

Nutrition Facts

Serving Size

0.0

Calories
per serving **440**

| Amount/serving | % DV | Amount/serving | % DV |
|--------------------------|------------|------------------------|------------|
| Total Fat 20g | 26% | Total Carb. 25g | 9% |
| Saturated Fat 4g | 21% | Fiber 6g | 21% |
| <i>Trans Fat</i> 0g | | Total Sugars 8g | |
| Cholesterol 105mg | 35% | Incl.0g Added Sugars | 0% |
| Sodium 660mg | 29% | Protein 39g | |

Vitamin D 0% · Calcium 8% · Iron 20% · Potassium 30%

Cajun Roasted Salmon, Cajun Rice, Smothered Green Beans

Ingredients: salmon, green beans, water, roasted tomatoes, yellow onion, basmati rice, pork belly, celery, green bell pepper, yellow onion, red bell pepper, olive oil, green onion, smoked paprika, garlic, low sodium vegetable base, brown sugar, low sodium chicken base, kosher salt, black peppercorn, white whole peppercorn, garlic powder, onion powder, cajun seasoning, cayenne pepper, dried oregano, sage, thyme, smoked paprika

Contains Fish

Nutrition Facts

Serving Size

1.0 tbl

Calories
per serving **20**

| Amount/serving | % DV | Amount/serving | % DV |
|------------------------|------------|-----------------------|-----------|
| Total Fat 0g | 0% | Total Carb. 4g | 1% |
| Saturated Fat 0g | 0% | Fiber 2g | 5% |
| <i>Trans Fat</i> 0g | | Total Sugars 1g | |
| Cholesterol 0mg | 0% | Incl.0g Added Sugars | 0% |
| Sodium 280mg | 12% | Protein 1g | |

Vitamin D 0% · Calcium 2% · Iron 6% · Potassium 2%

Cajun Spice Rub

Ingredients: smoked paprika, brown sugar, kosher salt, black peppercorn, white whole peppercorn, garlic powder, onion powder, cayenne pepper, dried oregano, sage, thyme

Nutrition Facts

Serving Size

3.0 fl oz

Calories
per serving **70**

| Amount/serving | % DV | Amount/serving | % DV |
|------------------------|-----------|-----------------------|-----------|
| Total Fat 3.5g | 4% | Total Carb. 8g | 3% |
| Saturated Fat 0g | 0% | Fiber 0g | 0% |
| <i>Trans Fat</i> 0g | | Total Sugars 1g | |
| Cholesterol 0mg | 0% | Incl.0g Added Sugars | 0% |
| Sodium 110mg | 5% | Protein 1g | |

Vitamin D 0% · Calcium 0% · Iron 2% · Potassium 2%

Cajun Rice

Ingredients: water, basmati rice, celery, green bell pepper, yellow onion, red bell pepper, olive oil, green onion, low sodium vegetable base, garlic, cajun seasoning, smoked paprika

Nutrition Facts

Serving Size

4.0 oz (113g)

Calories
per serving **110**

| Amount/serving | % DV |
|-------------------------|------------|
| Total Fat 5g | 7% |
| Saturated Fat 2g | 10% |
| <i>Trans Fat</i> 0g | |
| Cholesterol 10mg | 3% |
| Sodium 190mg | 8% |

| Amount/serving | % DV |
|------------------------|------------|
| Total Carb. 13g | 5% |
| Fiber 4g | 14% |
| Total Sugars 6g | |
| Incl.0g Added Sugars | 0% |
| Protein 4g | |

Vitamin D 0% · Calcium 4% · Iron 8% · Potassium 8%

Smothered Green Beans

Ingredients: green beans, roasted tomatoes, water, yellow onion, pork belly, garlic, low sodium chicken base