

# FRESHLY MADE. SIMPLY FROZEN.™

LEAN POCKETS® and HOT POCKETS® recipes are freshly made with passion from quality ingredients chosen with care. We quick-freeze each meal to help lock in taste, texture and nutrition, so they're ready when you're ready to eat them. We invite you to find out how the sensible portions of our meals stack up nutritionally against some of the popular items you find in major national restaurant chains and fast-food restaurants. We've also included some comparisons for common meals you might make at home. You be the judge.



	Sodium (mg)	Sat. Fat (g)	Calories	Amount
<b>HOT POCKETS® BBQ Recipe Beef</b> (BBQ recipe beef with sweet & tangy BBQ sauce in a crispy buttery seasoned crust)	<b>820</b> 34% Daily Value	<b>6</b> 30% Daily Value	<b>330</b>	<b>127g/serving</b>
Typical Homemade Beef Sandwich on a Bun (Sloppy Joe, prepared with beef on bun)	1,192 50% Daily Value	4 20% Daily Value	407	186g/1 BBQ sandwich
	Sodium (mg)	Sat. Fat (g)	Calories	Amount
<b>LEAN POCKETS® Philly Steak and Cheese</b> (Beef steak, reduced fat mozzarella cheese, peppers, onions & sauce in a seasoned crust)	<b>530</b> 22% Daily Value	<b>4</b> 20% Daily Value	<b>280</b>	<b>127g/serving</b>
Typical Homemade Steak and Cheese Sandwich, plain on a roll	900 38% Daily Value	8 40% Daily Value	423	170g/1 sandwich
	Sodium (mg)	Sat. Fat (g)	Calories	Amount
<b>HOT POCKETS® Ham and Cheese</b> (Ham and cheese with sauce in a crispy buttery seasoned crust)	<b>820</b> 34% Daily Value	<b>5</b> 25% Daily Value	<b>300</b>	<b>127g/serving</b>
National Fast-Food Restaurant Quarter Pound Cheeseburger (100% beef patty, sesame seed bun, pasteurized process American cheese, ketchup, mustard, pickle slices, slivered onions)	1,180 49% Daily Value	12 60% Daily Value	520	202g/1 cheeseburger
National Fast-Casual Restaurant Burrito (Flour tortilla, cilantro-lime rice, adobo-marinated and grilled chicken, pinto beans, salsa & cheese)	2,220 93% Daily Value	11 55% Daily Value	890	438g/1 burrito
National Sandwich Chain Restaurant Ham and Cheese Sandwich (Wheat, cheddar, cucumbers, green peppers, lettuce, red onion, tomato, light mayo)	1,020 43% Daily Value	5 25% Daily Value	400	251g/1 sandwich
Typical Homemade Ham and Cheese Sandwich (Lettuce, ham, cheese, mayonnaise)	1,410 59% Daily Value	6 30% Daily Value	365	155g/1 sandwich
	Sodium (mg)	Sat. Fat (g)	Calories	Amount
<b>HOT POCKETS® Meatballs &amp; Mozzarella</b> (Meatballs and reduced fat mozzarella cheese with sauce in a garlic buttery seasoned crust)	<b>610</b> 25% Daily Value	<b>6</b> 30% Daily Value	<b>330</b>	<b>127g/serving</b>
National Sandwich Chain Restaurant Meatball Marinara Sandwich (Wheat bread, provolone)	1,070 45% Daily Value	9 45% Daily Value	520	231g/1 sandwich
	Sodium (mg)	Sat. Fat (g)	Calories	Amount
<b>HOT POCKETS® Steak &amp; Cheddar</b> (Steak and cheddar cheese with sauce in a crispy buttery seasoned crust)	<b>850</b> 35% Daily Value	<b>6</b> 30% Daily Value	<b>320</b>	<b>127g/serving</b>
National Sandwich Chain Restaurant Black Angus Sandwich (Black Angus steak, all-natural mozzarella and cheddar, sauteed mushrooms and onions, honey bourbon mustard)	1,280 53% Daily Value	8 40% Daily Value	550	1 sandwich

Nutritional data based on serving sizes compiled by Nestlé USA and is provided for informational purposes. All trademarks are owned by Société des Produits Nestlé S.A., Vevey, Switzerland. Nutritional information for homemade recipes accessed from: Ahuja JKA, Montville JB, Omolewa-Tomobi G, Heendeniya KY, Martin CL, Steinfeldt LC, Anand J, Adler ME, LaComb RP, and Moshfegh AJ. 2012. USDA Food and Nutrient Database for Dietary Studies, 5.0. U.S. Department of Agriculture, Agricultural Research Service, Food Surveys Research Group, Beltsville, MD. Nutritional restaurant data pulled from national restaurant websites as of 10/14/2013 and is for informational purposes only and subject to change.

	Sodium (mg)	Sat. Fat (g)	Calories	Amount
<b>LEAN POCKETS® Roasted Turkey with Bacon &amp; Cheese</b> (Roasted turkey with bacon, tomatoes, reduced fat mozzarella cheese & sauce in pretzel bread)	<b>720</b> 30% Daily Value	<b>3.5</b> 18% Daily Value	<b>280</b>	<b>127g/serving</b>
<b>National Sandwich Chain Restaurant Chicken Bacon and Ranch Sandwich</b> (Wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers, chicken, bacon, ranch, monterey cheddar cheese)	<b>1,050</b> 44% Daily Value	<b>10</b> 50% Daily Value	<b>570</b>	<b>292g/ 1 sandwich</b>

	Sodium (mg)	Sat. Fat (g)	Calories	Amount
<b>HOT POCKETS® Pepperoni Pizza</b> (Pepperoni pizza with reduced fat mozzarella cheese in a garlic buttery seasoned crust)	<b>760</b> 32% Daily Value	<b>6</b> 30% Daily Value	<b>320</b>	<b>127g/serving</b>
<b>National Sandwich Chain Restaurant Italian Sandwich</b> (Wheat bread, lettuce, tomatoes, pepperoni and salami)	<b>1,490</b> 26% Daily Value	<b>9</b> 45% Daily Value	<b>480</b>	<b>223g/1 sandwich</b>
<b>Typical Homemade Pepperoni Grilled Cheese Sandwich</b> (Plain slice)	<b>1,128</b> 51% Daily Value	<b>10</b> 50% Daily Value	<b>408</b>	<b>1 sandwich</b>