

Chicken Parmesan

Mozzarella Topped Breaded Chicken Breast with Pomodoro Sauce and Whole Wheat Spaghetti

Nutrition Facts	
Serving Size 1 package	
Amount Per Serving	
Calories 390	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 90mg	30%
Sodium 550mg	23%
Total Carbohydrate 48g	16%
Dietary Fiber 6g	24%
Sugars 6g	
Protein 43g	51%
Vitamin A 30% • Vitamin C 10%	
Calcium 15% • Iron 20%	

INGREDIENTS: CHICKEN BREAST, WATER, CRUSHED TOMATOES (TOMATOES, TOMATO PUREE, LESS THAN 2% SALT AND CITRIC ACID), SPAGHETTI PASTA (WHOLE DURUM WHEAT FLOUR), TOMATO PASTE, ONIONS, PANKO BREAD CRUMBS (UNBLEACHED WHEAT FLOUR, CANE SUGAR (EVAPORATED), YEAST, SEA SALT), CARROTS, EGG WHITES, MOZZARELLA CHEESE (PASTEURIZED PART-SKIM MILK CHEESE CULTURE, SALT, ENZYMES, NATAMYCIN (A NATURAL MOLD INHIBITOR)), PARMESAN CHEESE (PASTEURIZED PART-SKIM MILK CHEESE CULTURES, SALT, ENZYMES, NATAMYCIN), OLIVE OIL, GARLIC, SALT, SPICES, GARLIC POWDER, ONION POWDER.

CONTAINS EGG, MILK, WHEAT.

Southwest Style Chicken

Chili Marinated Chicken Breast served with a Sweet Corn Risotto and Green Beans

Nutrition Facts	
Serving Size 1 package	
Amount Per Serving	
Calories 300	Calories from Fat 60
% Daily Value*	
Total Fat 6g	10%
Saturated Fat 3g	16%
Trans Fat 0g	
Cholesterol 90mg	31%
Sodium 360mg	15%
Total Carbohydrate 27g	9%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 35g	51%
Vitamin A 25% • Vitamin C 30%	
Calcium 10% • Iron 10%	

INGREDIENTS: CHICKEN BREAST, WATER, GREEN BEANS, CORN KERNELS, ARBORIO RICE, NEUFCHATEL CHEESE (PASTEURIZED MILK AND CREAM, SKIM MILK, CHEESE CULTURE, SALT, STABILIZERS (CAROB BEAN AND/OR XANTHAN AND/OR GUAR GUMS)), BELL PEPPERS (BELL PEPPERS, WATER, AND CITRIC ACID), TOMATOES DICED (VINE-RIPENED TOMATOES, TOMATO JUICE, LESS THAN 2% OF: CALCIUM CHLORIDE, CITRIC ACID), YELLOW ONION, POBLANO PEPPERS, PARMESAN CHEESE (PARMESAN CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURES, SALT, ENZYMES)), POWDERED CELLULOSE TO PREVENT CAKING, NATAMYCIN TO PROTECT FLAVOR), TOMATO PASTE (TOMATOES), CHIPOTLE PEPPERS (CHIPOTLE PEPPERS, WATER, TOMATO PASTE, SALT, SUGAR, ONION, ACETIC ACID), LEMON JUICE, GARLIC, CORN FLOUR (CORN, LIME, WATER, NIACIN, IRON, THIAMIN, RIBOFLAVIN, FOLIC ACID), CHILI PEPPER, CHICKEN BASE (CHICKEN MEAT AND CHICKEN BROTH (WATER, CHICKEN BROTH), SALT, CHICKEN FAT, SUGAR, CORNSTARCH, CORN OIL, 2% OR LESS OF FLAVORS, NATURAL EXTRACTIVES OF TURMERIC AND ANNATTO), CUMIN SEED, SALT, PAPRIKA, BLACK PEPPER, OREGANO, CULTURED DEXTROSE.

CONTAINS MILK.

Herb Crusted Chicken

Breaded Chicken with Red Potatoes, Green Beans and a Provolone Uncured Bacon Sauce

Nutrition Facts	
Serving Size 1 package	
Amount Per Serving	
Calories 320	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 3g	16%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 340mg	14%
Total Carbohydrate 31g	10%
Dietary Fiber 4g	15%
Sugars 5g	
Protein 32g	40%
Vitamin A 8% • Vitamin C 15%	
Calcium 15% • Iron 15%	

INGREDIENTS: RED SKIN POTATOES (RED SKIN POTATOES, DEXTROSE), CHICKEN BREAST, GREEN BEANS, EVAPORATED SKIM MILK (NONFAT DRY MILK, WATER, VITAMIN A, VITAMIN D), EGG WHITES, NEUFCHATEL CHEESE (PASTEURIZED MILK AND CREAM, SKIM MILK, CHEESE CULTURE, SALT, STABILIZERS (CAROB BEAN AND/OR XANTHAN AND/OR GUAR GUM)), PANKO BREAD CRUMBS (UNBLEACHED WHEAT FLOUR, CANE SUGAR (EVAPORATED), YEAST, SEA SALT), PROVOLONE CHEESE (UNSMOKED PROVOLONE CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES)), POTATO STARCH, CORN STARCH, AND POWDERED CELLULOSE (TO PREVENT CAKING), NATAMYCIN (A NATURAL MOLD INHIBITOR)), UNCURED BACON - NO NITRITE/NITRATE ADDED EXCEPT FOR THOSE NATURALLY OCCURRING IN CELERY POWDER (PORK, WATER, BROWN SUGAR, LESS THAN 2% SALT, VINEGAR, NATURAL FLAVORS (MEDITERRANEAN SPICE EXTRACTIVES)), OLIVE OIL, ITALIAN STYLE SEASONING (OREGANO, THYME, BASIL, SAGE, ROSEMARY, SAVORY, MARJORAM), GARLIC POWDER, ROSEMARY, KOSHER SALT, ONION POWDER, MUSTARD POWDER, BLACK PEPPER, PAPRIKA.

CONTAINS WHEAT, MILK, EGGS.

Texas Chicken Ranch Casserole

Chicken Breast in a Chili Cheese Sauce with Tortillas, Corn, Peppers & Onions

Nutrition Facts	
Serving Size 1 package	
Amount Per Serving	
Calories 380	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 580mg	24%
Total Carbohydrate 42g	14%
Dietary Fiber 10g	40%
Sugars 9g	
Protein 33g	40%
Vitamin A 20% • Vitamin C 50%	
Calcium 25% • Iron 20%	

INGREDIENTS: CHICKEN BREAST, CORN KERNEL MIX (CORN, ONIONS, RED AND GREEN PEPPERS), TOMATOES DICED (TOMATOES, TOMATO JUICE, LESS THAN 2% OF: CALCIUM CHLORIDE, CITRIC ACID), TORTILLAS (STONE GROUND WHITE CORN, WATER, CONTAINS 2% OR LESS OF: CELLULOSE AND/OR GUAR GUM, PRESERVATIVES (PROPIONIC ACID, PHOSPHORIC ACID, METHYLPARABEN, PROPYLPARABEN) AND A TRACE OF LIME), TOMATILLOS, WATER, GREEN CHILI PEPPERS, SOUR CREAM (GRADE A CULTURED CREAM), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, ANNATTO COLOR), KIDNEY BEANS, GREEN ONION, SPICES, CHICKEN BASE (CHICKEN MEAT, CHICKEN BROTH (WATER, CHICKEN BROTH), SALT, CHICKEN FAT, SUGAR, CORNSTARCH, CORN OIL, 2% OR LESS OF FLAVORS, NATURAL EXTRACTIVES OF TURMERIC AND ANNATTO), GARLIC POWDER, SALT, XANTHAN GUM.

CONTAINS MILK.

Roasted Pork Loin

Tender Pork Loin with Tangy Cranberry Apple Compote and Brown and Wild Rice

Nutrition Facts	
Serving Size 1 package	
Amount Per Serving	
Calories 410	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 90mg	30%
Sodium 90mg	4%
Total Carbohydrate 45g	15%
Dietary Fiber 3g	13%
Sugars 18g	
Protein 36g	55%
Vitamin A 2% • Vitamin C 6%	
Calcium 4% • Iron 10%	

INGREDIENTS: PORK LOIN, WATER, APPLE, BROWN RICE, CRANBERRIES (CRANBERRIES, SUGAR, SUNFLOWER OIL), WILD RICE, BROWN SUGAR, APPLE CIDER VINEGAR, GARLIC POWDER, BLACK PEPPER, CHILI POWDER, CORIANDER, ALLSPICE.

Chicken Fajita Bowl

Marinated Chicken Breast with Sautéed Onions, Peppers & Black Beans & Rice

Nutrition Facts	
Serving Size 1 package	
Amount Per Serving	
Calories 310	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 80mg	26%
Sodium 350mg	14%
Total Carbohydrate 37g	12%
Dietary Fiber 6g	23%
Sugars 5g	
Protein 35g	51%
Vitamin A 20% • Vitamin C 4%	
Calcium 4% • Iron 15%	

INGREDIENTS: CHICKEN BREAST, PEPPER AND ONION FAJITA BLEND (RED PEPPERS, GREEN PEPPERS, YELLOW PEPPERS, AND ONIONS), WATER, CORN KERNELS, BROWN RICE, PICO DE GALLO (TOMATOES, ONION, CILANTRO, JALAPENO), KIDNEY BEANS, BLACK BEANS, LIME JUICE, CHILI PEPPER, GARLIC POWDER, CUMIN SEED, SALT, CAYENNE PEPPER, PAPRIKA, BLACK PEPPER.

Tandoori Chicken

Indian Spiced Chicken Breast with Aromatic Rice and Honey Glazed Carrots

Nutrition Facts	
Serving Size 1 package	
Amount Per Serving	
Calories 320	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 590mg	25%
Total Carbohydrate 32g	11%
Dietary Fiber 4g	16%
Sugars 7g	
Protein 33g	51%
Vitamin A 70% • Vitamin C 8%	
Calcium 6% • Iron 15%	

INGREDIENTS: CHICKEN BREAST, WATER, CARROTS, BASMATI RICE, GREEK YOGURT (CULTURED GRADE A MILK, CREAM, SKIM MILK, WHEY PROTEIN CONCENTRATE, PECTIN, LIVE AND ACTIVE CULTURES (S. THERMOPHILUS, L. BULGARICUS, L. LACTIS, L. CASEI, L. ACIDOPHILUS, BIFIDOBACTERIUM, L. RHAMNOSUS)), ONIONS, GREEN PEAS, OLIVE OIL, SPICES, GARLIC POWDER, SALT, HONEY, VANILLA EXTRACT (VANILLA BEAN EXTRACTIVES IN WATER, ALCOHOL), LEMON JUICE, GINGER, BROWN SUGAR (CANE SUGAR, CANE SYRUP), XANTHAN GUM.

CONTAINS MILK.

Turkey Enchilada Casserole

Enchilada Style Casserole of Tortilla Strips, Ground Turkey, Sauce and Black Bean Corn Salsa

Nutrition Facts	
Serving Size 1 package	
Amount Per Serving	
Calories 370	Calories from Fat 100
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 75mg	26%
Sodium 370mg	15%
Total Carbohydrate 38g	13%
Dietary Fiber 7g	28%
Sugars 6g	
Protein 27g	28%
Vitamin A 15% • Vitamin C 4%	
Calcium 15% • Iron 20%	

INGREDIENTS: GROUND TURKEY (GROUND TURKEY, NATURAL FLAVORING), TOMATOES (TOMATO, TOMATO PUREE, LESS THAN 2% OF SALT, CITRIC ACID), CORN TORTILLAS (STONE GROUND WHITE CORN, WATER, CONTAINS 2% OR LESS OF CELLULOSE OR GUAR GUM, PRESERVATIVES (PROPIONIC ACID, PHOSPHORIC ACID, METHYLPARABEN, PROPYLPARABEN) AND A TRACE OF LIME), CORN MIX (CORN KERNELS, ONIONS, RED AND GREEN PEPPERS), WATER, ONION, BLACK BEANS, CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, ANNATTO COLOR, MAY CONTAIN ONE OR MORE OF THE FOLLOWING: POWDERED CELLULOSE, POTATO STARCH, OR CORN STARCH (ADDED TO PREVENT CAKING)), GARLIC, CHILI POWDER (100% CHILI PEPPER), CUMIN, BLACK PEPPER.

CONTAINS MILK.

From the Kitchen of Cooking Light®

Havana Chicken Breast

Havana Inspired Chicken Breast with Tomatoes, Black Beans and Brown Rice

Nutrition Facts	
Serving Size 1 package	
Amount Per Serving	
Calories 360	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 2g	11%
Trans Fat 0g	
Cholesterol 120mg	40%
Sodium 530mg	22%
Total Carbohydrate 29g	10%
Dietary Fiber 6g	24%
Sugars 2g	
Protein 48g	73%
Vitamin A 15% • Vitamin C 10%	
Calcium 25% • Iron 20%	

INGREDIENTS: CHICKEN BREAST, WATER, DICED CANNED TOMATOES (TOMATOES, TOMATO JUICE, LESS THAN 2% CALCIUM CHLORIDE, CITRIC ACID), BLACK BEANS, BROWN RICE, ONION, CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, ANNATTO COLOR), LIME JUICE, BELL PEPPERS, GREEN CHILI PEPPERS, CHILI POWDER, JALAPENO, CUMIN, SALT, GARLIC POWDER, GARLIC, CILANTRO, CAYENNE PEPPER. CONTAINS MILK.

From the Kitchen of Cooking Light®

Lemon Pepper Chicken

Lemon Glazed Chicken Breast over Brown Rice, Garbanzo Beans and Vegetables

Nutrition Facts	
Serving Size 1 package	
Amount Per Serving	
Calories 340	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 590mg	25%
Total Carbohydrate 33g	11%
Dietary Fiber 5g	20%
Sugars 4g	
Protein 35g	51%
Vitamin A 4% • Vitamin C 20%	
Calcium 6% • Iron 15%	

INGREDIENTS: CHICKEN BREAST, WATER, GARBANZO BEANS (PREPARED CHICK PEAS, WATER, SALT, MUSTARD, CALCIUM CHLORIDE, DISODIUM EDTA), ZUCCHINI, BROWN RICE, ONIONS, SUNDRIED TOMATOES (TOMATOES, SULFUR DIOXIDE, SALT, GLUCOSE, CITRIC ACID), LEMON JUICE, LEMON PEPPER SEASONING (BLACK PEPPER, SALT, SUGAR, LEMON PEEL, CITRIC ACID, LEMON JUICE SOLIDS (CORN SYRUP SOLIDS, NATURAL FLAVOR), ONION, GARLIC, OIL OF LEMON, TURMERIC EXTRACT, AND LESS THAN 2% TRICALCIUM PHOSPHATE), ROASTED GARLIC (ROASTED GARLIC, CITRIC ACID), CHICKEN BASE (CHICKEN MEAT, CHICKEN BROTH (WATER, CHICKEN BROTH), SALT, CHICKEN FAT, SUGAR, CORNSTARCH, CORN OIL, 2% OR LESS OF FLAVORS, NATURAL EXTRACTIVES OF TURMERIC AND ANNATTO), SALT, GARLIC POWDER, ONION POWDER, SPICES, XANTHAN GUM.

PALEO

Hunter-Gatherer Chicken

Roasted chicken with tossed butternut squash, apples, collard greens & bacon

Nutrition Facts	
Serving Size 1 package	
Amount Per Serving	
Calories 300	Calories from Fat 60
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 690mg	29%
Total Carbohydrate 30g	10%
Dietary Fiber 5g	20%
Sugars 11g	
Protein 34g	51%
Vitamin A 270% • Vitamin C 60%	
Calcium 15% • Iron 10%	

INGREDIENTS: BUTTERNUT SQUASH, CHICKEN BREAST, ONION, APPLES, COLLARD GREENS, UNCURED BACON - NO NITRITE/NITRATE ADDED EXCEPT FOR THOSE NATURALLY OCCURRING IN CELERY POWDER (PORK, WATER, BROWN SUGAR, LESS THAN 2% SALT, VINEGAR, NATURAL FLAVORS (MEDITERRANEAN SPICE EXTRACTIVES)), ROASTED GARLIC (ROASTED GARLIC, CITRIC ACID), OLIVE OIL, HERBS DE PROVENCE (BASIL, OREGANO, ROSEMARY, THYME), SALT, BLACK PEPPER, GARLIC POWDER.

PALEO

Jamaican Style Jerk Chicken

Jamaican style jerk chicken breast with plantains, roasted sweet potatoes & bell peppers

Nutrition Facts	
Serving Size 1 package	
Amount Per Serving	
Calories 360	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 590mg	25%
Total Carbohydrate 48g	16%
Dietary Fiber 7g	28%
Sugars 24g	
Protein 31g	51%
Vitamin A 45% • Vitamin C 90%	
Calcium 6% • Iron 15%	

INGREDIENTS: CHICKEN BREAST, PLANTAINS (RIPE PLANTAINS, VEGETABLE OIL), ROASTED SWEET POTATOES, RED BELL PEPPER, COCONUT AMINOS (ORGANIC COCONUT SAP, SEA SALT), OLIVE OIL, GREEN ONION, THYME, HONEY, LIME JUICE, SALT, ALLSPICE, BLACK PEPPER, CAYENNE PEPPER, NUTMEG, CINNAMON. CONTAINS TREE NUTS.

PALEO

Turkey Skillet Scramble

Rustic ground turkey scramble with blackened sweet potatoes

Nutrition Facts	
Serving Size 1 package	
Amount Per Serving	
Calories 350	Calories from Fat 130
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 125mg	42%
Sodium 690mg	29%
Total Carbohydrate 30g	10%
Dietary Fiber 6g	24%
Sugars 15g	
Protein 27g	43%
Vitamin A 15% • Vitamin C 40%	
Calcium 15% • Iron 20%	

INGREDIENTS: GROUND TURKEY (GROUND TURKEY, NATURAL FLAVORING), ROASTED SWEET POTATOES, ONION, GREEN BELL PEPPERS, GARLIC, BLACKENED SEASONING (CHILI PEPPER, SALT, PAPRIKA, DEHYDRATED GARLIC, NATURAL FLAVOR, LESS THAN 2% SILICON DIOXIDE), OLIVE OIL, SALT, THYME, OREGANO.

Southern Living®

Beef Stew

with Mushroom Sauce and Vegetables

Nutrition Facts	
Serving Size 1 package	
Amount Per Serving	
Calories 350	Calories from Fat 120
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 920mg	38%
Total Carbohydrate 35g	12%
Dietary Fiber 6g	24%
Sugars 9g	
Protein 22g	
Vitamin A 240% • Vitamin C 50%	
Calcium 6% • Iron 20%	

INGREDIENTS: RUSSET POTATOES, COOKED BEEF TOP BLADE (BEEF TOP BLADE, WATER, LEMON JUICE CONCENTRATE AND VINEGAR), YELLOW ONIONS, CARROTS, MUSHROOMS, OLIVE OIL, TOMATO PASTE, BALSAMIC VINEGAR (BALSAMIC VINEGAR, SULFUR DIOXIDE), SALT, GARLIC POWDER, CULTURED DEXTROSE, XANTHAN GUM, ONION POWDER, ITALIAN SEASONING (OREGANO, THYME, BASIL, SAGE, ROSEMARY, SAVORY, MAJORAM), ROSEMARY, BLACK PEPPER, PARSLEY, THYME, NATURAL AND ARTIFICIAL FLAVOR.

Southern Living®

Pecan Crusted Chicken

Pecan Breaded Chicken with Bourbon Glazed Sweet Potatoes and Creamed Corn

Nutrition Facts	
Serving Size 1 package	
Amount Per Serving	
Calories 400	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 680mg	29%
Total Carbohydrate 47g	16%
Dietary Fiber 8g	32%
Sugars 22g	
Protein 34g	51%
Vitamin A 8% • Vitamin C 20%	
Calcium 8% • Iron 10%	

INGREDIENTS: SWEET POTATOES, CHICKEN BREAST, CORN KERNEL MIX (CORN, ONIONS, RED AND GREEN PEPPERS), PECAN FLOUR, EGG WHITES, NEUFCHATEL CHEESE (PASTEURIZED MILK AND CREAM, SKIM MILK, CHEESE CULTURE, SALT, STABILIZERS (CAROB BEAN AND/OR XANTHAN AND/OR GUAR GUMS)), BROWN SUGAR (CANE SUGAR, CANE SYRUP), PANKO BREAD CRUMBS (UNBLEACHED WHEAT FLOUR, CANE SUGAR (EVAPORATED), YEAST, SEA SALT), ORANGE JUICE, ROASTED GARLIC (ROASTED GARLIC, CITRIC ACID), DILION MUSTARD (WATER, VINEGAR, MUSTARD SEED, SALT, WHITE WINE, FRUIT PECTIN, CITRIC ACID, TARTARIC ACID, SUGAR, SPICE), SALT, SPICES, GARLIC POWDER, VANILLA EXTRACT (WATER, ALCOHOL, VANILLA BEAN EXTRACTIVES), ONION POWDER, BOURBON EXTRACT (NATURAL EXTRACTIVES, PROPYLENE GLYCOL, WATER, GLUCOSE (CORN SYRUP), CARAMEL COLOR, ETHYL ALCOHOL). CONTAINS EGG, MILK, PECANS, WHEAT.

Southern Living®

Pulled Pork

and Homemade BBQ Sauce with Gouda Mac 'n' Cheese

Nutrition Facts	
Serving Size 1 package	
Amount Per Serving	
Calories 550	Calories from Fat 190
% Daily Value*	
Total Fat 22g	34%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 970mg	40%
Total Carbohydrate 59g	20%
Dietary Fiber 4g	16%
Sugars 16g	
Protein 27g	
Vitamin A 15% • Vitamin C 15%	
Calcium 30% • Iron 20%	

INGREDIENTS: COOKED ENRICHED ROTINI PASTA (WATER, SEMOLINA FLOUR (WHEAT, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, AND FOLIC ACID)), SMOKED PULLED PORK (PORK, WATER, APPLE JUICE (WATER, APPLE JUICE CONCENTRATE, ASCORBIC ACID, (VITAMIN C)), DISTILLED WHITE VINEGAR, LIGHT BROWN SUGAR (SUGAR, MOLASSES), HOT SAUCE (PEPPERS, VINEGAR, SALT), SUGAR, SALT, PAPRIKA, BLACK PEPPER, GARLIC, AND SPICES), WATER, NATURALLY SMOKED GOUDA CHEESE (GOUDA CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES)), CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES), CREAM, WATER, WHEY, SODIUM PHOSPHATE, CALCIUM PROPIONATE (TO PROTECT FLAVOR), APO-CAROTENAL, NATAMYCIN (A NATURAL MOLD INHIBITOR)), NEUFCHATEL CHEESE (PASTEURIZED MILK AND CREAM, SKIM MILK, CHEESE CULTURE, SALT, STABILIZERS (CAROB BEAN AND/OR XANTHAN AND/OR GUAR GUMS)), TOMATO PASTE, APPLE CIDER VINEGAR, EVAPORATED SKIM MILK (NONFAT DRY MILK, WATER, VITAMIN A & D), BROWN SUGAR (CANE SUGAR, CANE SYRUP), CHIPOTLE PEPPERS (CHIPOTLE PEPPERS, WATER, TOMATO PASTE, SALT, SUGAR, ONION, ACETIC ACID), GREEN ONION, SALT, CULTURED DEXTROSE, XANTHAN GUM, LIQUID SMOKE (WATER, NATURAL HICKORY SMOKE, HYDROLYZED SOY PROTEIN, CARAMEL COLOR, SUGAR, SPICES AND ACETIC ACID), BLACK PEPPER, GARLIC POWDER, MUSTARD POWDER, HOT SAUCE (AGED CAYENNE RED PEPPERS, VINEGAR, WATER, SALT, GARLIC POWDER), ONION POWDER, WHITE PEPPER. CONTAINS MILK, WHEAT, SOY.