic, Cumin (Get the Good Stuff)	85 grams	42	2	0	0	0	8	7	2	3	2	9	18	4	9
Green Beans, Fresh, Seasoned, Steamed (Get the Good Stuff)	90 grams	35	1	0	0	0	105	6	2	3	2	8	17	3	6
Green Beans, Fresh, Steamed (Get the Good Stuff)	85 grams	28	0	0	0	0	5	6	3	3	2	9	18	3	7
Green Beans, Fresh, Steamed, with Sesame Seeds (Get the Good Stuff)	85 grams	33	1	0	0	0	6	7	3	3	2	9	18	4	8
Green Pea Masala (Get the Good Stuff)	118 mL	102	2	0	0	0	283	14	5	6	5	7	18	3	15
Green Peas (Get the Good Stuff)	118 mL	75	0	0	0	0	80	13	4	5	4	6	17	2	11
Grilled Corn on the Cob (Get the Good Stuff)	45 grams	64	4	0	0	0	32	8	1	3	2	0	5	0	2
Grilled Peppers & Red Onions with Basil (Get the Good Stuff)	118 mL	90	5	1	0	0	147	13	3	6	2	7	240	2	6
Grilled Vegetable Salad with Balsamic Dressing (Get the Good Stuff)	147 mL	90	5	0	0	0	141	12	3	6	2	111	103	3	4
Grilled Vegetables (Get the Good Stuff)	237 mL	74	3	0	0	0	103	10	3	6	2	40	90	3	4
Grilled Zucchini Squash (Get the Good Stuff)	118 mL	41	3	0	0	0	44	4	1	3	1	4	35	2	3
Jalapeno Coleslaw (Get the Good Stuff)	118 mL	66	5	1	0	4	320	6	1	3	1	1	43	3	3
Kadhi Curry (Get the Good Stuff)	118 mL	32	0	0	0	0	225	6	0	2	2	2	7	6	4
Lemon Herb Corn (Get the Good Stuff)	118 mL	106	2	0	0	0	117	22	3	4	3	2	13	1	4
Lentil Masala (Get the Good Stuff)	118 mL	139	2	0	0	0	316	22	4	1	9	2	12	3	24
Lentil Vegetable Stew (Get the Good Stuff)	118 mL	206	5	1	0	0	629	30	5	5	11	13	50	4	24
Lima Beans (Get the Good Stuff)	118 mL	82	0	0	0	0	23	16	5	1	6	2	7	2	9
Lima Beans, seasoned (Get the Good Stuff)	118 mL	93	1	0	0	0	137	16	5	1	6	2	7	2	9
Marinated Cucumber Salad (Get the Good Stuff)	118 mL	20	0	0	0	0	5	3	1	2	1	0	5	2	2
Marinated Mushrooms (Get the Good Stuff)	118 mL	58	3	0	0	0	93	6	2	3	4	4	43	2	6
Marinated Tofu Salad 2 (Get the Good Stuff)	118 mL	66	3	0	0	0	81	6	2	3	6	20	43	11	21
Marinated Tofu Salad (Get the Good Stuff)	118 mL	65	3	0	0	0	68	6	2	2	6	20	43	11	21
Marinated Vegetables (Get the Good Stuff)	118 mL	195	17	1	0	0	218	10	2	7	1	16	50	3	3
Mashed Parsnips (Get the Good Stuff)	118 mL	117	4	0	0	0	318	18	4	5	1	0	27	5	3
Mashed Squash (Get the Good Stuff)	118 mL	81	3	0	0	0	109	14	3	2	2	47	5	3	6
Mashed Sweet Potato with Maple Syrup (Get the Good Stuff)	118 mL	162	3	2	0	9	261	32	4	10	2	97	5	4	6
Mashed Turnip (Get the Good Stuff)	118 mL	82	6	0	0	0	127	6	3	3	2	0	7	3	6
Mashed Yukon Gold & Sweet Potatoes (Get the Good Stuff)	118 mL	128	5	0	0	0	439	20	2	2	2	28	23	2	6
Mashed Yukon Gold Potatoes & Parsnips (Get the Good Stuff)	118 mL	103	3	0	0	1	360	18	2	2	2	1	30	3	5
Mattar Tofu (Get the Good Stuff)	118 mL	90	3	0	0	0	127	11	3	4	7	5	10	15	28
Mexican Rice with Black Beans (Get the Good Stuff)	118 mL	196	3	1	0	3	369	36	2	1	6	0	13	6	13
Mexican Spiced Brown Rice (Get the Good Stuff)	118 mL	111	1	0	0	0	127	23	2	0	3	2	0	5	11
Mexican Style Corn (Get the Good Stuff)	118 mL	94	2	0	0	0	97	20	3	4	3	3	33	1	3
Minted Peas (Get the Good Stuff)	118 mL	82	1	0	0	0	82	12	4	5	4	6	15	3	10
Mixed Vegetables - Californian (Get the Good Stuff)	118 mL	27	0	0	0	0	32	5	3	2	2	54	37	2	4
Mixed Vegetables - Italian Blend (Get the Good Stuff)	118 mL	29	0	0	0	0	17	6	1	2	2	43	33	3	5
Mixed Vegetables - Oriental Blend (Get the Good Stuff)	118 mL	29	0	0	0	0	24	6	2	2	2	47	35	2	5
Mixed Vegetables - PEI Medley (Get the Good Stuff)	118 mL	28	0	0	0	0	17	6	2	1	1	11	3	4	5
Mixed Vegetables - Scandinavian Blend (Get the Good Stuff)	118 mL	41	0	0	0	0	46	7	3	3	3	38	15	2	4
Mixed Vegetables - Winter Blend (Get the Good Stuff)	118 mL	30	0	0	0	0	26	6	1	2	3	13	125	5	6
Mixed Vegetables (Get the Good Stuff)	118 mL	48	0	0	0	0	37	11	3	3	2	54	5	2	4

Sides	Portion Size	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (% DV)	Iron (% DV)
Recipe Name															
Mushrooms, Sautéed, 1/4 cut (Get the Good Stuff)	118 mL	47	3	0	0	0	242	4	1	2	4	0	5	0	4
One Pan Mexican Quinoa (Get the Good Stuff)	112 grams	141	3	0	0	0	275	25	4	2	6	4	8	6	19
P.E.I. Vegetables (Get the Good Stuff)	118 mL	42	1	0	0	0	143	6	2	1	1	12	3	5	5
Parsnips, steamed (Get the Good Stuff)	118 mL	59	0	0	0	0	10	14	3	4	1	0	20	4	2
Peas & Carrots - Indian Style (Get the Good Stuff)	118 mL	88	3	0	0	0	283	13	5	5	4	83	13	3	9
Peas & Carrots (Get the Good Stuff)	118 mL	71	1	0	0	0	196	12	5	5	4	82	12	2	7
Peas & Mushrooms - Indian Style (Get the Good Stuff)	118 mL	163	11	2	0	0	209	13	4	5	6	4	15	15	10
Peas, Seasoned (Get the Good Stuff)	118 mL	82	1	0	0	0	181	12	4	5	4	6	15	2	10
Potato & Bean Salad (Get the Good Stuff)	108 grams	116	5	0	0	0	389	14	3	2	4	1	15	3	7
Potato & Tomato Casserole (Get the Good Stuff)	118 mL	66	2	0	0	0	107	11	2	2	2	3	30	2	5
Potato Salad with Pesto & Arugula (Get the Good Stuff)	106 grams	127	5	1	0	2	408	18	2	1	3	3	23	5	8
Potatoes, Baked (Get the Good Stuff)	116 grams	105	2	0	0	0	74	19	2	1	2	0	10	1	7
Potatoes, Indian Spiced Yogurt Potatoes (Get the Good Stuff)	118 mL	94	0	0	0	0	421	21	2	2	3	2	38	5	8
Potatoes, Jerk (Get the Good Stuff)	147 mL	129	5	0	0	0	296	20	2	1	2	0	35	2	7
Potatoes, Mashed with Spinach & Roasted Red Onions (Get the Good Stuff)	122 grams	118	2	1	0	2	222	22	2	3	3	6	53	4	9
Potatoes, Oven Roasted with Lemon & Paprika (Get the Good Stuff)	147 mL	131	3	0	0	0	189	24	2	1	3	1	42	2	8
Potatoes, Oven Roasted (Get the Good Stuff)	118 mL	133	6	0	0	0	379	19	2	1	2	1	33	1	7
Potatoes, Oven Roasted, Cajun, Red Skin (Get the Good Stuff)	95 grams	125	3	0	0	0	165	24	2	1	3	1	55	2	9
Potatoes, Parsley, Steamed (Get the Good Stuff)	135 grams	104	1	0	0	0	109	21	3	2	2	1	47	1	6
Potatoes, Red, Mashed with Cream Cheese & Chives (Get the Good Stuff)	123 grams	109	1	1	0	3	195	22	2	2	3	2	28	3	7
Potatoes, Red, Mashed with Miso & Chives (Get the Good Stuff)	124 grams	116	3	0	0	0	415	20	2	3	3	0	17	2	8
Potatoes, Red, Mashed (Get the Good Stuff)	122 grams	126	4	0	0	1	233	20	2	2	3	1	17	3	6
Potatoes, Red, Steamed (Get the Good Stuff)	118 mL	58	1	0	0	0	104	11	1	1	1	0	10	1	4
Potatoes, Rosemary Roast Wedge (Get the Good Stuff)	96 grams	127	5	0	0	0	162	20	2	1	2	0	35	1	7
Potatoes, Sweet, Grilled (Get the Good Stuff)	84 grams	151	3	0	0	0	359	29	4	6	2	102	5	4	7
Potatoes, Wedge with Seasoning (Get the Good Stuff)	96 grams	129	5	0	0	0	260	20	2	1	2	0	10	1	7
Quinoa & Corn Medley (Get the Good Stuff)	118 mL	135	2	0	0	0	204	27	3	3	5	2	22	2	15
Quinoa Salad with Feta Cheese & Tomato (Get the Good Stuff)	108 grams	129	7	2	0	8	346	13	2	2	5	5	8	3	11
Quinoa, Beans & Vegetables (Get the Good Stuff)	118 mL	189	4	0	0	0	214	34	5	2	7	6	5	5	27
Red Chili Basmati Rice (Get the Good Stuff)	118 mL	124	1	0	0	0	237	25	1	1	2	4	2	1	2
Rijma Masala (Get the Good Stuff)	118 mL	137	6	0	0	0	332	16	5	1	6	0	3	3	6
Roasted Acorn Squash (Get the Good Stuff)	98 grams	55	2	0	0	0	52	9	2	0	1	2	15	3	4
Roasted Butternut Squash, Spears (Get the Good Stuff)	85 grams	67	1	0	0	0	105	15	2	3	1	67	43	6	7
Roasted Corn & Green Pepper (Get the Good Stuff)	88 grams	140	4	0	0	0	240	28	4	6	4	3	45	1	6
Roasted Seasonal Root Vegetable Salad (Get the Good Stuff)	102 grams	130	6	1	0	0	284	20	4	6	2	28	35	5	6
Rutabagas (Get the Good Stuff)	118 mL	26	0	0	0	0	39	5	3	3	1	0	7	3	5
Sautéed Garden Vegetables (Get the Good Stuff)	118 mL	34	1	0	0	0	131	6	2	2	2	19	87	2	3
Sautéed Green Beans with Cherry Tomatoes (Get the Good Stuff)	98 grams	49	2	0	0	0	194	8	3	4	2	5	27	4	7
Sautéed Spinach with Garlic (Get the Good Stuff)	118 mL	57	3	0	0	0	198	6	3	1	4	73	25	18	36
Seven Grain Rice (Get the Good Stuff)	118 mL	129	1	0	0	0	4	26	3	1	4	0	0	1	7
Southwest Black Bean Rice Salad (Get the Good Stuff)	98 grams	132	2	1	0	5	233	24	2	3	4	2	10	6	7
Spanish Long Grain Rice (Get the Good Stuff)	118 mL	107	1	0	0	0	299	21	0	1	2	1	7	5	7
Sriracha Glazed Brussel Sprouts (Get the Good Stuff)	90 grams	105	5	1	0	0	338	15	5	8	3	5	133	4	11
Steamed Carrots with Orange Vinaigrette (Get the Good Stuff)	118 mL	54	0	0	0	0	78	13	2	10	1	34	7	2	3
Steamed Carrots (Get the Good Stuff)	118 mL	32	0	0	0	0	55	8	2	4	1	66	8	2	2
Sweet & Sour Squash (Get the Good Stuff)	123 grams	83	2	0	0	0	53	16	2	6	2	58	30	5	6
Sweet Potato, Oven Baked (Get the Good Stuff)	123 grams	147	1	0	0	0	371	34	5	7	3	118	7	5	8

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Recipe Name		(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(% DV)	(% DV)	(% DV)	(% DV)
Sweet Potato, Vanilla (Get the Good Stuff)	118 mL	136	6	1	0	5	295	21	3	5	2	71	3	5	4
Tofu with Mixed Vegetables (Get the Good Stuff)	118 mL	117	8	1	0	0	113	7	2	3	7	10	43	14	24
Tomato Rice (Get the Good Stuff)	118 mL	86	1	0	0	0	110	18	1	2	2	4	20	4	6
Vegetable & Chicken Fried Rice (Get the Good Stuff)	110 grams	142	4	1	0	60	214	14	2	3	12	20	27	5	12
Vegetable & Curry Chicken Fried Rice (Get the Good Stuff)	110 grams	145	4	1	0	60	209	15	2	3	12	20	27	6	13
Vegetable & Shrimp Fried Rice (Get the Good Stuff)	110 grams	124	3	1	0	88	295	14	2	3	9	21	27	6	15
Vegetable Barley Ragout (Get the Good Stuff)	147 mL	81	1	0	0	0	325	16	3	2	3	2	7	2	7
Vegetable Fried Rice (Get the Good Stuff)	113 grams	120	3	0	0	43	169	19	2	4	4	26	37	6	12
Vegetable Jalfrezi (Get the Good Stuff)	118 mL	128	4	1	0	3	421	19	4	6	5	22	103	8	19
Wax Beans (Get the Good Stuff)	118 mL	37	0	0	0	0	7	7	4	2	2	8	32	4	9
White Kidney Bean Curry (Get the Good Stuff)	118 mL	114	1	0	0	0	294	21	5	3	5	25	17	7	14
Wholegrain Rice Waldorf Side Salad (Get the Good Stuff)	112 grams	174	4	0	0	0	43	31	2	7	4	0	17	2	5
Wilted Spinach with Tofu (Get the Good Stuff)	118 mL	93	6	0	0	0	370	7	4	2	8	91	38	22	27
Zucchini & Tomato Sauté (Get the Good Stuff)	118 mL	54	3	1	0	0	310	6	2	4	2	4	40	2	5
Zucchini & Yellow Squash Sauté (Get the Good Stuff)	118 mL	43	3	0	0	0	56	4	1	4	1	1	37	2	4
Antipasto Tortellini Salad	118 mL	183	5	1	0	9	424	28	2	4	7	2	12	5	9
Bacon, cooked, slices	3 slices	104	8	3	0	21	198	0	0	0	7	0	0	0	2
Baked Beans	141 grams	214	7	3	0	10	282	31	5	13	8	3	3	14	26
Barley Mushroom Pilaf	118 mL	98	2	0	0	0	683	17	3	3	3	1	8	2	7
Breakfast Sausage	43 grams	179	15	5	0	26	455	4	1	1	7	0	0	0	9
Broccoli & Cheese Salad	118 mL	84	6	2	0	9	174	5	2	2	4	4	100	8	4
Brown Rice	118 mL	99	1	0	0	0	9	21	1	0	3	0	0	1	3
Buttered Fusilli Pasta	94 grams	92	4	3	0	10	1	11	0	0	2	3	0	0	3
Buttered Linguine Pasta	115 grams	224	5	3	0	10	4	38	2	1	7	3	0	1	12
Buttered Penne Pasta	95 grams	152	4	3	0	10	2	24	1	1	4	3	0	1	7
Cauliflower au Gratin	118 mL	186	12	6	0	30	532	11	1	5	9	7	52	24	4
Coconut Jasmine Rice	147 mL	208	5	5	0	0	604	37	1	4	3	0	0	1	5
Corn Pudding	135 grams	360	26	15	1	170	451	29	2	16	6	30	7	9	9
Combread Dressing	122 grams	213	9	1	0	30	520	30	1	7	5	4	5	12	9
Curry Eggplant	118 mL	118	7	1	0	0	591	13	5	6	3	1	8	6	14
Diced Carrots	118 mL	34	0	0	0	0	56	8	3	5	1	168	3	2	2
Egg Noodles, medium	118 mL	112	1	0	0	24	6	21	1	1	4	1	0	1	8
Eggplant Rollatini	155 grams	280	15	5	0	16	705	25	3	7	12	8	8	23	7
Elbow Macaroni & Cheese	117 grams	278	12	6	0	27	493	31	1	4	12	7	0	21	10
Farm Stand Roasted Red Beet Salad	204 grams	182	8	1	0	0	869	24	7	17	4	1	25	5	15
Fresh Squash, Broccoli & Mushroom Sauté	115 grams	75	3	1	0	3	308	10	2	5	3	17	47	7	4
Fried Plantain with Garlic Salt	117 grams	209	5	1	0	0	99	44	3	21	2	8	42	0	6
Fried Plantain with Mango Chipotle Seasoning	117 grams	209	5	1	0	0	27	44	3	21	2	8	42	0	6
Fried Plantain	117 grams	208	5	1	0	0	6	44	3	21	2	8	42	0	6
Garden Pesto Pasta Salad	118 mL	162	5	1	0	3	210	25	2	2	5	9	13	3	9
Glazed Carrots with Cumin	118 mL	30	2	1	0	5	36	3	1	2	1	19	0	1	2
Greek Side Salad	237 mL	101	8	3	0	15	432	5	2	3	5	9	45	3	4
Grilled Breakfast Ham	68 grams	95	4	2	0	38	858	1	0	0	13	0	0	1	7
Hash Brown Patties	59 grams	225	17	2	0	0	175	17	2	1	2	0	3	0	3
Hushpuppy	84 grams	211	7	1	0	47	326	30	1	3	6	4	2	5	11
Italian Style Slow Cooked Beans	129 grams	317	4	0	0	0	897	55	20	7	18	1	8	13	35

Sides	Portion Size	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (% DV)	Iron (% DV)
Recipe Name															
Jasmine Rice	118 mL	129	0	0	0	0	2	29	0	0	2	0	0	0	2
Lentil Cakes	1 each	435	7	1	0	0	820	73	10	5	22	9	38	8	48
Long Grain Rice with Roasted Red Pepper & Lemon Mint	204 grams	372	9	1	0	0	263	66	3	3	8	51	82	12	10
Mozzarella, Tomato & Fresh Basil Salad	99 grams	193	15	9	0	40	559	2	1	1	12	10	10	31	2
Mozzarella, Tomato & Penne Salad	177 mL	207	7	2	0	7	288	30	2	3	7	6	7	7	11
Nacho Potato Chips	150 grams	634	52	11	1	33	880	31	4	3	11	8	50	23	10
Palak Tofu	118 mL	116	8	3	0	10	350	9	3	3	8	56	27	23	28
Penne & Broccoli Salad	91 grams	170	7	1	0	4	292	20	2	1	6	4	27	6	8
Potato Salad with Roasted Garlic	118 mL	148	8	1	0	4	239	19	2	2	2	0	28	1	5
Potatoes, Dollar Chip	85 grams	309	21	2	0	0	683	27	2	1	2	0	13	1	5
Potatoes, Fully Loaded Twice Baked	125 grams	364	17	9	0	44	405	40	3	2	15	9	22	25	15
Potatoes, Garlic Mashed	118 mL	115	4	2	0	9	107	19	2	2	3	3	33	3	6
Potatoes, Hash Browns, shredded	85 grams	233	16	1	0	0	615	20	2	2	2	0	8	5	4
Potatoes, Hash Browns, sliced, with Onions	118 mL	193	11	1	0	0	307	23	2	3	3	0	38	2	7
Potatoes, Home Fries	118 mL	161	7	0	0	0	192	24	2	2	2	1	33	1	3
Potatoes, Lyonnaise	237 mL	397	18	7	1	27	388	55	5	5	6	9	60	4	17
Potatoes, Mashed	118 mL	112	3	2	0	9	163	19	2	2	3	3	32	3	6
Potatoes, Mashed Red	118 mL	104	3	2	0	9	163	17	2	2	3	3	15	3	5
Potatoes, Mashed, Seasoned	85 grams	70	2	0	0	0	288	12	1	1	2	0	7	2	2
Potatoes, O'Brien	113 grams	136	5	2	0	7	239	21	2	2	4	5	65	2	8
Potatoes, Overstuffed	277 grams	349	25	5	0	31	411	24	2	4	8	8	13	13	9
Potatoes, Red, Mashed with Goat Cheese	120 grams	117	3	2	0	14	339	18	2	2	5	3	17	3	6
Potatoes, Savoury Diced	85 grams	305	22	2	0	0	760	25	2	2	3	2	13	1	6
Potatoes, Scalloped	160 grams	190	7	2	0	10	367	24	2	4	7	4	30	16	7
Potatoes, Wedge, Spicy	85 grams	308	22	2	0	0	348	25	2	0	3	0	8	1	7
Sausage Patties	92 grams	320	24	8	0	40	860	10	0	2	14	0	0	0	4
Sautéed Collards with Bacon & Onions	101 grams	87	6	2	0	9	293	6	3	1	4	30	52	12	3
Savoury Baked Beans	130 grams	183	3	1	0	3	654	33	4	17	7	1	15	6	15
Seasoned Herb White Rice	118 mL	122	1	0	0	0	189	25	0	1	3	0	2	4	7
Signature Cajun Potato Chips	28 grams	225	19	2	0	0	190	13	1	0	1	0	15	1	4
Signature Chipotle Mango Potato Chips	28 grams	225	19	2	0	0	189	13	1	0	1	0	15	0	4
Signature Jerk Potato Chips	28 grams	225	19	2	0	0	201	13	1	0	1	0	15	1	4
Signature Potato Chips	28 grams	225	19	2	0	0	232	13	1	0	1	0	15	1	4
Spicy Spiral Fries	85 grams	291	23	2	0	0	376	19	2	0	2	0	3	1	5
Spicy Thai Slaw	118 mL	42	1	0	0	0	692	7	2	4	1	3	67	4	8
Straight Cut Fries (Super 3/8")	85 grams	326	22	2	0	0	422	29	2	0	3	0	8	1	4
Straight Cut Spicy Fries (Super 3/8")	85 grams	345	25	2	0	0	636	28	1	1	3	0	15	0	7
Sun-Dried Tomato & Baby Corn Salad	118 mL	50	1	0	0	0	830	8	2	4	2	3	23	1	7
Sun-Dried Tomato & Mushroom Risotto	172 grams	237	5	1	0	3	482	42	2	4	6	0	3	6	6
Traditional Poutine	162 grams	332	22	4	0	10	278	25	2	1	7	4	7	14	3
Vegetable & Rice Paella	118 mL	193	2	0	0	0	925	40	1	2	4	2	18	3	10
Vegetable Barley Casserole	118 mL	124	2	0	0	0	715	24	5	2	3	9	22	2	6
Vegetarian Baked Beans	130 grams	151	2	0	0	0	510	28	5	13	6	2	15	7	8
White Long Grain Rice with Fresh Cilantro	89 grams	130	0	0	0	0	706	27	1	1	4	4	2	34	11
White Rice	118 mL	123	0	0	0	0	3	27	0	0	3	0	0	5	7
Wild Rice	118 mL	135	0	0	0	0	6	30	1	0	3	0	0	2	2

Please Note: The nutritional information provided is for the serving size listed, based on adherence to the recipe, as developed and tested by our culinary team. Any changes from the recipe, such as changes to meet local taste preferences, product, ingredient, and/or supplier substitutions, season of the year, or serving size modifications will change the nutrient content of an item and render the information inaccurate. "+" indicates some vitamin A information is represented in different units of measure based on differences in representing this information in national nutrient databases.