

# FRESHLY MADE. SIMPLY FROZEN.™

LEAN CUISINE® 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>LEAN CUISINE® Sesame Chicken</b> (Sesame breaded chicken tenderloins, pasta, green beans and red peppers)	650 27% Daily Value	1 5% Daily Value	330	252g/serving
National Midscale Gourmet Chinese Restaurant, Sesame Chicken on White Rice (Chicken breast, broccoli, white rice, red bell peppers, onions, spicy sesame sauce)	1,320 55% Daily Value	2 10% Daily Value	535	396g/1 lunch portion
Typical Homemade Chicken or Turkey in Noodles with Soy-Based Sauce	1,210 52% Daily Value	2.5 13% Daily Value	345	224g/1 cup
	Sodium (mg)	Sat. Fat (g)	Calories	Amount
<b>LEAN CUISINE® Classic Macaroni and Beef</b> (Macaroni, beef, tomato sauce)	460 19% Daily Value	2 10% Daily Value	250	269g/serving
National Midscale Italian Restaurant Spaghetti with Meat Sauce (Spaghetti, seasoned meat in sauce)	1,330 55% Daily Value	4 20% Daily Value	570	1 serving
Typical Homemade Beef and Noodles with Tomato Sauce (Spaghetti noodles, beef, tomato sauce)	630 26% Daily Value	2 10% Daily Value	290	269g/serving
	Sodium (mg)	Sat. Fat (g)	Calories	Amount
<b>LEAN CUISINE® Cheese Ravioli</b> (Reduced fat cheese ravioli, ricotta cheese, Romano cheese, chunky tomato sauce)	620 26% Daily Value	3 15% Daily Value	230	241g/serving
National Midscale Italian Restaurant Cheese Ravioli with Marinara Sauce (Cheese-filled ravioli topped with marinara sauce and melted Italian cheeses)	1,160 48% Daily Value	9 45% Daily Value	530	1 lunch portion
	Sodium (mg)	Sat. Fat (g)	Calories	Amount
<b>LEAN CUISINE® Salad Additions Southwest-Style Chicken</b> (Grilled white meat chicken, black beans, sweet corn, roasted red peppers, poblano peppers, chipotle ranch dressing, crispy tortilla strips, Romaine lettuce)	550 23% Daily Value	1.5 8% Daily Value	260	255g/serving and 1 cup lettuce
National Midscale Sit-Down Restaurant Southwest-Style Chicken Chopped Salad (Black bean corn salsa, roasted red peppers & onions, tortilla strips, white cheddar and spicy jalapeño dressing, grilled chicken)	1,840 77% Daily Value	11 55% Daily Value	860	1 regular portion
National Fast-Casual Restaurant Southwest-Style Chicken Salad (Chicken, cheese, lettuce, salsa, black beans)	1,275 53% Daily Value	7 35% Daily Value	440	425g/1 portion
	Sodium (mg)	Sat. Fat (g)	Calories	Amount
<b>LEAN CUISINE® Chicken Club Panini</b> (Grilled white meat chicken strips with crumbled bacon, tomatoes, cheese and ranch-style sauce on sourdough bread)	675 28% Daily Value	3.5 18% Daily Value	360	170g/serving
National Fast-Casual Restaurant Chicken Panini (All-natural, antibiotic-free chicken, smoked bacon, smoked cheddar, tomatoes and ancho-chipotle spread, French Bread)	2,140 89% Daily Value	12 60% Daily Value	840	1 panini

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 CUISINE® Chicken Parmesan</b> (Breaded white meat chicken patty with spaghetti in a chunky tomato basil sauce)	660 28% Daily Value	2.5 13% Daily Value	310	308g/serving
<b>National Midscale Sit-Down Restaurant Light Creamy Parmesan Chicken</b> (Grilled chicken breast with creamy au gratin Parmesan sauce, steamed spinach and mushroom & onion rice pilaf)	1,470 61% Daily Value	6 30% Daily Value	460	1 portion
	Sodium (mg)	Sat. Fat (g)	Calories	Amount
<b>LEAN CUISINE® Spaghetti with Meat Sauce</b> (Pasta, meat sauce, mushrooms, basil)	540 22% Daily Value	1 5% Daily Value	300	326g/serving
<b>Typical Homemade Spaghetti with Meat Sauce</b> (Spaghetti with tomato sauce and meatballs or spaghetti with meat sauce, or spaghetti with meat sauce and meatballs)	660 28% Daily Value	2.5 13% Daily Value	330	248g/1 cup
	Sodium (mg)	Sat. Fat (g)	Calories	Amount
<b>LEAN CUISINE® Five Cheese Rigatoni</b> (Rigatoni pasta, tomato sauce, five-cheese blend)	530 22% Daily Value	4 20% Daily Value	360	283g/serving
<b>National Midscale Italian Restaurant Five Cheese Ziti al Forno</b> (Pasta, five-cheese marinara sauce, melted Italian cheeses)	1,450 60% Daily Value	17 85% Daily Value	770	1 lunch portion
	Sodium (mg)	Sat. Fat (g)	Calories	Amount
<b>LEAN CUISINE® Tortilla Crusted Fish</b> (Tortilla-crusted fish, rice, poblano peppers, corn, sour cream sauce)	490 20% Daily Value	2 10% Daily Value	300	226g/serving
<b>National Fast-Casual Restaurant Burrito Bowl</b> (Cilantro-lime rice, pinto beans, braised barbacoa, corn salsa and sour cream)	1,450 60% Daily Value	11 55% Daily Value	655	495g/1 burrito bowl

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