



# Nutritional Information:

## Meat & Poultry Pies

### Beef & Potato Pie

Ground beef is sauteed with onions and spices then simmered with our own tomato sauce, mushrooms and roasted potatoes.

Nutrition Facts	
Serving Size (209g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 530</b>	<b>Calories from Fat 270</b>
% Daily Value*	
<b>Total Fat 30g</b>	<b>46%</b>
Saturated Fat 4.5g	23%
Trans Fat 0g	
<b>Cholesterol 40mg</b>	<b>13%</b>
<b>Sodium 440mg</b>	<b>18%</b>
<b>Total Carbohydrate 46g</b>	<b>15%</b>
Dietary Fiber 3g	12%
Sugars 1g	
<b>Protein 18g</b>	
Vitamin A 2%	Vitamin C 10%
Calcium 2%	Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

### Chicken & Potato Pie

Ground chicken is cooked with spices then mixed with roasted potatoes, onions, celery, carrots, peas and fresh dill.

Nutrition Facts	
Serving Size (168g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 290</b>	<b>Calories from Fat 50</b>
% Daily Value*	
<b>Total Fat 5g</b>	<b>8%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 950mg</b>	<b>40%</b>
<b>Total Carbohydrate 51g</b>	<b>17%</b>
Dietary Fiber 3g	12%
Sugars 3g	
<b>Protein 10g</b>	
Vitamin A 4%	Vitamin C 6%
Calcium 4%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

### Ham, Eggs & Cheese Pie

Eggs are scrambled with Jack cheese and caramelized onion. Diced, smoked ham is then added.

Nutrition Facts	
Serving Size (192g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 400</b>	<b>Calories from Fat 160</b>
% Daily Value*	
<b>Total Fat 18g</b>	<b>28%</b>
Saturated Fat 7g	35%
Trans Fat 0g	
<b>Cholesterol 205mg</b>	<b>68%</b>
<b>Sodium 590mg</b>	<b>25%</b>
<b>Total Carbohydrate 38g</b>	<b>13%</b>
Dietary Fiber 2g	8%
Sugars 2g	
<b>Protein 20g</b>	
Vitamin A 8%	Vitamin C 10%
Calcium 20%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

### Eggs, Sausage & Potato Pie

Scrambled eggs are mixed with potatoes, sausage, cheddar cheese and caramelized onions.

Nutrition Facts	
Serving Size (165g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 350</b>	<b>Calories from Fat 130</b>
% Daily Value*	
<b>Total Fat 15g</b>	<b>23%</b>
Saturated Fat 6g	30%
Trans Fat 0.5g	
<b>Cholesterol 115mg</b>	<b>38%</b>
<b>Sodium 610mg</b>	<b>25%</b>
<b>Total Carbohydrate 41g</b>	<b>14%</b>
Dietary Fiber 3g	12%
Sugars 1g	
<b>Protein 14g</b>	
Vitamin A 6%	Vitamin C 4%
Calcium 10%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Pie crust consists of unbleached and whole wheat flour, yeast, olive oil, salt and water.



# Nutritional Information:

## Vegetarian Pies

### Eggs, Veggies & Cheese Pie

Scrambled eggs are mixed with tomatoes, onions, broccoli, mushrooms, zucchini and cheddar cheese.

Nutrition Facts	
Serving Size (196g)	
Servings Per Container	
Amount Per Serving	
<b>Calories</b> 330	<b>Calories from Fat</b> 110
% Daily Value*	
<b>Total Fat</b> 13g	<b>20%</b>
Saturated Fat 6g	<b>30%</b>
Trans Fat 0g	
<b>Cholesterol</b> 135mg	<b>45%</b>
<b>Sodium</b> 450mg	<b>19%</b>
<b>Total Carbohydrate</b> 38g	<b>13%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 2g	
<b>Protein</b> 15g	
Vitamin A 10%	Vitamin C 25%
Calcium 20%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

### Spinach & Feta Cheese Pie

Spinach is steamed and then mixed with Monterey Jack cheese, feta cheese and beaten eggs.

Nutrition Facts	
Serving Size (230g)	
Servings Per Container	
Amount Per Serving	
<b>Calories</b> 340	<b>Calories from Fat</b> 120
% Daily Value*	
<b>Total Fat</b> 13g	<b>20%</b>
Saturated Fat 8g	<b>40%</b>
Trans Fat 0g	
<b>Cholesterol</b> 60mg	<b>20%</b>
<b>Sodium</b> 620mg	<b>26%</b>
<b>Total Carbohydrate</b> 39g	<b>13%</b>
Dietary Fiber 5g	<b>20%</b>
Sugars 1g	
<b>Protein</b> 18g	
Vitamin A 210%	Vitamin C 50%
Calcium 40%	Iron 30%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

### Zucchini & Mushroom Pie

Zucchini, mushroom, carrot, onion, jack and blue cheese

Nutrition Facts	
Serving Size (379g)	
Servings Per Container	
Amount Per Serving	
<b>Calories</b> 350	<b>Calories from Fat</b> 70
% Daily Value*	
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 340mg	<b>14%</b>
<b>Total Carbohydrate</b> 59g	<b>20%</b>
Dietary Fiber 6g	<b>24%</b>
Sugars 11g	
<b>Protein</b> 13g	
Vitamin A 70%	Vitamin C 30%
Calcium 20%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Pie crust consists of unbleached and whole wheat flour, yeast, olive oil, salt and water.



# Nutritional Information:

## Vegan Pies

### Garbanzo Bean Curry Pie

Garbanzo beans are soaked overnight, cooked and then mixed with tomatoes, onions, curry and other spices.

Nutrition Facts	
Serving Size (158g)	
Servings Per Container	
Amount Per Serving	
<b>Calories</b> 270	<b>Calories from Fat</b> 20
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	% Daily Value*
<b>Total Fat</b> 2.5g	<b>4%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 100mg	<b>4%</b>
<b>Total Carbohydrate</b> 52g	<b>17%</b>
Dietary Fiber 7g	<b>28%</b>
Sugars 4g	
<b>Protein</b> 10g	
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Vitamin A 2%	• Vitamin C 6%
Calcium 4%	• Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

### Lentil & Yam Pie

Lentils are soaked overnight, cooked, and then mixed with yams, sauteed onions, cumin and other spices.

Nutrition Facts	
Serving Size (189g)	
Servings Per Container	
Amount Per Serving	
<b>Calories</b> 290	<b>Calories from Fat</b> 60
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	% Daily Value*
<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 290mg	<b>12%</b>
<b>Total Carbohydrate</b> 51g	<b>17%</b>
Dietary Fiber 6g	<b>24%</b>
Sugars 4g	
<b>Protein</b> 9g	
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Vitamin A 60%	• Vitamin C 10%
Calcium 4%	• Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

### Black Bean & Tofu Pie

Black beans are soaked overnight and then cooked with our own spices. The beans are mixed with tofu, onions, carrots, peas and hoisin sauce.

Nutrition Facts	
Serving Size (161g)	
Servings Per Container	
Amount Per Serving	
<b>Calories</b> 260	<b>Calories from Fat</b> 15
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	% Daily Value*
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 420mg	<b>18%</b>
<b>Total Carbohydrate</b> 50g	<b>17%</b>
Dietary Fiber 6g	<b>24%</b>
Sugars 4g	
<b>Protein</b> 11g	
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Vitamin A 15%	• Vitamin C 2%
Calcium 6%	• Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Pie crust consists of unbleached and whole wheat flour, yeast, olive oil, salt and water.