

HelloFresh Market Italian Dinner Party: Crispy Chicken Parm, Smothered Tuscan Meatballs

Nutrition Facts	Caesar Chop Salad	Double Chocolate Bundt Cake	Crispy Chicken Parm	Tuscan Beef Meatballs
servings per container	2	6	4	4
Serving size	1/2 salad (158g)	1 cake (120g)	1 cutlet (313g)	1/4 bundle (248g)
Amount per serving				
Calories	300	440	480	450
	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*
Total Fat	25g 32%	22g 28%	26g 33%	31g 40%
Saturated Fat	6g 30%	13g 65%	9g 45%	10g 50%
Trans Fat	0g	0g	0g	2g
Cholesterol	25mg 8%	95mg 32%	135mg 45%	100mg 33%
Sodium	400mg 17%	440mg 19%	620mg 27%	790mg 34%
Total Carbohydrate	14g 5%	57g 21%	20g 7%	15g 5%
Dietary Fiber	3g 11%	2g 7%	2g 7%	2g 7%
Total Sugars	2g	38g	13g	7g
Includes Added Sugars	0g 0%	36g 72%	2g 4%	2g 4%
Protein	6g	6g	39g	26g
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	Vitamin D	0mcg 0%	0.7mcg 4%	0mcg 0%
	Calcium	140mg 10%	50mg 4%	110mg 8%
	Iron	1.6mg 8%	1.9mg 10%	0.7mg 4%
	Potassium	290mg 6%	280mg 6%	390mg 8%
		750mg 15%		

Caesar Chopped Salad Kit: (romaine lettuce, caesar dressing (soybean oil, water, parmesan cheese (pasteurized MILK, cheese cultures, salt, enzymes), EGG yolks, red wine vinegar, contains less than 2% of worcestershire sauce (distilled vinegar, molasses, sugar, onion, ANCHOVY, garlic, spice, tamarind extract, natural flavors, chili pepper extract), lemon juice concentrate, mustard bran, ANCHOVY extract, xanthan gum, dehydrated onion, dehydrated garlic), cheese and garlic crouton crumbles (enriched WHEAT flour (WHEAT flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sunflower oil, organic WHEAT flakes, palm oil shortening, sea salt, whey powder, cheese powder (cheese, whey powder), maltodextrin, yeast extract, yeast, garlic powder, dehydrated parsley, natural flavor, citric acid, spices, rosemary extract), parmesan cheese (parmesan cheese (pasteurized MILK, cheese culture, powdered cellulose (to prevent caking), potato starch (to prevent caking))).

Contains: Anchovies, Eggs, Milk, Wheat.

Double Chocolate Bundt Cake: (brown sugar, enriched WHEAT flour (WHEAT flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), butter (cream, salt), whipping cream (cream, carrageenan), water, EGGS, high fat cocoa processed with alkali, nonfat dry MILK, natural flavor, modified food starch, salt, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate)).

Contains: Eggs, Milk, Wheat.

Crispy Chicken Parm: Chicken Cutlets (boneless skinless chicken breast cutlets with rib meat (contains up to 3% water)), Marinara Sauce (diced tomatoes, tomato puree, onion, extra virgin olive oil, sugar, garlic, salt, basil, black pepper, oregano, citric acid), Fresh Mozzarella Cheese (pasteurized MILK, vinegar, salt, enzymes, cultures, rennet, lactic acid), Sour Cream (cultured CREAM, modified corn starch, lactic acid, natural flavor, citric acid, sodium tripolyphosphate, carrageenan, calcium sulfate, potassium sorbate (preservative), locust bean gum, guar gum), Panko Breadcrumbs (enriched WHEAT flour (bleached WHEAT flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), yeast, sugar, salt, dextrose, ascorbic acid), Olive Oil**, Parsley, Garlic Powder.

Contains: Milk, Wheat.

Tuscan Beef Meatballs: Ground Beef, Marinara Sauce (diced tomatoes, tomato puree, onion, extra virgin olive oil, sugar, garlic, salt, basil, black pepper, oregano, citric acid), Panko Breadcrumbs (enriched WHEAT flour (bleached WHEAT flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), yeast, sugar, salt, dextrose, ascorbic acid), Tuscan Heat Spice (garlic, basil, rosemary, oregano, cayenne pepper, chili, fennel), Salt**, Garlic Powder.

Contains: Wheat

HelloFresh Market Multi-Course Italian Dinner Party: Burrata & Prosciutto Charcuterie Board, Rigatoni Rosa

<h2 style="margin: 0;">Nutrition Facts</h2>	Burrata & Prosciutto Charcuterie Board	Rigatoni Rosa
servings per container	6	4
Serving size	1/6 board (118g)	1/4 serving (178g)
Amount per serving		
Calories	350	570
	% Daily Value*	% Daily Value*
Total Fat	19g 24%	24g 31%
Saturated Fat	9g 45%	12g 60%
Trans Fat	0g	0.5g
Cholesterol	45mg 15%	50mg 17%
Sodium	590mg 26%	430mg 19%
Total Carbohydrate	23g 8%	72g 26%
Dietary Fiber	1g 4%	3g 11%
Total Sugars	8g	8g
Includes Added Sugars	5g 10%	1g 2%
Protein	14g	15g
	0.2mcg 2%	0.2mcg 2%
	290mg 20%	90mg 6%
	0.5mg 2%	2.1mg 10%
	80mg 2%	480mg 10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Vitamin D

Calcium

Iron

Potassium

Burrata & Prosciutto Charcuterie Board: Pear, Grand Cru Cheese (cultured pasteurized MILK, salt, enzymes), Burrata (pasteurized MILK and CREAM, vinegar, enzymes, salt, starter, rennet, lactic acid, culture), Demi Baguette (enriched WHEAT flour (WHEAT flour, malted barley flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), water, RYE flour, trans fat free margarine, dough conditioner (WHEAT flour, datem, monoglycerides, diglycerides, dextrose, SOY flour, lecithin, ascorbic acid, enzymes), calcium propionate, salt, canola oil, SOYBEAN oil, and/or extra virgin olive oil, sugar, dextrose, RYE sourdough culture (rye flour, water, salt, starter cultures), cultured WHEAT flour, WHEAT gluten, corn meal, guar gum, fava bean flour, SOY lecithin, sunflower lecithin, calcium diphosphate, enzymes, malt extract, fatted SOY flour, calcium, stearoyl lactylate, potassium iodate, xanthan gum, l-cysteine hydrochloride, yeast), Prosciutto (pork, sea salt), Fig Jam (fig 8.4 gr, glucose-fructose syrup, sugar, water, gelling agent: pectin e440, acidity regulator: citric acid e330, preservative: potassium sorbate e202, artificial flavor), Garlic Oil (extra virgin olive oil, natural garlic flavor.), Balsamic Glaze (cooked grape must, balsamic vinegar of modena ("aceto balsamico di modena igr") 39% (wine vinegar, concentrated grape must, caramel color), wine vinegar, thickeners: guar gum and xanthan gum), Truffle Seasoning (natural carob powder, natural truffle flavor, salt, black summer truffle (tuber aestivum vitt.)).

Contains: Milk, Soy, Wheat.

Rigatoni Rosa: Rigatoni Pasta (semolina (WHEAT), niacin, iron lactate, thiamin mononitrate, riboflavin, folic acid, iron (ferrous sulfate)), Cream Cheese (pasteurized MILK and CREAM, WHEY protein concentrate, salt, carob bean gum, natamycin, vitamin a palmitate, cheese culture), Tomato Paste (tomatoes, tomato paste, citric acid), Chicken Stock Concentrate (chicken stock, maltodextrin, chicken fat, salt, sugar, natural flavor, yeast extract, xanthan gum), Butter, Olive Oil**, Italian Seasoning (oregano, black pepper, parsley, basil, garlic), Chili Flakes (crushed red pepper chili flakes).

Contains: Milk, Wheat