

84 SERVING ENTRÉE AND BREAKFAST GLUTEN FREE



Item Number WGF01-184

Teriyaki and Rice
12 Srv.

Nutrition Facts	
Serving Size: 1/4 Pouch (75g) Servings Per Container 4	
Amount Per Serving	
Calories 270	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 340mg	14%
Total Carbohydrate 62g	21%
Dietary Fiber 2g	8%
Sugars 16g	
Protein 6g	
Vitamin A 20% • Vitamin C 0%	
Calcium 4% • Iron 6%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Baked Potato Casserole
16 Srv.

Nutrition Facts	
Serving Size 1/4 Pouch (57g) Servings Per Container 4	
Amount Per Serving	
Calories 210	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 730mg	30%
Total Carbohydrate 41g	14%
Dietary Fiber 3g	12%
Sugars 15g	
Protein 7g	
Vitamin A 2% • Vitamin C 10%	
Calcium 15% • Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Tomato Basil Soup
16 Srv.

Nutrition Facts	
Serving Size: 1/4 Pouch (58g) Servings Per Container 4	
Amount Per Serving	
Calories 240	Calories from Fat 70
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 430mg	18%
Total Carbohydrate 39g	13%
Dietary Fiber 1g	4%
Sugars 6g	
Protein 4g	
Vitamin A 25% • Vitamin C 20%	
Calcium 2% • Iron 8%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Potatoes Pot Pie
12 Srv.

Nutrition Facts	
Serving Size: 1/4 Pouch (50g) Servings Per Container 4	
Amount Per Serving	
Calories 190	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 500mg	21%
Total Carbohydrate 33g	11%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 6g	
Vitamin A 10% • Vitamin C 15%	
Calcium 4% • Iron 6%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Yogurt
28 Srv.

Nutrition Facts	
Serving Size: 1/8 Pouch (12g) Servings Per Container 8	
Amount Per Serving	
Calories 50	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 1g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 8g	3%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 1g	
Vitamin A 0% • Vitamin C 0%	
Calcium 4% • Iron 0%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	