



## NUTRITION INFORMATION



MARIE CALLENDER'S®	Serving Size (g)	Household Measurement	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV	Riboflavin %DV	Niacin %DV	Folate %DV	Vitamin B12 %DV	Phosphorous %DV	
<b>Fresh Flavor Steamers</b>																								
Balsamic Chicken	298	1 meal	440	160	18	4.5	0	85	990	350	46	5	4	24	6%	2%	4%	15%	10%	30%	40%	-	25%	
Beef Pepper Steak	291	1 meal	290	45	5	1.5	0	30	760	500	45	2	10	16	25%	4%	4%	8%	-	10%	-	-	20%	
Chicken Picatta	283	1 meal	360	140	14	4.5	0	45	830	340	35	5	1	20	4%	0%	10%	10%	-	20%	-	-	30%	
Chicken Stir-Fry with Vegetables	291	1 meal	260	45	5	1.0	0	30	930	420	38	4	4	17	30%	2%	2%	4%	-	25%	-	10%	25%	
Chicken Teriyaki	283	1 meal	280	30	3.5	1.0	0	35	890	440	44	3	14	17	45%	10%	4%	6%	-	25%	-	10%	25%	
Creamy Chicken & Portobello Risotto	291	1 meal	320	90	10	4.5	0	45	910	360	39	2	1	19	6%	4%	10%	4%	10%	20%	-	15%	25%	
Meatball and Sausage Marinara	298	1 meal	460	200	22	8.0	0	45	990	560	44	7	5	21	10%	4%	15%	20%	15%	-	35%	20%	25%	
Roasted Garlic Chicken	312	1 meal	410	150	17	4.5	0	40	950	390	43	5	3	21	10%	2%	8%	10%	15%	25%	35%	-	25%	
Sesame Chicken	291	1 meal	400	110	12	2.0	0	30	710	450	54	5	22	18	35%	0%	4%	15%	10%	20%	15%	20%	30%	
Smoky Cheddar Mac & Uncured Bacon	241	1 meal	380	170	19	7.0	0	35	840	160	36	4	3	15	0%	0%	15%	15%	20%	-	30%	20%	30%	
Three Cheese Tortellini	283	1 meal	420	120	13	7.0	0	40	810	460	58	7	5	16	15%	4%	30%	15%	20%	-	50%	20%	30%	
<b>Classics (Entrées)</b>																								
Beef & Broccoli	369	1 meal	370	80	9	3.5	0	35	970	690	50	3	5	21	2%	8%	4%	8%	-	15%	40%	35%	25%	
Cheesy Chicken & Rice	369	1 meal	380	100	11	7.0	0	70	1000	470	45	5	4	24	30%	4%	25%	6%	15%	15%	35%	10%	50%	
Chicken Sante Fe	354	1 meal	410	100	11	5.0	0	65	820	530	55	5	6	24	6%	40%	8%	2%	10%	20%	70%	20%	30%	
Chunky Chicken & Noodles	369	1 meal	450	180	20	9.0	0	85	1230	390	40	3	2	28	10%	4%	6%	6%	20%	40%	20%	15%	40%	
Creamy Chicken & Shrimp Parmesan	369	1 meal	420	130	15	7.0	0	60	1200	410	45	6	1	26	10%	4%	15%	10%	-	15%	25%	10%	40%	
Fettuccini Alfredo & Garlic Bread	369	1 meal	650	310	34	17.0	0.5	65	1220	135	61	5	3	24	15%	0%	30%	15%	20%	-	30%	10%	50%	
Fettuccini with Chicken & Broccoli	369	1 meal	560	290	32	13.0	0.5	90	960	410	40	4	2	28	15%	15%	20%	10%	20%	15%	30%	25%	45%	
Grilled Chicken Alfredo Bake	369	1 meal	450	160	18	9.0	0.5	70	960	510	45	5	4	27	40%	15%	25%	10%	20%	15%	40%	10%	50%	
Shrimp Scampi	369	1 meal	380	130	15	8.0	0	70	1200	300	45	4	1	16	10%	30%	2%	10%	-	-	40%	10%	15%	
Swedish Meatballs	369	1 meal	470	200	22	9.0	0	95	940	700	41	6	2	26	6%	0%	10%	25%	15%	15%	35%	20%	40%	
Three Cheese Stuffed Rigatoni & Chicken	369	1 meal	440	120	13	6.0	0	60	810	930	52	6	9	28	20%	20%	25%	10%	15%	-	50%	15%	45%	
<b>Fresh Mixers®</b>																								
Classic Stroganoff	187	1 package	310	90	10	3.5	0	35	860	450	39	3	3	17	2%	0%	2%	10%	-	-	-	-	-	
Creamy Parmesan Chicken	197	1 package	490	210	23	10.0	0.5	65	980	320	43	4	2	27	4%	0%	25%	10%	-	-	-	-	-	
Meatball Lasagna	183	1 package	310	80	9	3.0	0	20	760	710	43	6	8	14	8%	0%	6%	15%	-	-	-	-	-	
Traditional Stuffing & Turkey	197	1 package	300	60	7	2.0	0	30	990	310	42	2	4	18	0%	0%	2%	15%	-	-	-	-	-	

Nutrition information updated August 1, 2011. For most current information always check the Nutrition Facts panel on the product. Only single meal products are listed.

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<b>Complete Meals</b>																							
Beef Pot Roast	425	1 meal	320	100	11	4.0	0	50	760	800	35	6	6	20	50%	0%	8%	10%	15%	15%	45%	25%	25%
Breaded Chicken Parmigiana	454	1 meal	620	270	30	7.0	0	45	830	1040	57	9	11	29	60%	20%	25%	10%	15%	-	35%	40%	45%
Country Fried Beef Steak & Gravy	425	1 meal	640	290	32	12.0	1	65	1130	940	61	6	5	26	15%	40%	20%	15%	10%	10%	15%	35%	50%
Country Fried Chicken & Gravy	454	1 meal	570	240	26	8.0	0	55	1160	1140	66	6	3	19	6%	0%	8%	6%	-	20%	50%	-	35%
Country Fried Pork Chop	425	1 meal	470	170	19	7.0	0	45	1080	770	57	7	15	17	8%	50%	8%	6%	10%	10%	15%	10%	25%
Golden Battered Fish Fillet	340	1 meal	440	140	15	3.5	0	40	1130	630	57	4	9	20	10%	25%	10%	6%	10%	-	-	15%	35%
Herb Roasted Chicken	397	1 meal	460	190	21	6.0	0	135	940	820	32	5	3	30	70%	15%	6%	8%	15%	15%	10%	15%	35%
Honey Mustard Chicken	369	1 meal	330	50	6	1.5	0	65	810	950	44	7	30	26	20%	30%	8%	8%	-	40%	-	15%	30%
Honey Roasted Chicken	397	1 meal	320	90	10	3.5	0	45	1030	740	38	7	7	19	8%	10%	8%	8%	10%	50%	30%	-	25%
Honey Roasted Turkey Breast	369	1 meal	320	100	11	3.5	0	60	920	860	31	7	7	25	60%	10%	4%	4%	10%	35%	40%	15%	25%
Meat Loaf and Gravy	397	1 meal	380	130	14	6.0	0	50	860	1100	38	9	4	26	45%	0%	10%	15%	-	20%	50%	25%	30%
Salisbury Steak	397	1 meal	410	160	18	8.0	0	35	1120	1170	37	5	4	24	8%	15%	10%	15%	10%	15%	15%	35%	35%
Slow Roasted Beef	411	1 meal	330	100	12	4.0	0	45	1320	790	37	7	5	20	30%	6%	6%	15%	15%	15%	30%	25%	30%
Spaghetti with Meat Sauce	425	1 meal	530	140	15	4.5	0	15	1000	580	76	7	12	22	10%	8%	15%	20%	15%	15%	-	20%	20%
Steak in Mushroom Sauce	385	1 meal	350	100	11	4.0	0	45	930	1180	40	6	4	22	4%	15%	8%	15%	10%	15%	30%	15%	30%
Stuffed Pasta Medley	369	1 meal	430	130	14	7.0	0	50	1110	1140	54	8	15	21	15%	15%	80%	15%	30%	15%	70%	30%	60%
Sweet and Sour Chicken	397	1 meal	560	120	13	2.0	0	15	500	550	93	5	33	16	50%	20%	6%	10%	10%	25%	40%	20%	25%
Turkey Breast with Stuffing	397	1 meal	340	70	8	2.0	0	35	1040	940	42	7	4	25	10%	6%	8%	10%	10%	25%	45%	10%	30%
<b>Pot Pies</b>																							
Chicken Pot Pie	283	1 pie	650	350	38	14	0	35	1000	290	59	4	4	17	30%	2%	2%	20%	20%	20%	-	-	15%
Turkey Pot Pie	283	1 pie	630	320	36	13	0	20	1180	390	58	4	4	19	15%	0%	4%	20%	25%	50%	-	25%	20%

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