

FAMFARE KITCHEN INGREDIENT LIST:

Entree:	Main Ingredients:	Nutrition Facts:
APPLE CIDER VINAIGRETTE:	Apple cider vinegar, canola oil, celery salt, granulated onion, sugar	Per Serving: Kcals: 56, Fat: 5g, CHO: 4g, Pro: 0g
APPLE SPINACH SALAD:	Spinach (may contain other leafy greens), apple and other accompaniments as available. May contain feta cheese and/or sunflower seeds as available. GSF.	Per Serving: Kcals: 60, Fat: 3.5g, CHO: 4g, Pro: 2g **without dressing**
ASIA BOWL:	Ground turkey, garlic, green onions, ginger, hoisin sauce, soy sauce. (Fresh vegetables/fruits as seasonally available as well as white rice to build bowl.)	Per Serving: Kcals: 200, Fat: 7g, CHO: 17g, Pro: 17g **Meat + 1/2 cup Rice **
ASIAN COLESLAW:	Rice wine vinegar, vegetable oil, creamy peanut butter, soy sauce, brown sugar, ginger root, garlic, green cabbage, red cabbage, napa cabbage, bell pepper, carrots, green onions, cilantro. <i>Contains Peanuts.</i>	Per Serving: Kcals: 183.6, Fat: 12.6g, CHO: 16.1g, Pro: 4g
BECKY'S BAKED BEANS:	Great northern beans, bacon, onion, ketchup, mustard, soy sauce, brown sugar, salt & pepper.	Per Serving: Kcals: 120, Fat: 1.5g, CHO: 26g, Pro: 4g
BEEF STROGANOFF:	Ball tip beef, worcestershire sauce, soy sauce, cornstarch, salt, pepper, dry mustard, beef broth, sour cream, parsley. <i>Contains Dairy.</i>	Per Serving: Kcals: 190, Fat: 8g, CHO: 5g, Pro: 22g **without noodles or sour cream**
BEEF VEGETABLE SOUP:	Shredded beef, vegetables, beef broth, salt and pepper. <i>GSF.</i>	Per Serving: Kcals: 344, Fat: 11g, CHO: 30g, Pro: 24g
BUFFALO CHICKEN BAKE:	Chicken, garlic, butter, salt and pepper, hot sauce, celery, pasta, cream cheese, chicken broth. <i>Contains Dairy.</i>	Per Serving: Kcals: 416, Fat: 29g, CHO: 29g, Pro: 17g
CAESAR DRESSING:	Red wine vinegar, oil, minced garlic, worcestershire sauce, dry mustard, salt. <i>GSF.</i>	Per Serving: Kcals: 60, Fat: 3g, CHO: 7g, Pro: 2g
CAESAR SALAD:	Romaine lettuce, croutons, shaved parmesan. <i>Contains Dairy.</i>	Per Serving: Kcals: 40, Fat: 4g, CHO: 0g, Pro: 0g
CHEESY HAM & HASHBROWN BAKE:	Hashbrown potatoes, cream of chicken soup, cheddar cheese, salt and pepper. <i>Contains Dairy.</i>	Per Serving: Kcals: 290, Fat: 12g, CHO: 33g, Pro: 13g
CHICKEN ALFREDO BAKE:	Chicken breast, salt, pepper, paprika, garlic powder, onion powder, cream cheese, butter, garlic, milk, parmesan cheese. <i>Contains Dairy.</i>	Per Serving: Kcals: 530, Fat: 23g, CHO: 41g, Pro: 20g
CHICKEN AND DUMPLINGS:	Canola oil, onion, carrots, celery, chicken broth, chicken breast, potatoes, butter flour, milk peas, salt, pepper. <i>Dumplings: baking mix, water. Contains Dairy.</i>	Per Serving: Kcals: 300, Fat: 18g, CHO: 23g, Pro: 9g
CHICKEN BACON RANCH BAKE:	Chicken breast, cream cheese, chicken broth, hidden valley ranch spice mixture, bacon, pasta, cheddar cheese. <i>Contains Dairy.</i>	Per Serving: Kcals: 470, Fat: 29g, CHO: 28g, Pro: 25g
CHICKEN ENCHILADAS:	Chicken breast, enchilada sauce, rice, black beans, cheddar cheese, tortillas. <i>Contains Dairy.</i>	Per Serving: Kcals: 480, Fat: 15g, CHO: 43g, Pro: 43g
CHICKEN PESTO STUFFING BAKE:	Chicken breast, garlic, onion, cream cheese, chicken broth, bread crumbs, herb seasoning, pesto. <i>Contains Dairy.</i>	Per Serving: Kcals: 280, Fat: 7g, CHO: 26g, Pro: 27g
CHICKEN SALSA VERDE:	Chicken breast, garlic, onion, cream cheese, chicken broth, cheddar jack cheese, rice, chicken broth. <i>Contains Dairy.</i>	Per Serving: Kcals: 430, Fat: 15g, CHO: 43g, Pro: 28g
CHICKEN STUFFING BAKE:	Chicken breast, garlic, onion, cream cheese, chicken broth, bread crumbs, herb seasoning. <i>Contains Dairy.</i>	Per Serving: Kcals: 280, Fat: 7g, CHO: 26g, Pro: 27g
CINNAMON FRENCH TOAST BAKE:	Eggs, milk, sugar, french bread, flour, brown sugar, cinnamon, salt, butter, breakfast sausage. <i>Contains Dairy & Eggs.</i>	Per Serving: Kcals: 370, Fat: 21g, CHO: 30g, Pro: 13g
COLESLAW:	Shredded cabbage, shredded onion, salad dressing, white vinegar, celery salt, onion powder, salt & pepper. <i>Contains Egg, GSF.</i>	Per Serving: Kcals: 210, Fat: 18g, CHO: 10g, Pro: 1g
CORNCAKE:	Com, milk, egg, cornmeal, sugar, combread mix. <i>Contains Egg.</i>	Per Serving: Kcals: 290, Fat: 11g, CHO: 43g, Pro: 6g
CUCUMBER SAUCE:	Sour cream, plain yogurt, whole milk, white vinegar, lemon juice, cucumber, green onions, feta cheese, oregano, lemon zest, salt & pepper. <i>Contains Dairy, GSF.</i>	Per Serving: Kcals: 50, Fat: 3.5g, CHO: 2g, Pro: 2g
EGG ROLL IN A BOWL:	Rice, ground pork, cabbage, carrot, garlic, soy sauce, ginger, siracha, sesame oil, green onions, wonton strips	Per Serving: Kcals: 390, Fat 24g, CHO: 30g, Pro: 12g
FIELD GREEN SALAD:	Fresh field greens with a vinaigrette. <i>GSF.</i>	Per Serving: Kcals: 5, Fat: 0g, CHO: 1g, Pro: 0g
GRILLED CHICKEN PITAS:	Grilled chicken breast, marinated in an oregano/garlic/lemon vinaigrette. <i>GSF without the pita.</i>	Per Serving: Kcals: 170, Fat: 1.5g, CHO: 17g, Pro: 22g ** Includes 1/2 of a Pita **
ITALIAN SALAD:	Fresh greens, pepperoncini, black olives, red onion, croutons. <i>GSF without the croutons.</i>	Per Serving: Kcals: 50, Fat: 2g, CHO: 7g, Pro: 1g ** without dressing **
ITALIAN VINAIGRETTE:	Italian seasoning, oil, mayonnaise, vinegar, water, sugar, salt, pepper, garlic powder, lemon juice. <i>Contains eggs (mayo).</i>	Per Serving: Kcals: 90, Fat: 10g, CHO: 0g, Pro: 0g
LASAGNA:	Ricotta cheese, mozzarella cheese, parmesan cheese, parsley, garlic, crushed tomato, basil, ground beef, Italian sausage, salt, pepper, pasta noodles. <i>Contains Dairy.</i>	Per Serving: Kcals: 710, Fat: 39g, CHO: 48g, Pro: 40g
LEMON CAVATAPPI:	Chicken, butter, garlic, lemon zest, lemon juice, cream cheese, milk, water, chicken base, salt, pepper, cavatappi, tomatoes/arugula/ basil. <i>Contains Dairy.</i>	Per Serving: Kcals: 530, Fat: 23g, CHO: 41g, Pro: 20g
LOW COUNTRY BOIL:	Potatoes, corn, carrots, onion, sausage, chicken breast, lemon, parsley, old bay, butter, garlic. <i>GSF, Contains Dairy.</i>	Per Serving: Kcals: 400, Fat: 14g, CHO: 31g, Pro: 33g
MAC N CHEESE:	Elbow macaroni, Velveeta cheese, milk, hot sauce, salt and pepper, butter. <i>Contains Dairy.</i>	Per Serving: Kcals: 460, Fat: 19g, CHO: 52g, Pro: 18g
MANDARIN CABBAGE SLAW:	Slaw mixture of shredded green and purple cabbage and carrots, mandarin oranges, green onions and cranraisns. Dressing includes: canola oil, white vinegar, sugar, orange zest and salt. <i>GSF.</i>	Per Serving: Kcals: 170, Fat: 12g, CHO: 16g, Pro: 1g
MARTHA'S MEATLOAF:	Ground beef, ground pork, bread crumbs, carrots, eggs, onions, parsley, ketchup, mustard, worcestershire sauce, salt, pepper. <i>Contains Eggs.</i>	Per Serving: Kcals: 510, Fat: 32g, CHO: 24g, Pro: 28g
MEATBALLS & RED SAUCE:	Ground beef, ground pork, eggs, bread crumbs, garlic, onion powder, pepper, oregano, salt, crushed tomatoes, diced tomatoes, garlic, oregano, salt, onion powder. <i>Contains Eggs.</i>	Per Serving: Kcals: 510, Fat: 34g, CHO: 17g, Pro: 31g
MEXICAN MAC N CHEESE:	Elbow macaroni, ground beef, cream cheese, processed cheese food, hot sauce, taco seasoning, paprika, pepper, milk, salt and pepper, butter. <i>Contains Dairy.</i>	Per Serving: Kcals: 490, Fat: 25g, CHO: 42g, Pro: 23g
NEW POTATOES:	New potatoes boiled and tossed with butter, salt and pepper. <i>Contains Dairy.</i>	Per Serving: Kcals: 490, Fat: 25g, CHO: 42g, Pro: 23g
PIEROGI BAKE WITH KIELBASA:	Potato and cheddar filled pierogi, cream cheese, chicken broth, shredded cheddar cheese, garlic, green onions, diced tomato and salt & pepper. <i>Contains Dairy.</i>	Per Serving: Kcals: 480, Fat: 35g, CHO: 26g, Pro: 16g
POPPYSEED DRESSING:	Mayonnaise, sugar, cider vinegar, poppy seeds, mustard powder, onion powder. <i>Contains Eggs (mayo).</i>	Per Serving: Kcals: 12g, Fat: 11g, CHO: 6g, Pro: 0g
PORCUPINE MEATBALLS:	Minute rice, celery salt, ground beef, garlic, onion, tomato juice, green bell pepper, oregano, Worcestershire sauce. <i>GSF.</i>	Per Serving: Kcals: 120, Fat: 11g, CHO: 6g, Pro: 0g
PORK CARNITAS RICE BAKE:	Rice, pork, black beans, sweet corn, cheddar cheese, taco seasoning. <i>GSF.</i>	Per Serving: Kcals: 400, Fat: 9g, CHO: 48g, Pro: 29g
PULLED PORK CARNITAS TACO BOWLS:	Shredded pork seasoned with cumin, garlic powder, onion powder, chili powder, salt, pepper. Accompanied by rice, black beans, sour cream, salsa (tomatoes, green chilis, garlic, salt and pepper), shredded cheddar cheese. Tortilla chips.	Per Serving: Kcals: 650, Fat: 22 g, CHO: 72g, Pro: 42g. ** Includes all ingredients in bowl **
PULLED PORK SANDWICHES:	Mildly seasoned pork loin. <i>GSF.</i>	Per Serving: Kcals: 190, Fat: 3.5g, CHO: 19g, Pro: 21g
RANCH DRESSING:	Classic ranch seasoning, mayonnaise, milk. <i>Contains Dairy.</i>	Per Serving: Kcals: 140, Fat: 14g, CHO: 2g, Pro: 1g
RANVOU BOLOGNESE BAKE:	Cheese ravioli, Bolognese sauce (ground beef, tomato sauce, carrot, celery, onions, parsley, garlic, salt & pepper), mozzarella cheese. <i>Contains Dairy.</i>	Per Serving: Kcals: 570, Fat: 27g, CHO: 41g, Pro: 38g
RED WINE VINAIGRETTE:	Vinaigrette: white vinegar, red wine vinegar, sugar, granulated onion, salt, canola oil, celery salt, Dijon mustard. <i>GSF.</i>	Per Serving: Kcals: 90, Fat, 9g, CHO: 2g, Pro: 0g
RICE PILAF:	Orzo, rice, butter, diced onion, garlic, chicken broth. <i>Contains Dairy.</i>	Per Serving: Kcals: 170, Fat: 5g, CHO: 28g, Pro: 4g
SALSA:	Tomatoes, jalapeno pepper, salt, garlic, black pepper, lime juice, granulated onion, green bell peppers, chilis. <i>GSF.</i>	Per Serving: Kcals: 40, Fat: 0g, CHO: 9g, Pro: 1g
SAUSAGE TORTELLINI SOUP:	Italian mild sausage, cheese tortellini, carrots, onion, celery, heavy cream, tomato. <i>Contains Dairy.</i>	Per Serving: Kcals: 300, Fat: 17, CHO: 25g, Pro: 12g
SAVORY TURKEY MEATBALLS:	Ground turkey, bread crumbs, egg, garlic, lemon zest, parsley, yellow onion, black pepper, salt, cayenne, coriander and cumin. <i>Contains Eggs.</i>	Per Serving: Kcals: 140, Fat: 6g, CHO: 10g, Pro: 13g
SPINACH & BERRY SALAD:	Spinach, berries. <i>GSF.</i>	Per Serving: Kcals: 50, Fat: 0g, CHO: 12g, Pro: 1g
STRAWBERRY FLUFF:	Strawberry jello, vanilla pudding, cool whip, strawberries, marshmallows. <i>GSF.</i>	Per Serving: Kcals: 160, Fat: 2g, CHO: 34g, Pro: 2g
SWEET CORN CHOWDER:	Com, unsalted butter, onion, diced ham, fresh thyme, salt and pepper, flour, water, red potatoes, 1/2 n 1/2, sugar, basil. <i>Contains Dairy.</i>	Per Serving: Kcals: 330, Fat: 13g, CHO: 50g, Pro: 11g
TACO SALAD W DRUMMIES:	Ground beef, lettuce, tomato, taco sauce, cheddar cheese, green onion, black olives, Doritos, French dressing, chicken drumsticks. <i>GSF. Contains Dairy.</i>	Per Serving: Kcals: 570, Fat: 41g, CHO: 28g, Pro: 24g
TATER TOT HOTDISH (AMANDA'S GRANDMA'S):	Seasoned ground beef, cream of mushroom soup, corn, carrots, peas, onions, tater tots. <i>GSF.</i>	Per Serving: Kcals: 360, Fat: 20g, CHO: 21g, Pro: 25g
TRADITIONAL EGG BAKE BY SUZY SNOWFLAKE	Pork sausage, dry mustard, eggs, cheddar cheese, milk, bread, salt. <i>Contains Dairy, Eggs.</i>	Per Serving: Kcals: 500, Fat: 36g, CHO: 10g, Pro: 31g
TRADITIONAL QUICHE:	Pie shell, eggs, ham, cheddar cheese, green onion, milk, salt, pepper, onion powder. <i>Contains Eggs, Dairy.</i>	Per Serving: Kcals: 320, Fat: 19g, CHO: 16g, Pro: 19g
WEDGE SALAD:	Iceberg lettuce, croutons, tomato and cucumber. <i>GSF minus the croutons.</i>	Per Serving: Kcals: 50, Fat: 1.5g, CHO: 9g, Pro: 3g
WHITE CHICKEN CHILI:	Chicken breast, poblano pepper, great northern beans, cumin, coriander, chili powder. <i>GSF.</i>	Per Serving: Kcals: 280, Fat: 4g, CHO: 42g, Pro: 22g