

Sides	Portion Size	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)
<b>Recipe Name</b>															
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, Grilled (Get the Good Stuff)	85 grams	57	5	0	0	0	188	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	127	4	1	0	8	86	20	3	2	4	12	40	2	5
Baked Lentils w/ 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 w/ Feta Cheese (Get the Good Stuff)	123 grams	115	5	2	0	6	185	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
Bean Salad (Get the Good Stuff)	147 mL	175	7	1	0	0	354	22	4	4	7	2	25	4	15
Beans, Green, Fresh, Garlic, Cumin (Get the Good Stuff)	85 grams	45	2	0	0	0	9	8	3	3	2	9	20	4	9
Beans, Green, Fresh, Steamed (Get the Good Stuff)	85 grams	28	0	0		0	5	6	3	3	2	9	18	3	7
Beans, Green, Fresh, Steamed, w/ Sesame Seeds (Get the Good Stuff)	85 grams	33	1	0		0	6	7	3	3	2	9	18	4	8
Beets, Roasted w/ 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	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, steamed (Get the Good Stuff)	101 grams	46	2	0	0	0	121	7	4	2	3	4	103	3	9
Bulgur Salad w/ Roasted Curried Vegetables (Get the Good Stuff)	104 grams	187	13	1	0	0	241	17	3	7	2	2	10	3	7
Cabbage Salad w/ Mandarins & Grilled Red Peppers	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	77	3	1	0	7	199	10	1	2	3	23	20	4	5
Cajun Corn Salad (Get the Good Stuff)	147 mL	197	12	2	0	1	59	22	3	5	3	7	65	1	6
Caponata (Get the Good Stuff)	118 mL	97	6	1	0	0	425	9	3	5	2	6	12	7	7
Carrot & Raisin Salad (Get the Good Stuff)	147 mL	232	8	1	0	5	398	43	3	30	2	57	10	4	8
Carrots, Fresh, Sliced, Roasted (Get the Good Stuff)	118 mL	89	3	0	0	0	172	15	4	7	1	125	15	5	4
Carrots, Fresh, Sliced, Steamed (Get the Good Stuff)	118 mL	34	0	0		0	57	8	2	4	1	69	8	2	2
Carrots, Steamed, Brown Sugar Glaze (Get the Good Stuff)	118 mL	117	6	1	0	0	199	17	2	13	1	73	22	3	2
Cauliflower (Get the Good Stuff)	118 mL	22	0	0	0	0	16	3	2	2	1	0	48	2	2
Cauliflower Kale Calcannon (Get the Good Stuff)	130 grams	90	2	0	0	1	309	17	2	2	3	11	78	4	8
Cauliflower, Fresh, Blanched (Get the Good Stuff)	118 mL	18	0	0		0	21	4	1	1	1	0	57	1	2
Cauliflower, Fresh, Garlic, Cumin (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	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	149	7	2	0	7	324	17	3	5	6	4	12	7	15
Chickpea Spinach Curry (Get the Good Stuff)	118 mL	117	3	0	0	0	409	20	3	6	5	31	15	8	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 (Get the Good Stuff)	118 mL	114	0	0	0	0	5	23	2	0	4	0	0	1	2
Couscous Salad w/ Apples & Cranberries (Get the Good Stuff)	118 mL	178	5	0	0	0	288	30	3	9	4	4	15	3	5
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
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
Diced Carrots (Get the Good Stuff)	118 mL	34	0	0	0	0	56	8	3	5	1	168	3	2	2
Fresh Coleslaw (Get the Good Stuff)	118 mL	112	9	1	0	0	154	8	1	6	1	27	35	3	3

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Fresh Grilled Vegetables Balsamic Vinaigrette (Get the Good Stuff)	237 mL	120	8	1	0	0	344	11	2	8	2	31	133	2	5
Fresh Tomato, Zucchini & Okra (Get the Good Stuff)	118 mL	45	1	0	0	0	8	8	2	4	2	3	32	3	4
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	56	1	0	0	0	92	10	2	3	2	19	47	4	8
Glazed Carrots w/ Ginger & Orange Juice (Get the Good Stuff)	103 grams	83	1	0	0	0	80	19	3	13	1	92	33	4	3
Glazed Carrots w/ Ginger, Orange & Thyme (Get the Good Stuff)	103 grams	64	1	0	0	0	219	13	3	7	1	85	18	4	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
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, Steamed (Get the Good Stuff)	90 grams	35	1	0	0	0	105	6	2	3	2	8	17	3	6
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	1	0	0	32	8	1	3	2	4	5	0	2
Grilled Peppers & Red Onions w/ 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	3	320	6	1	3	1	0	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	108	2	0	0	0	117	23	3	4	3	2	20	1	4
Lentil Almond Brown Rice Salad (Get the Good Stuff)	114 grams	171	4	0	0	0	36	27	3	5	6	2	18	2	11
Lentil Masala (Get the Good Stuff)	118 mL	139	2	0	0	0	316	22	4	1	9	2	12	3	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
Long Grain Rice w/ Roasted Red Pepper & Lemon Mint (Get the Good Stuff)	204 grams	372	9	1	0	0	263	66	3	3	8	51	82	12	10
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	54	3	0	0	0	81	5	2	3	4	4	43	2	6
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	1	0	0	318	18	4	5	1	6	27	5	3
Mashed Squash (Get the Good Stuff)	118 mL	81	3	0	0	0	109	14	3	2	2	51	5	3	6
Mashed Sweet Potato w/ Maple Syrup (Get the Good Stuff)	118 mL	144	3	2	0	9	260	27	4	6	2	97	5	4	6
Mashed Turnip (Get the Good Stuff)	118 mL	82	6	1	0	0	127	6	3	3	2	8	7	3	6
Mashed Yukon Gold & Sweet Potatoes (Get the Good Stuff)	118 mL	128	5	1	0	0	446	20	2	2	2	34	23	3	6
Mashed Yukon Gold Potatoes & Parsnips (Get the Good Stuff)	118 mL	103	3	0	0	1	366	18	2	2	2	4	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 w/ Black Beans (Get the Good Stuff)	118 mL	181	3	1	0	3	273	33	2	1	5	0	13	7	11
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 Pea Salad (Get the Good Stuff)	85 grams	156	10	1	0	0	214	12	4	5	4	7	15	2	12
Minted Peas (Get the Good Stuff)	118 mL	82	1	0	0	0	82	12	4	5	4	6	15	3	10
Mixed Vegetables (Get the Good Stuff)	118 mL	48	0	0	0	0	37	11	3	3	2	54	5	2	4
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

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<b>Recipe Name</b>															
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	127	3	0	0	0	197	23	3	2	4	4	8	6	18
Pan-seared Scallops Gremolata (Get the Good Stuff)	123 grams	140	6	0	0	34	361	4	0	0	19	3	18	3	3
Parsnips (Get the Good Stuff)	118 mL	59	0	0	0	0	10	14	3	4	1	0	20	4	2
Pear, Fennel & Goat Cheese Salad (Get the Good Stuff)	60 grams	77	5	1	0	6	56	8	1	5	1	11	20	2	2
Peas & Carrots (Get the Good Stuff)	118 mL	71	1	0	0	0	196	12	5	5	4	82	12	2	7
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 & 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 Roasted Garlic (Get the Good Stuff)	118 mL	148	8	1	0	4	239	19	2	2	2	0	28	1	5
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	424	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	33	2	7
Potatoes, Mashed w/ Spinach & Roasted Red Onions (Get the Good Stuff)	122 grams	118	2	1	0	2	222	22	2	3	3	6	52	4	9
Potatoes, Oven Roasted (Get the Good Stuff)	118 mL	125	6	0	0	0	379	17	3	1	2	1	35	1	5
Potatoes, Oven Roasted w/ 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, Cajun, Red Skin (Get the Good Stuff)	118 mL	124	2	0	0	0	87	24	2	1	3	0	43	2	8
Potatoes, Parsley, Steamed (Get the Good Stuff)	118 mL	104	1	0	0	0	109	21	3	2	2	1	47	1	6
Potatoes, Red, Mashed w/ Cream Cheese & Chives (Get the Good Stuff)	123 grams	111	2	1	0	3	194	22	2	2	3	1	28	3	7
Potatoes, Red, Mashed w/ Miso & Chives (Get the Good Stuff)	124 grams	117	3	0	0	0	415	20	2	1	3	3	18	1	7
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, Russet, Baked (Get the Good Stuff)	213 grams	168	0	0	0	0	11	39	3	1	5	0	20	3	13
Potatoes, Sweet, Baked (Get the Good Stuff)	155 grams	139	0	0	0	0	56	32	5	10	3	446	50	5	8
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 w/ 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, 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	122	1	0	0	0	239	25	1	1	2	4	2	1	5
Red Kidney Bean Curry (Get the Good Stuff)	118 mL	105	1	0	0	0	314	20	4	3	5	25	17	4	10
Red Potato Salad w/ Mustard & Relish Dressing (Get the Good Stuff)	121 grams	162	7	1	0	50	364	22	2	3	4	3	20	2	7
Rijma Masala (Get the Good Stuff)	118 mL	118	4	0	0	0	470	18	5	2	5	0	2	3	8
Roasted Acorn Squash (Get the Good Stuff)	98 grams	63	2	0	0	0	53	11	2	0	1	2	20	3	5
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 Carrots (Get the Good Stuff)	118 mL	106	4	0	0	0	201	19	5	9	2	160	18	6	5
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	33	1	0	0	0	128	6	2	2	2	18	98	2	3
Sautéed Green Beans w/ Cherry Tomatoes (Get the Good Stuff)	98 grams	49	2	0	0	0	194	8	3	4	2	5	27	4	7
Sautéed Spinach w/ Garlic (Get the Good Stuff)	118 mL	57	3	0	0	0	198	6	3	1	4	73	25	18	36
Savoury Baked Beans (Get the Good Stuff)	130 grams	184	4	1	0	3	456	30	6	13	7	2	15	7	14
Seasoned Herb White Rice (Get the Good Stuff)	118 mL	122	1	0	0	0	189	25	0	1	3	0	2	4	7
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	116	2	1	0	5	169	21	1	3	3	2	8	5	6

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Sriracha Glazed Brussel Sprouts (Get the Good Stuff)	90 grams	105	5	1	0	0	336	15	5	8	3	5	133	4	11
Steamed Carrots (Get the Good Stuff)	118 mL	32	0	0		0	55	8	2	4	1	66	8	2	2
Steamed Carrots w/ Orange Vinaigrette (Get the Good Stuff)	118 mL	54	0	0	0	0	78	13	2	10	1	34	7	2	3
Sun-Dried Tomato & Mushroom Risotto (Get the Good Stuff)	172 grams	237	5	1	0	3	482	42	2	4	6	0	3	6	6
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
Sweet Potato, Vanilla (Get the Good Stuff)	118 mL	136	6	2	0	5	295	21	3	5	2	75	3	5	4
Tofu w/ 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 & Shrimp Fried Rice (Get the Good Stuff)	110 grams	126	3	1	0	91	257	14	2	3	9	21	27	6	16
Vegetable Barley Casserole (Get the Good Stuff)	118 mL	124	2	0	0	0	715	24	5	2	3	9	22	2	6
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
Wholegrain Rice Waldorf Side Salad (Get the Good Stuff)	112 grams	174	4	0	0	0	44	31	2	7	4	0	15	2	5
Wild Rice Blend (Get the Good Stuff)	118 mL	135	0	0	0	0	6	30	1	0	3	0	0	2	2
Wilted Spinach w/ 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
Asparagus Cuts	118 mL	27	0	0	0	0	3	4	1	1	3	1	32	2	4
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
Basmati Rice	118 mL	142	0	0	0	0	6	32	0	1	3	0	2	0	6
Boiled Eggs	62 grams	73	5	2	0	183	63	1	0	0	6	10	0	2	5
Breakfast Sausage	43 grams	168	14	6	1	33	465	5	0	0	6	1	0	1	7
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
California Roll Salad	123 grams	174	5	1	0	9	434	28	1	6	5	13	10	2	5
Caponata Pasta Salad	170 grams	352	19	3	0	1	255	39	3	6	7	4	35	4	15
Cauliflower au Gratin	118 mL	185	12	6	0	30	524	11	1	5	9	10	52	24	4
Coconut Jasmine Rice	147 mL	214	5	5	0	0	604	38	2	4	3	0	0	1	4
Corn Pudding	135 grams	360	26	15	1	170	451	29	2	16	6	30	7	9	9
Cornbread	55 grams	161	6	1	0	16	372	23	0	6	3	9	0	10	7
Egg Noodles, medium	118 mL	112	1	0	0	24	14	21	1	1	4	1	0	2	8
Egg Roll, Vegetable	170 grams	615	41	3	0	0	817	53	3	22	8	3	0	5	16
Eggplant Rollatini	155 grams	280	15	5	0	16	705	25	3	7	12	8	8	23	7
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	237 mL	153	7	2	0	6	598	19	3	8	6	34	93	14	7
Frizzled Breakfast Ham	24 grams	41	1	0	0	16	220	1	0	1	6	1	0	0	2
Garden Pesto Pasta Salad	118 mL	162	5	1	0	3	210	25	2	2	5	9	13	3	9

Sides	Portion Size	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)
<b>Recipe Name</b>															
Garlic Breadsticks	37 grams	112	3	1	0	5	191	18	1	1	4	2	0	2	0
Glazed Carrots w/ Cumin	118 mL	30	2	1	0	5	36	3	1	2	1	19	0	1	2
Greek Penne Side Salad	118 mL	104	4	1	0	3	386	14	1	1	3	4	18	2	7
Greek Pulse & Pasta Salad	118 mL	148	8	2	0	3	287	16	2	2	4	3	23	2	7
Greek Side Salad	237 mL	101	7	4	0	20	413	6	2	4	4	5	45	12	5
Grilled Breakfast Ham	68 grams	88	4	2	0	31	1068	4	0	3	10	0	43	2	4
Hash Brown Patties	59 grams	225	17	2	0	0	175	17	2	1	2	0	3	0	3
Home Fried Potatoes	118 mL	162	7	1	0	0	192	24	2	2	2	1	33	1	3
Hushpuppy	84 grams	211	7	1	0	47	326	30	1	3	6	4	2	5	11
Italian Herb Flatbread	72 grams	236	6	1	0	0	408	37	2	2	7	0	3	6	8
Italian Style Slow Cooked Beans	129 grams	317	4	0	0	0	916	55	20	7	18	1	8	15	35
Jasmine Rice	118 mL	133	0	0	0	0	2	30	1	0	3	0	0	0	2
Lentil Cakes	1 each	435	6	1	0	0	665	72	10	5	23	9	38	13	50
Lentil Vegetable Stew	118 mL	206	5	1	0	0	629	30	5	5	11	13	42	4	24
Macaroni & Cheese	117 grams	258	12	6	0	27	487	27	1	4	11	10	0	21	8
Macaroni Salad	118 mL	143	4	1	0	42	678	23	1	2	5	4	12	2	8
Mozzarella, Tomato & Fresh Basil Salad	99 grams	196	14	7	0	33	538	5	1	1	11	9	10	27	1
Mozzarella, Tomato & Penne Salad	177 mL	208	6	2	0	6	284	30	2	3	7	6	7	6	11
Nacho Potato Chips	150 grams	645	53	12	1	39	983	32	4	3	11	11	38	23	11
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
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	365	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, w/ Onions	118 mL	193	11	1	0	0	307	23	2	3	3	0	38	2	7
Potatoes, Home Fries	118 mL	170	7	0	0	0	195	25	3	2	3	1	43	1	6
Potatoes, Lyonnaise	237 mL	397	18	7	1	27	388	55	5	5	6	9	60	4	17
Potatoes, Mashed	237 mL	288	10	6	0	31	319	46	4	3	6	10	80	3	14
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,Red	118 mL	114	4	2	0	9	107	19	2	2	3	3	33	3	6
Potatoes, O'Brien	237 mL	271	9	4	0	14	478	42	4	4	7	8	125	3	15
Potatoes, Overstuffed	277 grams	352	25	7	0	32	411	24	2	4	9	25	13	13	9
Potatoes, Red, Mashed w/ 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	9	30	16	7
Potatoes, Seasoned Mashed	85 grams	70	2	0	0	0	288	12	1	1	2	0	7	2	2
Potatoes, Wedge, Spicy	85 grams	308	22	2	0	0	348	25	2	0	3	0	8	1	7
Rapini (Broccoli Rabe), Blanched	3000 grams	911	14	2		0	1546	86	77	17	106	627	1702	296	250
Rosemary Sea Salt Flatbread	72 grams	232	6	1	0	0	996	37	2	2	7	0	3	4	2
Sausage Patties	92 grams	320	24	8	0	40	860	10	0	2	14	0	0	0	4
Sautéed Collards w/ Bacon & Onions	101 grams	87	6	2	0	9	293	6	3	1	4	30	52	12	3
Sautéed Collards w/ Bacon & Onions (R)	101 grams	87	6	2	0	9	293	6	3	1	4	30	52	12	3
Sautéed Lemony Broccolini	65 grams	38	2	1	0	4	146	6	3	1	3	5	72	5	4
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

Sides	Portion Size	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)
<b>Recipe Name</b>															
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
Soda Bread w/ Almonds & Coconut	80 grams	298	10	3	0	1	582	42	6	4	10	5	0	15	16
Spicy Spiral Fries	85 grams	291	23	2	0	0	376	19	2	0	2	0	3	1	5
Spicy Thai Slaw	118 mL	41	1	0	0	0	697	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
Sundried Tomato & Baby Corn Salad	118 mL	49	1	0	0	0	824	8	2	4	2	4	23	1	7
Traditional Poutine	162 grams	459	25	4	0	10	1956	45	2	7	8	4	7	15	3
Vegetable & Chicken Fried Rice	110 grams	152	5	1	0	61	218	14	2	3	12	19	27	5	12
Vegetable & Curry Chicken Fried Rice	110 grams	155	5	1	0	61	212	15	2	3	12	20	27	6	13
Vegetable & Rice Paella	118 mL	193	2	0	0	0	925	40	1	2	4	2	18	3	10
Vegetarian Baked Beans	130 grams	151	2	0	0	0	512	28	5	13	7	2	15	7	8
White & Wild Rice Blend	237 mL	237	6	4	0	15	977	38	1	1	5	10	3	50	16
White Long Grain Rice w/ 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
Yorkshire Pudding	48 grams	177	12	2	0	109	140	11	0	1	6	4	0	6	11

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.