

INDULGENCE

DINNERS FOR TWO

Christmas Dinner

NUTRITIONAL INFORMATION

TRUFFLE WHITE BEAN SOUP

Nutrition Facts		Valeur nutritive	
Per 1 cup (250 ml)		Pour 1 tasse (250 ml)	
Calories 280	% Daily Value*	% valeur quotidienne*	
Fat / Lipides 12 g	17 %		
Saturated / saturés 4 g	22 %		
+ Trans / trans 0.2 g			
Carbohydrate / Glucides 34 g			
Fibre / Fibres 11 g	40 %		
Sugars / Sucres 3 g	3 %		
Protein / Protéines 10 g			
Cholesterol / Cholestérol 20 mg			
Sodium 500 mg	22 %		
Potassium 500 mg	11 %		
Calcium 100 mg	8 %		
Iron / Fer 2.5 mg	14 %		

Ingredients: Water, Navy beans, Onions, Cream (cream, milk, carrageenan, mono & diglycerides, cellulose gum, polysorbate 80, sodium citrate), Olive oil, Parsley, Truffle oil (extra virgin olive oil, white truffle extract), Salt, Black pepper

Contains: Milk

Crumb: Breadcrumbs (bleached wheat flour, shortening (palm oil), sugars (cane sugar), yeast, salt), Parmigiano Reggiano cheese (unpasteurized milk, salt, rennet), Parsley, Truffle oil (extra virgin olive oil, white truffle extract)

Contains: Milk, Wheat

May Contain: Peanuts, Tree nuts, Sesame, Eggs, Seafood/fish, Soy, Wheat/gluten, Mustard

POACHED PEAR & BABY KALE

Nutrition Facts		Valeur nutritive	
Per 1/2 container (167 g)		Pour 1/2 contenant (167 g)	
Calories 400	% Daily Value*	% valeur quotidienne*	
Fat / Lipides 26 g	35 %		
Saturated / saturés 4 g	21 %		
+ Trans / trans 0.2 g			
Carbohydrate / Glucides 35 g			
Fibre / Fibres 2 g	7 %		
Sugars / Sucres 29 g	29 %		
Protein / Protéines 4 g			
Cholesterol / Cholestérol 10 mg			
Sodium 290 mg	13 %		
Potassium 300 mg	6 %		
Calcium 75 mg	6 %		
Iron / Fer 1.25 mg	7 %		

Ingredients: Pears (water, pear juice concentrate), Radicchio, Denatured red wine (salt, sulfur dioxide), Arugula, Farm Boy™ Maple Roast Pecans (roasted pecans, sugars (fine sugar, icing sugar, glucose), hydrogenated canola oil, gum arabic, soy lecithin, natural maple flavour), Sugar, Water, Kale, Goat cheese (pasteurized goat's milk, cellulose, sea salt, bacterial culture, microbial enzyme, natamycin)

Dressing: Farm Boy™ Apple Cider Vinaigrette (sunflower oil, apple cider vinegar, sugars (honey), extra virgin olive oil, dehydrated onion, dehydrated garlic, sea salt, pepper),

Contains: Pecans, Milk, Soy, Sulphites

May Contain: Peanuts, Tree nuts, Sesame, Eggs, Seafood/fish, Wheat/gluten, Mustard

ROAST TURKEY BREAST WITH STUFFING

Nutrition Facts		Valeur nutritive	
Per 1/2 container (450 g)		Pour 1/2 contenant (450 g)	
Calories 950	% Daily Value*	% valeur quotidienne*	
Fat / Lipides 50 g	67 %		
Saturated / saturés 22 g	112 %		
+ Trans / trans 1 g			
Carbohydrate / Glucides 62 g			
Fibre / Fibres 3 g	11 %		
Sugars / Sucres 34 g	34 %		
Protein / Protéines 63 g			
Cholesterol / Cholestérol 235 mg			
Sodium 1310 mg	57 %		
Potassium 1000 mg	21 %		
Calcium 125 mg	10 %		
Iron / Fer 5.5 mg	36 %		

Ingredients: Turkey Breast, Turkey stock (water, turkey necks, onions, carrots, celery, garlic, thyme), Wheat flour, Chicken stock (water, chicken bones, carrots, celery, onions, parsley, thyme), Butter, Celery, Onions, Apple, Farm Boy™ Sweet Italian sausage (ground pork, water, salt, sugar, red wine vinegar, fennel seed, paprika, garlic powder), Sugars (brown sugar, sugar), Water, Dried cranberries (cranberries, sugar, sunflower oil), Olive oil, Parsley, Salt, Soy sauce (water, wheat, soybeans, salt, sodium benzoate), Yeast, Chives, Sage, Black pepper, Poultry seasoning (thyme, sage, marjoram, rosemary, black pepper, nutmeg)

Contains: Milk, Soy, Wheat, Sulphites

May Contain: Peanuts, Tree nuts, Sesame, Eggs, Seafood/fish, Mustard

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TURKEY GRAVY

Nutrition Facts Valeur nutritive	
Per 1 cup (250 ml) Pour 1 tasse (250 ml)	
Calories 210	% Daily Value* % valeur quotidienne*
Fat / Lipides 16 g	22 %
Saturated / saturés 6 g	30 %
+ Trans / trans 0.3 g	
Carbohydrate / Glucides 14 g	
Fibre / Fibres 3 g	12 %
Sugars / Sucres 3 g	3 %
Protein / Protéines 5 g	
Cholesterol / Cholestérol 20 mg	
Sodium 580 mg	37 %
Potassium 450 mg	10 %
Calcium 75 mg	6 %
Iron / Fer 1.5 mg	8 %

Ingredients: Turkey stock (water, turkey necks, onions, carrots, celery, garlic, thyme), Wheat flour, Butter, Soy sauce (water, wheat, soybeans, salt, sodium benzoate), Black pepper, Poultry seasoning (thyme, sage, marjoram, rosemary, black pepper, nutmeg)

Contains: Milk, Soy, Wheat

May Contain: Peanuts, Tree nuts, Sesame, Eggs, Seafood/fish, Sulphites, Mustard

CRANBERRY GINGER SAUCE

Nutrition Facts Valeur nutritive	
Per 1/2 container (185 g) Pour 1/2 contenant (185 g)	
Calories 350	% Daily Value* % valeur quotidienne*
Fat / Lipides 34 g	45 %
Saturated / saturés 7 g	38 %
+ Trans / trans 0.2 g	
Carbohydrate / Glucides 13 g	
Fibre / Fibres 4 g	13 %
Sugars / Sucres 6 g	6 %
Protein / Protéines 5 g	
Cholesterol / Cholestérol 15 mg	
Sodium 800 mg	35 %
Potassium 600 mg	13 %
Calcium 75 mg	6 %
Iron / Fer 1.55 mg	10 %

Ingredients: Cranberries, Sugar, Water, Ginger, Salt, Cinnamon

May Contain: Peanuts, Tree nuts, Sesame, Milk, Eggs, Seafood/fish, Soy, Wheat/gluten, Sulphites, Mustard

SHREDDED BRUSSELS SPROUTS, ROOT VEGETABLES & CHIVE MASHED POTATOES

Nutrition Facts Valeur nutritive	
Per 1 piece (239 g) Pour 1 morceau (239 g)	
Calories 510	% Daily Value* % valeur quotidienne*
Fat / Lipides 31 g	41 %
Saturated / saturés 10 g	52 %
+ Trans / trans 0.3 g	
Carbohydrate / Glucides 21 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 18 g	18 %
Protein / Protéines 36 g	
Cholesterol / Cholestérol 120 mg	
Sodium 950 mg	41 %
Potassium 750 mg	16 %
Calcium 75 mg	6 %
Iron / Fer 1 mg	6 %

Ingredients: Brussels sprouts, Mashed potato (potatoes, cream (milk, cream, sodium citrate, sodium phosphate, carrageenan), milk, butter, chives, salt, spice), Carrots, Turnip, Parsnips, Olive oil, Parsley, Salt, Black pepper

Contains: Milk

May Contain: Peanuts, Tree nuts, Sesame, Eggs, Seafood/fish, Soy, Wheat/Gluten, Sulphites, Mustard

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BRANDY CAKE

Nutrition Facts	
Valeur nutritive	
Per 1 cup (250 ml)	
Pour 1 tasse (250 ml)	
Calories 210	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 16 g	22 %
Saturated / saturés 6 g	30 %
+ Trans / trans 0.3 g	
Carbohydrate / Glucides 14 g	
Fibre / Fibres 3 g	12 %
Sugars / Sucres 3 g	3 %
Protein / Protéines 5 g	
Cholesterol / Cholestérol 20 mg	
Sodium 580 mg	37 %
Potassium 450 mg	10 %
Calcium 75 mg	6 %
Iron / Fer 1.5 mg	8 %

Ingredients: Sugars (brown sugar, sugar, orange peel (orange peel, sugars (glucose fructose syrup, sugar), citric acid, sodium benzoate, sulphur dioxide), icing sugar (sugars, glucose syrup, pea starch, pal and palm kernel oil)), Wheat flour, Apple, Canola oil, Liquid eggs (citric acid), Raisins (dried raisins, vegetable oil), Dried cranberries (sugar, sunflower oil), Walnuts, Brandy 40% (brandy, salt, natural aroma), Artificial and natural vanilla extract, Nutmeg, Cinnamon, Salt, Cloves, Baking powder

Contains: Walnuts, Eggs, Soy, Wheat, Sulphites

Custard: Milk, Whipping cream (cream, milk, carrageenan, mono & diglycerides, cellulose gum, polysorbate 80, sodium citrate), Custard powder (sugar, modified milk ingredients, modified potato starch, natural flavour, disodium phosphate, sodium alginate, tetrasodium diphosphate, calcium sulphate, beta carotene), Sugars (blue agave nectar), Cinnamon

Contains: Milk

May Contain: Peanuts, Other Tree Nuts, Sesame, Seafood/Fish, Mustard