



Tomato Bruschetta with Thai Basil & Balsamic Glaze

Nutrition Facts

Servings Per Container: 2
Serving Size 1 (120g)

	As Packaged**	As Prepared
Calories	170	200
	% Daily Value*	% Daily Value*
Total Fat	1.5g2 %	4g5 %
Saturated Fat	0.5g3 %	1g4 %
TransFat	0g	0g
Cholesterol	0mg0 %	0mg0 %
Sodium	290mg13 %	290mg13 %
Total Carbohydrate	25g9 %	26g10 %
Dietary Fiber	2g7 %	2g7 %
Total Sugars	5g	6g
Includes Added Sugars	0g0 %	1g2 %
Protein	5g	5g
Vitamin D	0mcg0 %	0mcg0 %
Calcium	34mg2 %	34mg2 %
Iron	0.8mg4 %	0.8mg4 %
Potassium	167mg4 %	167mg4 %

**without pantry items
* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

INGREDIENTS: GRAPE TOMATOES, DEMI BAGUETTE (ENRICHED WHEAT FLOUR, RYE FLOUR, BARLEY FLOUR, WATER, YEAST, SALT, CANOLA OLIVE, AND/OR SOYBEAN OIL, FLAVA BEAN FLOUR, SUGAR, CULTURED WHEAT FLOUR, GUAR GUM, DATEM, DEXTROSE, SUNFLOWER LECITHIN, CALCIUM DIPHOSPHATE, ENZYMES, MALT, ASCORBIC ACID, XANTHAN GUM, CELLULOSE GUM, YEAST), BALSAMIC VINEGAR (WINE VINEGAR, GRAPE MUST, CARAMEL (E 150D)), THAI BASIL, GARLIC
CONTAINS: WHEAT

Best by within 5 days upon receipt.

Net Wt. 9.2oz (261.9g)



Prosciutto-Wrapped Chicken over Truffled Mushroom Risotto

Nutrition Facts

Servings Per Container: 2
Serving Size 1 (442g)

	As Packaged**	As Prepared
Calories	810	930
	% Daily Value*	% Daily Value*
Total Fat	36g46 %	50g63 %
Saturated Fat	13g65 %	15g74 %
Trans Fat	0g	0g
Cholesterol	190mg63 %	190mg63 %
Sodium	1110mg48 %	1110mg48 %
Total Carbohydrate	67g24 %	67g24 %
Dietary Fiber	3g12 %	3g12 %
Total Sugars	4g	4g
Includes Added Sugars	0g0 %	0g0 %
Protein	54g	54g
Vitamin D	0.1mcg0 %	0.1mcg0 %
Calcium	195mg15 %	196mg15 %
Iron	2mg15 %	2mg15 %
Potassium	300mg6 %	300mg6 %

**without pantry items
* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

INGREDIENTS: BONELESS SKINLESS CHICKEN BREAST, ARBORIO RICE, MUSHROOMS, LEMON, PROSCIUTTO (PORK, SALT), SCALLIONS, GARLIC HERB BUTTER (PASTEURIZED CREAM, ROASTED GARLIC (GARLIC, CITRIC ACID), LEMON JUICE, PARSLEY, BASIL, OREGANO, CHIVES, ONION SALT, GARLIC SALT, BLACK PEPPER), PARMESAN CHEESE (CULTURED PASTEURIZED MILK, SALT, CHEESE CULTURES, ENZYMES, RICE FLOUR, ANTI-CAKING AGENT (POTATO STARCH, POWDERED CELLULOSE), NATAMYCIN), TRUFFLE OIL (EXTRA VIRGIN OLIVE OIL, FLAVORING (WHITE TRUFFLE AROMA)), CHICKEN STOCK CONCENTRATE (CHICKEN STOCK, MALTODEXTRIN, NATURAL FLAVOR, CHICKEN FAT, SUGAR, SALT, YEAST EXTRACT, XANTHAN GUM)
CONTAINS: MILK

Best by within 5 days upon receipt.

Net Wt. 32.3oz (915.7g)



foodstirs™
modern baking

Molten

Chocolate Chip Mug Cake Mix

Nutrition Facts

Servings Per Container: 2

Serving Size 1 (75g)

	As Packaged**	As Prepared
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Amount per serving	
Calories	320

	% Daily Value*
Total Fat 9g	12%
Saturated Fat 3g	15%
<i>Trans</i> Fat 0g	
Cholesterol 35mg	12%
Sodium 270mg	12%
Total Carbohydrate 57g	21%
Dietary Fiber 3g	11%
Total Sugars 37g	
Includes 37g Added Sugars	74%

Protein 5g

Vitamin D 0.4mcg 2%	Calcium 20mg 0%
Iron 2mg 8%	Potassium 60mg 0%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

INGREDIENTS: CHOCOLATE MUG CAKE (ORGANIC CANE SUGAR (INCLUDES BIODYNAMIC® ORGANIC CANE SUGAR AND ORGANIC CANE SUGAR), IDENTITY PRESERVED ORGANIC WHEAT FLOUR, ORGANIC FAIR TRADE CHOCOLATE CHIPS (ORGANIC CANE SUGAR, ORGANIC CHOCOLATE LIQUOR, ORGANIC COCOA BUTTER), ORGANIC FAIR TRADE COCOA POWDER (PROCESSED WITH ALKALI), ORGANIC SUNFLOWER OIL, ORGANIC WHOLE EGG POWDER, BAKING POWDER (SODIUM ACID PYROPHOSPHATE, BAKING SODA, ORGANIC CORN STARCH, MONOCALCIUM PHOSPHATE), ORGANIC COFFEE POWDER, ORGANIC VANILLA EXTRACT (ORGANIC CANE SUGAR, ORGANIC VANILLA EXTRACTIVES), SEA SALT)

CONTAINS: EGGS, WHEAT

Best by within 5 days upon receipt.

Net Wt. 10.6oz (300.0g)