BALANCED
CUISINE



Chicken Pasta Premavera

Balanced Cuisine

Ready-to-Eat Entrées & Side Dishes!

Frozen, fully cooked

Vegetarian and meatless options

Gluten Free options

Globally inspired flavours

Delicious, heat & serve meals for Senior Living, Long-Term & Acute Care facilities providing consistent, affordable, healthy menu options.

Easily prepared in any Meal Delivery System including: Stove Top, Retherm & Combi/Convection Ovens!

A lineup of traditional favourites and globally inspired recipes. combined with meatless & Gluten Free options, they're perfect for any diet.



Vegatable Lasagna

infuse Culinary Group | Foodservice

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Macaroni & Beef with Sauce

Savory macaroni paired with tender beef in a rich, flavourful sauce.

Infuse Product No.: 21513
Unit Size: 2kg
Product: Frozen
Pack Size: 4 × 2kg
Sysco: 2647899
GFS: 6822846

Nutrition Facts
Valeur nutritive
Per (100 g)
Pour (100 g)

Calories 100	% Daily Value* / % valeur quotidienne*
Fat / Lipides 2 g	3 %
Saturated / saturés 1 g + Trans / trans 0 g	5 %
Carbohydrate / Glucides 12 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 2 g	2 %
Protein / Protéines 7 g	
Cholesterol / Cholestérol 10 mg	3 %
Sodium 230 mg	10 %
Vitamin A / Vitamine A	0 %
Potassium 175 mg	4 %
Calcium / Calcium 20 mg	2 %
Iron / Fer 1 mg	6 %

***5% or less is a little, 15% or more is a lot**
***5% ou moins c'est peu, 15% ou plus c'est beaucoup**

Ingredients: Water, Cooked pasta (wheat), Tomatoes (tomatoes, tomato juice, calcium chloride, citric acid), Ground beef, Red bell peppers, Onions, Modified corn starch, Textured soy protein (soy flour), Gelatin, Tomato paste, Beef flavour (contains salt), Garlic in oil (garlic, soybean oil, water, citric acid), Salt, Basil, Sugar, Yeast extract.

Allergens: Wheat, Soy.



Minced Beef Shepherds Pie

Classic comfort with tender minced beef topped with mashed potatoes.

Infuse Product No.: 21530
Unit Size: 2kg
Product: Frozen
Pack Size: 3 × 2kg
Sysco: 5249416

Nutrition Facts
Valeur nutritive
Per (100 g)
Pour (100 g)

Calories 120	% Daily Value* / % valeur quotidienne*
Fat / Lipides 4.5 g	6 %
Saturated / saturés 1.5 g + Trans / trans 0 g	8 %
Carbohydrate / Glucides 12 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 1 g	1 %
Protein / Protéines 8 g	
Cholesterol / Cholestérol 25 mg	
Sodium 220 mg	10 %
Vitamin A / Vitamine A	0 %
Potassium 150 mg	3 %
Calcium / Calcium 20 mg	2 %
Iron / Fer 0.3 mg	2 %

***5% or less is a little, 15% or more is a lot**
***5% ou moins c'est peu, 15% ou plus c'est beaucoup**

Ingredients: Potatoes, Ground beef, Water, Onions, Tomatoes (tomatoes, tomato juice, calcium chloride, citric acid), Modified corn starch, Seasoning (contains salt), Salt, Canola oil, Skim milk powder, Natural flavour, White vinegar, Carrageenan, Xanthan gum, Spices.

Allergens: Milk.



Beef Shepherds Pie

Hearty beef layered with savoury mashed potatoes, a timeless favourite.

Infuse Product No.: 21531
Unit Size: 2kg
Product: Frozen
Pack Size: 3 × 2kg
Sysco: 2303410
GFS: 6284256

Nutrition Facts
Valeur nutritive
Per (100 g)
Pour (100 g)

Calories 140	% Daily Value* / % valeur quotidienne*
Fat / Lipides 6 g	8 %
Saturated / saturés 2 g + Trans / trans 0.3 g	13 %
Carbohydrate / Glucides 13 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 1 g	1 %
Protein / Protéines 7 g	
Cholesterol / Cholestérol 20 mg	
Sodium 310 mg	13 %
Vitamin A / Vitamine A	0 %
Potassium 175 mg	4 %
Calcium / Calcium 30 mg	2 %
Iron / Fer 1 mg	6 %

***5% or less is a little, 15% or more is a lot**
***5% ou moins c'est peu, 15% ou plus c'est beaucoup**

Ingredients: Potatoes, Ground beef, Water, Carrots, Peas, Onions, Modified corn starch, Tomatoes (tomatoes, tomato juice, calcium chloride, citric acid), Salt, Canola oil, Skim milk powder, Seasoning (contains salt), Natural flavour, White vinegar, Carrageenan, Xanthan gum, Spices.

Allergens: Milk.

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Lasagna With Meat Sauce

Layers of pasta filled with hearty meat sauce and melted cheese.

Infuse Product No.: 21532
Unit Size: 2kg
Product: Frozen
Pack Size: 3 × 2kg
Sysco: 9715863
GFS: 7356476

Nutrition Facts
Valeur nutritive
Per (100 g)
Pour (100 g)

Calories 130	% Daily Value* / % valeur quotidienne*
Fat / Lipides 4 g	5 %
Saturated / saturés 2 g + Trans / trans 0.1 g	10 %
Carbohydrate / Glucides 14 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 3 g	3 %
Protein / Protéines 8 g	
Cholesterol / Cholestérol 15 mg	
Sodium 310 mg	13 %
Vitamin A / Vitamine A	0 %
Potassium 150 mg	3 %
Calcium / Calcium 100 mg	8 %
Iron / Fer 1 mg	6 %

***5% or less is a little, 15% or more is a lot**
***5% ou moins c'est peu, 15% ou plus c'est beaucoup**

Ingredients: Cooked pasta (wheat), Water, Cheeses (cottage [milk ingredients, bacterial culture, microbial enzyme], mozzarella [pasteurized milk, bacterial cultures, salt, microbial enzyme, powdered cellulose], parmesan [partly skimmed milk, salt, bacterial culture, lipase, microbial enzyme]), Crushed tomatoes, Ground beef, Onions, Tomato paste, Modified corn starch, Sugar, Canola oil, Garlic in oil (garlic, soybean oil, water, citric acid), Salt, Yeast extract, Carrageenan, Xanthan gum, Spices.

Allergens: Wheat, Soy, Milk.



Baked Spaghetti

Delicious spaghetti baked to perfection with a savoury tomato sauce.

Infuse Product No.: 21716
Unit Size: 2kg
Product: Frozen
Pack Size: 3 × 2kg
Sysco: 1872866
GFS: 1150298

Nutrition Facts
Valeur nutritive
Per (100 g)
Pour (100 g)

Calories 120	% Daily Value* / % valeur quotidienne*
Fat / Lipides 5 g	7 %
Saturated / saturés 2 g + Trans / trans 0.2 g	10 %
Carbohydrate / Glucides 12 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 2 g	2 %
Protein / Protéines 8 g	
Cholesterol / Cholestérol 15 mg	5 %
Sodium 190 mg	8 %
Vitamin A / Vitamine A	0 %
Potassium 175 mg	4 %
Calcium / Calcium 100 mg	8 %
Iron / Fer 1.5 mg	8 %

***5% or less is a little, 15% or more is a lot**
***5% ou moins c'est peu, 15% ou plus c'est beaucoup**

Ingredients: Cooked pasta (wheat), Tomatoes (tomatoes, tomato juice, calcium chloride, citric acid), Water, Ground Beef, Part Skim Mozzarella and Parmesan Cheeses (milk), Celery, Tomato paste, Onions, Modified corn starch, Gelatine, Garlic puree (garlic, water), Basil, Olive oil, Parsley, Salt, Sugar, Xanthan gum, Crushed chilies, Spices.

Allergens: Wheat, Milk.



Chicken A La King

Tender chicken in a creamy sauce with mushrooms and peppers.

Infuse Product No.: 21582
Unit Size: 2kg
Product: Frozen
Pack Size: 4 × 2kg
Sysco: 0495325
GFS: 9367456

Nutrition Facts
Valeur nutritive
Per (100 g)
Pour (100 g)

Calories 110	% Daily Value* / % valeur quotidienne*
Fat / Lipides 5 g	7 %
Saturated / saturés 3 g + Trans / trans 0.2 g	15 %
Carbohydrate / Glucides 8 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 3 g	3 %
Protein / Protéines 7 g	
Cholesterol / Cholestérol 25 mg	
Sodium 320 mg	14 %
Vitamin A / Vitamine A	0 %
Potassium 200 mg	4 %
Calcium / Calcium 30 mg	2 %
Iron / Fer 0.4 mg	2 %

***5% or less is a little, 15% or more is a lot**
***5% ou moins c'est peu, 15% ou plus c'est beaucoup**

Ingredients: Seasoned chicken breast fillets (chicken, water, modified corn starch, sodium phosphate, salt), Water, Cooked pasta (wheat), Tomatoes (tomatoes, tomato juice, calcium chloride, citric acid), Cheddar cheese, Zucchini, Carrots, Onions, Modified corn starch, Red bell peppers, Cream (milk, cream, sodium citrate, sodium phosphate, carrageenan), Whey powder, Butter, Salt, Wheat flour, Flavours, Canola oil, Garlic in oil (garlic, soybean oil, water, citric acid), Seasoning (mustard), Yeast extract, Spices.

Allergens: Wheat, Milk, Soy, Mustard.

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Chicken Pasta Primavera

Tender chicken combined with fresh vegetables over pasta.

Infuse Product No.: 21588
Unit Size: 2kg
Product: Frozen
Pack Size: 3 × 2kg
Sysco: 6590113
GFS: 1111985

Nutrition Facts / Valeur nutritive	
Per (100 g) / Pour (100 g)	
Calories 110	% Daily Value* / % valeur quotidienne*
Fat / Lipides 2.5 g	3 %
Saturated / saturés 1.5 g + Trans / trans 0.1 g	8 %
Carbohydrate / Glucides 11 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 1 g	1 %
Protein / Protéines 10 g	
Cholesterol / Cholestérol 25 mg	
Sodium 260 mg	11 %
Vitamin D / Vitamine D	0 %
Potassium 175 mg	4 %
Calcium / Calcium 40 mg	3 %
Iron / Fer 0.5 mg	3 %

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

Ingredients: Seasoned chicken breast fillets (chicken, water, modified corn starch, sodium phosphate, salt), Water, Cooked pasta (wheat), Tomatoes (tomatoes, tomato juice, calcium chloride, citric acid), Cheddar cheese, Zucchini, Carrots, Onions, Modified corn starch, Red bell peppers, Cream (milk, cream, sodium citrate, sodium phosphate, carrageenan), Whey powder, Butter, Salt, Wheat flour, Flavours, Canola oil, Garlic in oil (garlic, soybean oil, water, citric acid), Seasoning (mustard), Yeast extract, Spices.

Allergens: Wheat, Milk, Soy, Mustard.



Chicken Cacciatore

Succulent chicken simmered in a rich tomato and vegetable sauce.

Infuse Product No.: 21595
Unit Size: 1.5kg
Product: Frozen
Pack Size: 6 × 1.5kg
Sysco: 3196447
GFS: 1264558

Nutrition Facts / Valeur nutritive	
Per (100 g) / Pour (100 g)	
Calories 70	% Daily Value* / % valeur quotidienne*
Fat / Lipides 1.5 g	2 %
Saturated / saturés 0.1 g + Trans / trans 0 g	1 %
Carbohydrate / Glucides 5 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 2 g	2 %
Protein / Protéines 7 g	
Cholesterol / Cholestérol 15 mg	
Sodium 110 mg	5 %
Vitamin D / Vitamine D	0 %
Potassium 300 mg	6 %
Calcium / Calcium 30 mg	2 %
Iron / Fer 0.4 mg	2 %

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

Ingredients: Water, Cooked seasoned chicken (chicken breast fillets, water, modified corn starch, sodium phosphate, salt), Broccoli, Carrots, Sugars (honey, fancy molasses), Rice vinegar (rice, water), Modified corn starch, Garlic puree (garlic, water), Ginger puree (ginger, water), Soy sauce (water, soybeans, salt, sugar, corn starch), White vinegar, Canola oil, Salt, Caramel colour, Xanthan gum, Spices.

Allergens: Soy.



Ginger Glazed Chicken

Tender chicken glazed in a savoury ginger sauce, bursting with flavour.

Infuse Product No.: 21597
Unit Size: 2kg
Product: Frozen
Pack Size: 3 × 2kg
Sysco: 3201409
GFS: 1269477

Nutrition Facts / Valeur nutritive	
Per (100 g) / Pour (100 g)	
Calories 80	% Daily Value* / % valeur quotidienne*
Fat / Lipides 0.5g	1 %
Saturated / saturés 0.1 g + Trans / trans 0 g	1 %
Carbohydrate / Glucides 10 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 7 g	7 %
Protein / Protéines 7 g	
Cholesterol / Cholestérol 20 mg	
Sodium 280 mg	12 %
Vitamin D / Vitamine D	0 %
Potassium 125 mg	3 %
Calcium / Calcium 10 mg	1 %
Iron / Fer 0.1 mg	1 %

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

Ingredients: Water, Cooked seasoned chicken (chicken breast fillets, water, modified corn starch, sodium phosphate, salt), Broccoli, Carrots, Sugars (honey, fancy molasses), Rice vinegar (rice, water), Modified corn starch, Garlic puree (garlic, water), Ginger puree (ginger, water), Soy sauce (water, soybeans, salt, sugar, corn starch), White vinegar, Canola oil, Salt, Caramel colour, Xanthan gum, Spices.

Allergens: Soy.

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Indian Chana Masala Bulk

Authentic Indian chickpea curry, rich in aromatic spices.

Infuse Product No.: 21617
Unit Size: 2kg
Product: Frozen
Pack Size: 4 × 2kg
Sysco: 5121350
GFS: 1026500

Nutrition Facts / Valeur nutritive Per (100 g) / Pour (100 g)	
Calories 120	% Daily Value* / % valeur quotidienne*
Fat / Lipides 4 g	5 %
Saturated / saturés 0.4 g + Trans / trans 0 g	2 %
Carbohydrate / Glucides 17 g	
Fibre / Fibres 3 g	11 %
Sugars / Sucres 4 g	4 %
Protein / Protéines 5 g	
Cholesterol / Cholestérol 0 mg	
Sodium 105 mg	5 %
Vitamin D / Vitamine D	0 %
Potassium 225 mg	5 %
Calcium / Calcium 30 mg	2 %
Iron / Fer 1.5 mg	8 %

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

Ingredients: Cooked chickpeas, Water, Onions, Canola oil, Tomatoes, Tomato paste, Modified corn starch, Garlic puree (garlic, water), Sugars (sugar, tamarind paste [tamarind, salt]), Ginger puree (ginger, water), Isolated soy protein, Cilantro, Salt, Seasoning (contains sulphites and mustard), Spices.

Allergens: Soy, Sulphites, Mustard.



Vegetarian Shepherd's Pie

Hearty vegetables and savoury gravy topped with mashed potatoes.

Infuse Product No.: 21619
Unit Size: 2kg
Product: Frozen
Pack Size: 3 × 2kg
Sysco: 3282688
GFS: 1120990

Nutrition Facts / Valeur nutritive Per (100 g) / Pour (100 g)	
Calories 100	% Daily Value* / % valeur quotidienne*
Fat / Lipides 2 g	3 %
Saturated / saturés 0.2 g + Trans / trans 0 g	1 %
Carbohydrate / Glucides 18 g	
Fibre / Fibres 3 g	11 %
Sugars / Sucres 2 g	2 %
Protein / Protéines 3 g	
Cholesterol / Cholestérol 0 mg	
Sodium 300 mg	13 %
Vitamin D / Vitamine D	0 %
Potassium 300 mg	6 %
Calcium / Calcium 30 mg	2 %
Iron / Fer 0.75 mg	4 %

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

Ingredients: Potatoes, Water, Cooked adzuki beans, Carrots, Onions, Cooked rice, Tomato paste, Canola oil, Soy sauce (water, soybeans, wheat, salt, alcohol, vinegar, lactic acid), Modified corn starch, Salt, Garlic in oil (garlic, soybean oil, water, citric acid), Skim milk powder, White vinegar, Spices.

Allergens: Wheat, Soy, Milk.



Vegetable Lasagna

Layers of pasta filled with a medley of vegetables and melted cheese.

Infuse Product No.: 21621
Unit Size: 2kg
Product: Frozen
Pack Size: 3 × 2kg
Sysco: 5524236
GFS: 4241806

Nutrition Facts / Valeur nutritive Per (100 g) / Pour (100 g)	
Calories 130	% Daily Value* / % valeur quotidienne*
Fat / Lipides 3.5 g	5 %
Saturated / saturés 1 g + Trans / trans 0 g	5 %
Carbohydrate / Glucides 16 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 3 g	3 %
Protein / Protéines 8 g	
Cholesterol / Cholestérol 5 mg	
Sodium 250 mg	11 %
Vitamin D / Vitamine D	0 %
Potassium 150 mg	3 %
Calcium / Calcium 100 mg	8 %
Iron / Fer 2 mg	11 %

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

Ingredients: Cooked pasta (wheat), Tomatoes (tomatoes, tomato juice, calcium chloride, citric acid), Cottage, part skim mozzarella and ricotta cheeses (modified milk ingredients, salt, bacterial culture, microbial enzyme, powdered cellulose, citric acid), Water, Soy beans, Zucchini, Onions, Carrots, Canola oil, Tomato paste, Celery, Spinach, Liquid egg whites, Sugar, Modified corn starch, Garlic in oil (garlic, soybean oil, water, citric acid), Salt, Flavour, Skim milk powder, Wheat flour, Concentrated lemon juice, Dehydrated garlic, Carrageenan, Xanthan gum, Spices.

Allergens: Wheat, Milk, Soy, Egg.

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Spinach Ravioli w/ Rosé Sauce

Delicate spinach-filled ravioli served with a creamy rosé sauce.

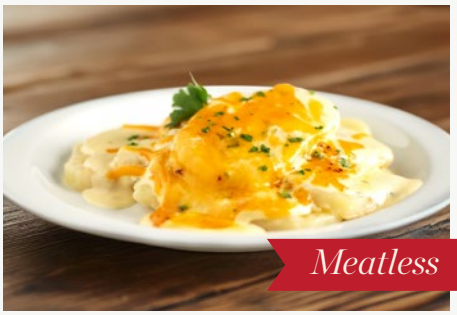
Infuse Product No.: 21615
Unit Size: 2kg
Product: Frozen
Pack Size: 4 × 2kg
Sysco: 2303352
GFS: 9025536

Nutrition Facts / Valeur nutritive	
Per (100 g) / Pour (100 g)	
Calories 140	% Daily Value* / % valeur quotidienne*
Fat / Lipides 5 g	7 %
Saturated / saturés 2.5 g + Trans / trans 0.1 g	13 %
Carbohydrate / Glucides 17 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 4 g	4 %
Protein / Protéines 7 g	
Cholesterol / Cholestérol 30 mg	
Sodium 310 mg	13 %
Vitamin D / Vitamine D	0 %
Potassium 175 mg	4 %
Calcium / Calcium 100 mg	8 %
Iron / Fer 1.5 mg	8 %

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

Ingredients: Water, Ravioli (pasta [enriched durum semolina, liquid whole eggs, water], filling [ricotta, romano, parmesan and mozzarella cheeses {modified milk ingredients, bacterial culture, salt, microbial lipase, microbial enzyme,calcium chloride, citric acid, powdered cellulose}, spinach, cracker meal {wheat}, salt, black pepper]), Tomatoes, Tomato paste, Cream (cream, milk, carrageenan, mono and diglycerides, cellulose gum, sodium citrate), Onions, Skim milk powder, Parmesan cheese, Butter, Sugar, Modified corn starch, Whey powder, Flavour, Yeast extract, Salt, Sodium phosphate, Xanthan gum, Dehydrated garlic, Spices.

Allergens: Wheat, Egg, Milk.



Scalloped Potatoes

Tender sliced potatoes baked in a creamy, cheesy sauce.

Infuse Product No.: 21642
Unit Size: 2kg
Product: Frozen
Pack Size: 3 × 2kg
Sysco: 3491875
GFS: 6578676

Nutrition Facts / Valeur nutritive	
Per (100 g) / Pour (100 g)	
Calories 80	% Daily Value* / % valeur quotidienne*
Fat / Lipides 2 g	3 %
Saturated / saturés 1 g + Trans / trans 0 g	5 %
Carbohydrate / Glucides 14 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 3 g	3 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 5 mg	
Sodium 150 mg	7 %
Vitamin D / Vitamine D	0 %
Potassium 225 mg	5 %
Calcium / Calcium 40 mg	3 %
Iron / Fer 0.2	1 %

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

Ingredients: Cooked potatoes, Water, Onions, Table cream (milk, cream, sodium citrate, sodium phosphate, carrageenan), Whey powder, Modified corn starch, Swiss cheese, Wheat flour, Margarine, Skim milk powder, Garlic in oil (garlic, soybean oil, water, citric acid), Sodium phosphate, Salt, Yeast extract, Carrageenan, Xanthan gum, Spice.

Allergens: Milk, Wheat, Soy.



Rice Pilaf

Fluffy rice blended with savoury herbs and spices, a perfect side dish.

Infuse Product No.: 21647
Unit Size: 2kg
Product: Frozen
Pack Size: 4 × 2kg
Sysco: 9625591
GFS: 7079616

Nutrition Facts / Valeur nutritive	
Per (100 g) / Pour (100 g)	
Calories 120	% Daily Value* / % valeur quotidienne*
Fat / Lipides 2.5 g	3 %
Saturated / saturés 0.5 g + Trans / trans 1 g	3 %
Carbohydrate / Glucides 21 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 1 g	1 %
Protein / Protéines 3 g	
Cholesterol / Cholestérol 0 mg	
Sodium 170 mg	7%
Vitamin D / Vitamine D	0 %
Potassium 75 mg	2 %
Calcium / Calcium 20 mg	2 %
Iron / Fer 0.4 mg	2 %

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

Ingredients: Cooked parboiled rice, Cooked wild rice, Onions, Red bell peppers, Celery, Green bell peppers, Margarine, Salt, Modified corn starch, Dehydrated parsley, Spices.

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Plain Rice

Light and fluffy rice, a versatile complement to any meal.

Infuse Product No.: 21648
Unit Size: 100 g
Product: Frozen
Pack Size: 4 × 2kg
Sysco: 0387860
GFS: 5123137

Nutrition Facts
Valeur nutritive
Per (100 g)
Pour (100 g)

Calories 140	% Daily Value* / % valeur quotidienne*
Fat / Lipides 0.4 g	1 %
Saturated / saturés 0.1 g + Trans / trans 0 g	1 %
Carbohydrate / Glucides 30 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 3 g	
Cholesterol / Cholestérol 0 mg	
Sodium 3 mg	1 %
Vitamin D / Vitamine D	0 %
Potassium 75 mg	2 %
Calcium / Calcium 30 mg	2 %
Iron / Fer 1.25 mg	7 %

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

Ingredients Cooked Rice.


Ginger Glazed Chicken


Minced Beef Shepherd's Pie