



Lean Cuisine® Nutrition Information



Product	Ounces	Serving Size	Calories	Calories from fat	Total Fat(g)	Total Fat % DV	Saturated Fat(g)	Saturated Fat % DV	Polysaturated Fat (g)	Monounsaturated Fat (g)	Trans Fatty Acids (g)	Cholesterol (mg)	Cholesterol % DV	Sodium (mg)	Sodium % DV	Potassium (mg)	Potassium % DV	Total Carbohydrate (g)	Carbohydrate % DV	Dietary Fiber (g)	Dietary Fiber % DV	Sugars (g)	Protein(g)	Vitamin A % DV*	Vitamin C % DV*	Calcium % DV*	Iron % DV*	Weight Watchers Points	Diet Exchanges
Beef Portabello	9	1	220	50	6	9%	2.5	13%	0.5	1.5	0	30	10%	640	27%	1100	31%	25	8%	3	12%	6	16	4%	4%	6%	8%	4	1 1/2 Lean Meat, 1 1/2 Starch, 1 Fat
Beef Chow Fun	9	1	320	45	5	8%	1.5	8%	0.5	2	0	20	7%	520	22%	300	9%	54	18%	3	12%	18	15	6%	10%	6%	10%	6	1 1/2 Lean Meat, 3 Starch, 1 Vegetable
Beef & Broccoli	9	1	260	45	5	8%	1.5	8%	1	2	0	20	7%	580	24%	800	23%	39	13%	2	9%	9	14	25%	20%	6%	6%	5	1 1/2 Lean Meat, 1 1/2 Starch, 1 Veg, 1 Fat
Chicken and Vegetables	10 1/2	1	240	45	5	8%	2	10%	1	1.5	0	30	10%	640	27%	700	20%	29	10%	3	12%	5	20	30%	6%	15%	8%	5	1 1/2 Lean Meat, 1 1/2 Starch, 1 Vegetable
Chicken Carbonara	9	1	310	70	8	12%	2	10%	3.0	2	0	30	10%	680	28%	850	24%	36	12%	4	16%	3	23	4%	8%	15%	4%	6	1 1/2 Lean Meat, 2 Starch, 1/2 Skim Milk, 1/2 Fat
Chicken Marsala	8 1/8	1	250	80	9	13%	2.5	12%	3	2.5	0	25	9%	620	26%	430	12%	29	10%	2	10%	4	14	2%	2%	6%	6%	5	1 1/2 Lean Meat, 1 Starch, 1 1/2 Veg, 1 1/2 Fat
Chicken with Almonds	8 1/2	1	250	35	4	6%	0.5	3%	1	2	0	30	10%	490	20%	360	10%	38	13%	4	16%	13	16	4%	8%	6%	6%	5	1 1/2 Lean Meat, 2 Starch, 1 Vegetable
Chicken with Basil Cream Sauce	8 1/2	1	280	60	7	11%	2	10%	1.5	2	0	30	10%	420	18%	390	11%	36	12%	2	8%	4	19	8%	30%	15%	6%	6	1 1/2 Lean Meat, 2 Starch, 1/2 skim milk, 1/2 Fat
Fiesta Grilled Chicken	8 1/2	1	260	50	6	8%	3	13%	0.5	0	0	45	14%	600	25%	620	18%	33	11%	4	14%	5	19	20%	30%	15%	8%	5	1 1/2 Lean Meat, 2 Starch, 1/2 Veg, 1/2 Fat
Glazed Chicken	8 1/2	1	220	30	3.5	5%	1	5%	1.5	1	0	40	13%	500	21%	420	12%	25	8%	1	4%	5	21	0%	2%	2%	2%	5	2 Lean Meat, 1 1/2 Starch
Grilled Chicken Caesar	8 1/2	1	260	50	6	9%	2	10%	1.5	1	0	35	12%	590	25%	330	9%	33	11%	3	12%	1	18	4%	20%	15%	4%	5	1 1/2 Lean Meat, 1 1/2 Starch, 1 Veg, 1 Fat
Grilled Chicken with Teriyaki Glaze	10	1	280	25	3	4%	0.5	3%	1	1	0	30	11%	650	27%	590	17%	45	15%	2	8%	9	17	30%	10%	4%	6%	5	1 1/2 Lean Meat, 2 1/2 Starch
Honey Dijon Grilled Chicken	8	1	220	60	7	11%	2.5	12%	1	2.5	0	50	17%	640	27%	660	19%	22	7%	2	8%	10	17	6%	8%	6%	6%	5	1 1/2 Lean Meat, 1 Starch, 1 1/2 Vegetable, 1/2 Fat
Lemon Pepper Fish	9	1	330	70	8	10%	2.5	10%	3.5	2	0	40	12%	590	25%	370	11%	50	17%	2	8%	3	15	10%	50%	6%	8%	7	1 Medium fat meat, 2 Starch, 1 1/2 Veg, 1/2 skim milk
Orange Chicken	9	1	300	60	7	11%	1.5	8%	2.5	3	0	25	8%	580	24%	270	8%	46	15%	2	8%	11	14	25%	15%	4%	4%	6	1 1/2 Lean Meat, 3 starch
Parmesan Crusted Fish	9	1	290	70	8	12%	2	10%	3	1	0	30	10%	650	27%	340	10%	40	13%	4	16%	8	15	30%	15%	10%	10%	6	1 1/2 Lean Meat, 2 Starch, 1 Veg, 1/2 Fat
Pesto chicken w/bow tie pasta	9 1/2	1	340	80	9	14%	3	15%	2.5	2	0	30	10%	550	23%	630	18%	42	14%	4	16%	7	23	8%	8%	25%	15%	7	1 Lean Meat, 2 Starch, 1/2 skim milk, 2 Fat
Roasted Garlic Chicken	8 7/8	1	180	60	7	11%	2.5	13%	2	2	0	40	13%	650	27%	750	21%	9	3%	1	4%	3	20	35%	0%	15%	6%	4	1 1/2 Lean Meat, 1 Veg, 1/2 Skim Milk, 1/2 Fat
Shrimp Alfredo	9	1	260	45	5	8%	2	10%	1	1	0	60	20%	590	25%	390	11%	36	12%	3	12%	5	18	6%	30%	20%	10%	5	1 1/2 Lean Meat, 2 Starch, 1 Veg
Tortilla Crusted Fish	8	1	330	80	9	14%	2.5	13%	4.5	2	0	45	15%	540	23%	280	8%	45	15%	3	12%	7	16	12%	20%	10%	6%	7	1 1/2 Lean Meat, 2 1/2 Starch, 1/2 Veg, 1 Fat
Shrimp and Angel Hair Pasta	10	1	230	35	4	6%	1	5%	2	1	0	50	17%	610	25%	400	11%	34	11%	2	8%	5	14	50%	25%	8%	6%	5	1 Lean Meat, 1 1/2 Starch, 1/2 Veg, 1/2 skim milk
Sesame Chicken	9	1	330	80	9	14%	1.5	8%	4	3	0	25	8%	650	27%	240	7%	47	16%	2	8%	14	16	2%	4%	4%	6%	7	1 1/2 Lean Meat, 2 Starch, 1 other carbohydrate, 1/2 Fat
Sun Dried Tomato Pesto Chicken	8 5/8	1	290	80	9	14%	2	10%	3	3	0	30	10%	570	24%	1000	29%	34	11%	4	16%	10	18	10%	10%	10%	15%	6	1 1/2 Lean Meat, 2 Starch, 1/2 Veg, 1 Fat
Steak Tips Portobello	7 1/2	1	160	60	7	11%	2.5	13%	0	2.5	0	40	13%	450	19%	550	16%	10	3%	3	12%	3	15	6%	25%	4%	6%	3	1 1/2 Lean Meat, 1/2 Starch, 2 Vegetable, 1/2 Fat
Sweet & Sour Chicken	10	1	300	25	3	5%	0.5	3%	0.5	1	0	30	10%	560	23%	730	21%	51	17%	2	8%	20	18	30%	45%	2%	4%	6	1 1/2 Lean Meat, 2 1/2 Starch, 1/2 Veg, 1/2 Fruit

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Thai-Style Chicken	9	1	220	35	4	6%	2	10%	1	1	0	30	10%	590	25%	640	18%	28	9%	2	8%	7	18	20%	50%	6%	4%	4	1 1/2 Lean Meat, 1 1/2 Starch, 1/2veg, 1/2fat
Three Cheese Stuffed Rigatoni	9	1	230	50	6	10%	3.5	18%	0.5	1.5	0	20	7%	370	15%	420	12%	32	11%	4	17%	6	13	60%	15%	20%	4%	4	1 1/2 Lean Meat, 1 1/2 Starch 1 1/2 Vegetable
Three Cheese Chicken	8	1	210	90	10	15%	3	15%	3.5	2.5	0	40	13%	500	21%	550	16%	10	3%	3	12%	5	21	20%	45%	15%	4%	5	1 1/2 Lean Meat, 2 Vegetables, 1/2 Skim Milk, 1 Fat
Cheese French Bread Pizza	6	1	340	60	7	11%	3	15%	1	1.5	0.5	15	4%	680	28%	310	9%	53	18%	5	19%	7	17	8%	8%	35%	15%	6	1 1/2 Med.Fat Meat, 3 carbohydrate, 1/2 Fat
Deluxe French Bread Pizza	6 1/8	1	340	90	10	15%	3.5	18%	1.5	2.5	0	20	7%	760	32%	330	9%	46	15%	4	16%	7	16	8%	20%	15%	15%	7	1 1/2 Med.Fat Meat, 2 1/2 Starch, 1/2 Veg
Pepperoni French Bread Pizza	5 1/4	1	330	80	9	13%	2.5	13%	3	2.5	0	15	5%	690	29%	290	8%	46	15%	4	16%	6	17	6%	10%	20%	15%	7	1 Med. Fat meat, 2 1/2 Starch 1 Fat
Chicken Philly Flatbread Melts	6 1/2	1	340	70	8	13%	3	17%	2	2	0	25	9%	620	26%	370	11%	45	15%	5	18%	10	21	6%	15%	40%	15%	7	1 1/2 Med.Fat meat, 2 1/2 starch, 1/2 Fat
Chicken Ranch Club Flatbread Melts	6 1/2	1	360	80	9	14%	3.5	18%	2	2.5	0	25	8%	640	26%	200	6%	47	16%	4	16%	7	23	10%	6%	35%	15%	7	1 1/2 Med.Fat meat, 2 1/2 starch, 1/2 Fat
Chophouse Steak Flatbread Melts	6 1/4	1	330	80	9	14%	4	19%	2	2.5	0	30	9%	570	24%	430	12%	40	13%	4	17%	4	21	6%	10%	40%	15%	7	1 1/2 Med.Fat meat, 2 1/2 starch, 1/2 Fat
Pesto Chicken Flatbread Melts	6 3/4	1	350	70	8	12%	3	14%	2	2	0	25	8%	630	26%	460	13%	47	16%	5	21%	7	23	10%	20%	45%	15%	7	1 1/2 Med.Fat meat, 2 1/2 starch, 1/2 Fat
Deluxe Pizza Traditional	6	1	340	70	8	12%	2.5	13%	2	3	0	20	6%	510	21%	320	9%	49	16%	4	14%	6	17	10%	15%	15%	15%	7	1 Medium Fat Meat, 3 Starch, 1/2 Fat
Four Cheese Pizza Traditional	6	1	340	50	6	9%	2	12%	1.5	1.5	0	5	2%	650	27%	260	7%	51	17%	3	13%	6	20	8%	8%	30%	15%	7	1 1/2 Lean Meat, 3 Starch 1 Fat
Mushroom Pizza Traditional	6	1	300	45	5	8%	1.5	8%	1.5	1	0	5	2%	540	23%	230	7%	47	16%	4	16%	4	16	6%	4%	20%	15%	6	1 Lean Meat, 3 Starch, 1/2 Fat
Pepperoni Pizza Traditional	6	1	350	70	8	13%	3	15%	2	3	0	20	7%	630	26%	320	9%	50	17%	3	14%	6	20	8%	15%	20%	15%	7	1 1/2 Medium Fat Meat, 3 Starch
Roasted Vegetable Pizza Deep Dish	6	1	320	45	5	7%	1.5	9%	1	1	0	5	2%	280	12%	320	9%	52	17%	3	12%	6	16	15%	20%	20%	15%	6	1 Medium Fat Meat, 3 Starch
Spinach & Mushroom Pizza Deep Dish	6 1/8	1	340	60	7	11%	3	16%	1	1	0	10	4%	450	19%	130	4%	52	17%	2	9%	4	18	4%	0%	25%	20%	7	1 Lean Meat, 3 Starch, 1 1/2 Fat
Three Meat Pizza Deep Dish	6 3/8	1	390	80	9	13%	3	17%	2	3	0	25	8%	610	25%	350	10%	55	18%	3	10%	7	22	8%	10%	20%	20%	8	2 Medium fat Meat, 3 Starch
Bacon Alfredo Pizza Wood Fire	6	1	320	80	9	14%	3	15%	1	1	0	15	4%	670	28%	170	5%	42	14%	2	8%	4	17	8%	4%	20%	15%	7	1 Medium Fat Meat, 2 1/2 Starch, 1 Fat
BBQ Recipe Chicken Pizza Wood Fire	6	1	340	60	7	11%	2	12%	2	2	0	35	12%	430	18%	320	9%	48	16%	2	8%	11	20	6%	6%	25%	15%	7	2 Medium Fat Meat, 2 1/2 Starch
Margherita Pizza Wood Fire	6	1	300	60	7	11%	3	14%	1	2	0	15	5%	390	16%	330	9%	43	14%	2	10%	5	16	15%	10%	25%	15%	6	1 Medium Fat Meat, 2 1/2 Starch, 1/2 Fat
Rst Garlic Chicken Pizza Wood Fire	6	1	330	70	8	13%	3	17%	1.5	2	0	20	7%	600	25%	260	7%	42	14%	2	8%	4	23	4%	2%	30%	15%	7	2 Lean Meat, 2 1/2 Starch, 1 Fat
Chicken Club Panini	6	1	360	80	9	14%	3.5	18%	2	3	0	40	12%	680	28%	500	14%	46	15%	4	16%	7	24	4%	2%	30%	15%	7	2 Lean Meat, 2 Starch, 1 Fat
Chicken, spinach, & mushrooms Panini	6	1	310	60	7	11%	2.5	13%	2.0	2	0	30	10%	600	25%	150	4%	42	14%	5	20%	4	22	8%	10%	30%	15%	6	2 Lean Meat, 2 Starch, 1/2 Fat

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Spinach,Artichoke and Chicken Panini	6	1	310	80	9	14%	4	19%	2.0	1.5	0	30	10%	660	28%	100	3%	40	13%	4	16%	4	18	4%	4%	30%	20%	6	2 Lean Meat, 2 Starch
Philly-style Steak & Cheese Panini	6	1	320	80	9	14%	3	15%	1.5	3	0	30	10%	540	23%	420	12%	38	13%	4	16%	4	21	6%	15%	30%	15%	6	2 Lean Meat,2 Starch,1 other carbohydrate,1/2 Fat
Southwest-style Chicken Panini	6	1	320	70	8	12%	3	15%	2.0	2	0	50	17%	570	24%	430	12%	41	14%	4	16%	7	20	4%	6%	30%	15%	6	2 Lean Meat, 2 Starch
Steak,cheddar&mushroom Panini	6	1	340	80	9	14%	4	20%	2.0	3	0	30	10%	640	27%	370	11%	43	14%	4	16%	6	29	4%	2%	30%	15%	7	2 Medium Fat Meat, 2 Starch,1/2 other carb
Baked Chicken	8 5/8	1	240	45	5	7%	1	5%	2	1	0	30	10%	670	28%	760	22%	32	10%	3	10%	5	17	6%	2%	8%	8%	5	1 1/2 Lean Meat,2 Starch
Baked Chicken Florentine	8	1	200	70	8	12%	2	11%	2	2.5	0	40	12%	660	28%	820	24%	14	5%	3	12%	5	18	90%	25%	20%	8%	4	1 1/2 Lean Meat,1 1/2 Vegetable,1/2 Skim Milk,1 Fat
Beef Pot Roast	9	1	210	50	6	9%	2	8%	1	2	0	25	9%	550	23%	830	24%	26	9%	3	13%	3	14	10%	20%	4%	10%	4	1 1/2 Lean Meat, 1 1/2 Starch, 1/2 Veg
Cheese Lasagna with Chicken Breast Scallopini	10	1	270	70	8	12%	2	10%	3	2	0	30	10%	590	25%	640	18%	33	11%	3	12%	9	17	10%	10%	15%	10%	5	2 Lean Meat, 2 Carbohydrate
Chicken Parmesan	10 7/8	1	310	70	8	12%	2	10%	3	2	0	35	12%	660	28%	820	23%	39	13%	5	20%	10	21	10%	30%	15%	15%	6	1 1/2 Lean Meat,2 1/2 Carb, 1/2 veg,1Fat
Glazed Turkey Tenderloins	9	1	250	45	5	8%	1.5	8%	1	2	0	25	8%	660	28%	570	16%	38	13%	3	12%	19	13	90%	0%	10%	8%	5	1 Very Lean Meat,2 Starch,1 Vegetable,1 Fat
Herb Roasted Chicken	8	1	180	30	3.5	5%	1	4%	1	1	0	35	11%	590	24%	780	22%	20	6%	3	11%	6	18	6%	50%	6%	6%	3	1 1/2 Lean Meat,1 Starch,1 Vegetable
Meatloaf with Gravy & Whipped Potatoes	9 3/8	1	260	70	8	12%	3	15%	2.5	2.5	0	35	12%	610	25%	880	25%	25	8%	3	12%	4	21	0%	0%	8%	10%	5	2 Lean Meat,1 1/2 Starch,1Vegetable
Roasted Turkey & Vegetables	8	1	150	45	5	9%	1	4%	1.5	2	0	25	9%	650	27%	510	15%	12	4%	3	12%	4	15	10%	10%	6%	4%	3	1 1/2 Lean Meat,1 1/2 Vegetable,1/2 other carbohydrate
Roasted Turkey Breast with Dressing	9 3/4	1	260	25	2.5	4%	0.5	2%	1	1	0	20	6%	670	28%	390	11%	48	16%	3	13%	27	12	0%	70%	2%	6%	5	1 1/2 LeanMeat,1 1/2 Starch 1 1/2 Fruit
Salisbury Steak with Mac & Cheese	9 1/2	1	280	80	9	13%	4.5	21%	0.5	3	0	50	17%	610	25%	750	22%	25	8%	3	12%	4	24	0%	0%	10%	15%	6	2 Lean Meat,1 1/2 Starch,1/2 Skim Milk
Southern Beef Tips	8 3/4	1	250	45	5	8%	2	10%	0.5	2	0	25	8%	630	26%	1130	32%	36	12%	3	13%	11	15	8%	8%	4%	8%	5	1 1/2 Lean Meat,1 1/2Starch,1 1/2 Vegetable
Balsamic Glazed Chicken	12	1	330	60	7	11%	2.5	13%	2	2.5	0	40	13%	660	28%	490	14%	41	14%	4	18%	11	25	20%	25%	10%	15%	7	2 Lean Meat, 2 1/2 Starch 1 1/2 Veg, 1/2 Fat
Chicken Fettuccini	12	1	400	70	8	13%	4	19%	1	2.5	0	50	16%	850	35%	690	20%	48	16%	6	24%	3	33	8%	25%	20%	8%	8	2 Lean Meat,2 1/2 Starch,1 1/2 Veg,1/2 skim milk,1/2 Fat
Chicken Florentine	13 1/4	1	410	80	9	13%	3.5	18%	2	2.5	0	45	15%	840	35%	700	20%	54	18%	6	24%	13	28	70%	0%	35%	10%	8	2 Lean Meat, 3 Starch,1 Vegetable,1/2 Skim Milk
Chicken Portabello	12	1	390	70	8	12%	1	5%	4	3	0	55	18%	560	23%	600	17%	48	16%	2	8%	2	32	35%	20%	4%	8%	8	2 Lean Meat,3Starch,1 Veg,1 Fat
Chicken Tuscan	12	1	280	50	6	9%	2	10%	1.5	2	0	40	13%	780	32%	640	19%	34	11%	5	19%	7	22	15%	8%	6%	10%	5	2 Lean Meat,1 1/2 Starch 2 Veg,1/2 Fat

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Grilled Chicken and Penne Pasta	12	1	330	40	4.5	7%	1.5	7%	1	1.5	0	40	12%	580	24%	610	18%	52	17%	6	24%	24	20	35%	90%	10%	8%	6	1 1/2 Lean Meat, 2 Starch, 1 Veg, 1 Fruit, 1/2 Fat
Jumbo Rigatoni with Meatballs	15 3/8	1	390	70	8	13%	2.5	13%	1.5	3	0	35	11%	830	34%	1060	30%	56	19%	7	28%	11	23	15%	10%	15%	15%	8	2 Lean Meat, 3 Starch, 1 Veg, 1/2 Fat
Lemon Garlic Shrimp	12	1	350	60	7	11%	3.5	18%	1	1.5	0	75	25%	830	35%	420	12%	54	18%	5	20%	3	18	20%	40%	6%	8%	7	1 Lean Meat, 3 Starch, 2 Veg, 1/2 Fat
Orange Peel Chicken	12	1	380	80	9	14%	1.5	8%	4	2	0	20	7%	720	29%	400	11%	60	20%	4	16%	16	14	60%	25%	8%	10%	8	1 1/2 Med. Fat Meat, 2 Starch, 1 other carb, 2 Veg
Roasted Turkey Breast	12	1	290	60	7	10%	1	5%	2.5	2.5	0	30	9%	890	37%	750	22%	38	12%	5	20%	11	19	4%	4%	10%	6%	6	2 Lean Meat, 2 Starch, 1 Vegetable, 1/2 Fat
Salisbury Steak	12 1/2	1	270	70	8	13%	4	20%	0.5	3	0	45	15%	650	27%	950	27%	27	9%	10	40%	10	22	90%	0%	10%	15%	5	2 Lean Meat, 1 Starch, 2 1/2 Vegetable, 1/2 Fat
Steak Tips Dijon	12	1	280	60	7	11%	2.5	13%	1.5	2.5	0	30	10%	650	27%	1180	34%	33	11%	5	20%	11	21	20%	4%	15%	15%	5	2 Lean Meat, 1 1/2 Carb, 2 Veg
Alfredo Pasta with Chicken & Broccoli	10	1	300	50	6	10%	3	15%	1	1	0	30	10%	660	27%	370	11%	45	15%	3	13%	5	16	2%	20%	15%	4%	6	1 Lean Meat, 2 Starch, 1 Veg, 1/2 skim milk, 1/2 fat
Angel Hair Pomodoro	10	1	250	45	5	8%	2	10%	1	1	0	5	2%	620	26%	470	13%	42	14%	4	16%	10	8	10%	6%	15%	15%	5	2 1/2 Starch, 1 Fat
Asian Style Pot Stickers	9	1	260	35	4	6%	1	5%	1	1.5	0	15	5%	530	22%	190	5%	47	16%	3	12%	9	9	30%	4%	4%	8%	5	1 Lean Meat, 2 1/2 Starch, 1/2 Vegetable
Baja-Style Chicken Quesadilla	5	1	280	70	8	12%	3	16%	1	2	0	20	6%	690	29%	200	6%	34	11%	8	32%	3	18	8%	10%	35%	10%	5	1 1/2 Lean Meat, 2 Starch, 1 1/2 Fat
BBQ Chicken Quesadilla	5	1	260	60	7	10%	2.5	13%	1	1.5	0	15	6%	630	26%	300	9%	35	12%	2	6%	7	16	8%	5%	30%	10%	6	1 1/2 Medium Fat Meat, 2 Starch
Cheddar Potatoes w/Broccoli	10 1/4	1	230	45	5	8%	3	16%	0	1	0	15	5%	640	26%	860	24%	35	12%	4	18%	6	12	4%	50%	25%	6%	4	1/2 High Fat Meat, 1 Starch, 2 Veg, 1/2 skim milk
Cheese Ravioli	8 1/2	1	220	45	5	8%	3	15%	0.5	1	0	35	12%	620	27%	530	15%	33	11%	3	12%	8	11	10%	15%	20%	8%	4	1 Medium Fat Meat, 2 Starch
Chicken Chow Mein	9	1	260	25	4	6%	1	5%	1.5	1.5	0	25	8%	550	23%	380	11%	41	14%	3	12%	3	14	45%	6%	6%	6%	5	1 Lean Meat, 2 1/2 Starch, 1/2 Vegetable
Chicken Enchilada Suiza	9	1	280	45	5	8%	2	10%	1	1	0	20	6%	600	25%	380	11%	48	16%	3	12%	6	10	4%	2%	15%	6%	5	1 Lean Meat, 2 1/2 Starch, 1/2 Skim milk
Chicken Fettuccini	9 1/4	1	270	50	6	9%	3	15%	1	2	0	40	13%	690	29%	520	15%	32	11%	0	0%	6	22	0%	0%	20%	6%	6	1 1/2 Lean Meat, 2 Starch, 1/2 Skim Milk
Chicken Florentine Lasagna	10	1	280	50	6	9%	2	10%	1.5	1.5	0	30	10%	650	27%	540	15%	36	12%	3	12%	6	20	25%	4%	20%	6%	6	1 1/2 Lean Meat, 2 Starch, 1/2 Veg, 1/2 skim milk
Chicken Fried Rice	9	1	260	45	5	8%	1	5%	1.5	2	0	25	8%	530	22%	380	11%	41	14%	4	16%	5	12	70%	4%	6%	6%	5	1 Lean Meat, 2 Starch, 1/2 veg, 1 fat
Chicken Teriyaki Stir Fry	9	1	250	20	2	4%	0.5	3%	0	0.5	0	20	6%	570	24%	470	13%	46	15%	3	12%	9	12	50%	8%	6%	6%	5	1 Lean Meat, 2 1/2 Starch, 1/2 Vegetable
Classic Five Cheese Lasagna	11 1/2	1	360	70	8	12%	3.5	17%	1	2	0	20	7%	600	25%	700	20%	51	17%	4	16%	10	21	15%	15%	30%	8%	7	2 Lean Meat, 3 Starch, 1/2 Fat



Lean Cuisine® Nutrition Information



Product	Ounces	Serving Size	Calories	Calories from fat	Total Fat(g)	Total Fat % DV	Saturated Fat(g)	Saturated Fat % DV	Polysaturated Fat (g)	Monounsaturated Fat (g)	Trans Fatty Acids (g)	Cholesterol (mg)	Cholesterol % DV	Sodium (mg)	Sodium % DV	Potassium (mg)	Potassium % DV	Total Carbohydrate (g)	Carbohydrate % DV	Dietary Fiber (g)	Dietary Fiber % DV	Sugars (g)	Protein(g)	Vitamin A % DV*	Vitamin C % DV*	Calcium % DV*	Iron % DV*	Weight Watchers Points	Diet Exchanges
Classic Macaroni and Beef	9 1/2	1	310	80	9	14%	3.5	18%	1	4	0	30	10%	630	26%	870	25%	38	13%	3	12%	8	20	10%	15%	6%	15%	6	1 Med. Fat meat, 2 1/2 Starch, 1 Fat
Deluxe Cheddar Potato	10 3/8	1	260	60	7	11%	3.5	18%	0.5	2	0	20	7%	600	25%	1000	29%	35	12%	4	16%	7	14	6%	30%	25%	6%	5	1 High Fat Meat, 1 Starch, 3 Vegetable, 1/2 Skim Milk
Fettuccini Alfredo	9 1/4	1	330	60	7	11%	3	15%	1.5	1	0	15	5%	600	25%	270	8%	54	18%	3	12%	6	12	2%	0%	15%	2%	6	1/2 Medium Fat Meat, 3 Starch, 1/2 Skim milk, 1/2 Fat
Five Cheese Rigatoni	10	1	330	80	9	14%	4	20%	1.5	1.5	0	20	7%	690	29%	440	13%	50	17%	4	16%	10	12	15%	10%	25%	15%	7	1/2 Med. Fat meat, 3 Starch 1 Fat
Four Cheese Cannelloni	9 1/8	1	240	50	6	9%	3	15%	1	1.5	0	20	7%	690	29%	480	14%	30	10%	3	12%	9	17	8%	4%	25%	4%	5	2 Lean Meat, 2 Starch
Lasagna with Meat Sauce	10 1/2	1	320	70	8	12%	4	19%	0	2	0	30	10%	630	26%	710	20%	45	15%	4	16%	8	17	6%	10%	15%	6%	6	1 1/2 Lean Meat, 2 1/2 Starch, 1/2 other carbohydrate
Linguini Carbonara	9 1/4	1	300	70	8	12%	2	10%	3	2	0	15	5%	590	25%	900	26%	43	14%	2	8%	4	14	4%	4%	15%	10%	6	2 1/2 Starch, 1/2 skim milk, 1 fat
Macaroni and Cheese	10	1	290	60	7	11%	4	20%	1	1.5	0	20	6%	630	26%	560	16%	41	14%	1	8%	7	15	0%	0%	30%	8%	6	1/2 High Fat Meat, 2 1/2 Starch, 1/2 Skim Milk
Pasta Romano with bacon	10	1	280	60	7	11%	2	10%	2	1.5	0	10	3%	650	27%	880	25%	43	14%	4	16%	8	12	10%	10%	15%	10%	5	2 Starch, 1/2 Veg, 1/2 skim milk, 1 1/2 fat
Roasted Chicken with Lemon Pepper Fettuccini	8 1/8	1	230	50	6	9%	2	10%	2	1.5	0	30	10%	570	24%	370	11%	28	9%	2	8%	3	16	20%	8%	8%	6%	5	1 1/2 Lean Meat, 2 Starch
Sante Fe Style Rice & Beans	10 3/8	1	300	45	5	8%	2.5	12%	1	1	0	15	5%	590	24%	600	17%	52	17%	5	20%	10	11	10%	15%	20%	8%	6	1/2 Lean Meat, 2 1/2 Starch, 1/2 Skim Milk, 1/2 Fat
Spaghetti with Meat Sauce	11 1/2	1	320	40	4.5	7%	1	5%	1.5	1	0	15	5%	690	29%	550	16%	55	18%	4	16%	8	15	8%	10%	4%	10%	6	1/2 Lean Meat, 3 1/2 Starch 1/2 Fat
Spaghetti with Meatballs	9 1/2	1	270	50	6	9%	2	10%	1	2	0	25	8%	580	24%	510	15%	38	13%	3	12%	6	16	8%	10%	4%	15%	5	1 Medium Fat Meat, 2 1/2 Starch
Stuffed Cabbage	9 1/2	1	210	50	6	9%	1.5	8%	2	2	0	15	5%	670	28%	740	21%	28	9%	3	13%	6	10	4%	2%	8%	10%	4	1 Lean Meat, 1 1/2 Starch, 1/2 skim milk
Swedish Meatballs	9 1/8	1	310	70	8	12%	3	15%	2	3	0	45	14%	670	28%	570	16%	41	14%	3	12%	4	19	0%	0%	10%	10%	6	2 Lean Meat, 2 Starch, 1/2 Skim Milk
Vegetable Eggroll	9	1	310	45	5	7%	1	4%	2	1.5	0	5	2%	630	27%	240	7%	60	20%	3	12%	15	7	50%	4%	4%	10%	6	3 Starch, 1 Fat, 1/2 other carbohydrate
Apple Cranberry Chicken	9 5/8	1	300	35	4	6%	1.5	8%	1	0	0	20	7%	500	21%	430	12%	54	18%	6	24%	24	14	30%	35%	8%	10%	5	1 1/2 Lean Meat, 2 1/2 Starch 1/2 Fruit, 1 Veg
Butternut Squash Ravioli	9 7/8	1	280	60	7	11%	2	10%	3	1	0	20	7%	490	20%	600	17%	43	14%	5	20%	11	10	90%	15%	15%	10%	5	2 Starch, 2 Veg, 1/2 skim milk, 1 Fat
Chicken Mediterranean	10 1/2	1	240	35	4	6%	1.0	4%	1.5	1	0	40	12%	590	25%	860	25%	32	11%	6	24%	6	19	10%	20%	8%	15%	4	1 1/2 Lean Meat, 1 1/2 Starch 1 Veg, 1/2 Fat
Chicken in Peanut Sauce	9	1	290	60	7	11%	1.0	5%	3	2	0	25	8%	570	24%	500	14%	33	11%	5	20%	5	24	8%	6%	10%	15%	6	1 1/2 Lean Meat, 1 1/2 starch, 1/2 veg, 1/2 skim milk, 1/2 fat
Chicken Pecan	9	1	290	60	7	11%	1	5%	2.5	2.5	0	30	10%	550	23%	540	15%	37	12%	5	20%	14	20	50%	10%	6%	15%	6	1 1/2 Lean Meat, 1 starch, 1 other carbohydrate, 1 Veg
Ginger Garlic Stir fry w/chicken	9 7/8	1	280	35	4	6%	1	5%	1.5	1	0	30	10%	550	23%	560	16%	42	14%	5	20%	17	20	45%	40%	6%	20%	5	1 1/2 Lean Meat, 2 Starch, 1 1/2 Veg, 1/2 Fat
Grilled Chicken Primavera	9 3/8	1	200	25	3	5%	1	5%	1	1	0	20	7%	580	24%	550	16%	26	9%	5	20%	6	17	15%	70%	10%	10%	3	1 Lean Meat, 1 starch 1/2 skim milk, 1 1/2 Veg
Hunan Stir Fry with beef	8 1/2	1	260	45	5	8%	1	5%	2	1	0	20	7%	490	20%	670	19%	37	12%	5	20%	13	17	10%	40%	10%	15%	5	1 Lean Meat, 1 1/2 Starch 2 Veg, 1 Fat

All information is stated per serving. Nutrition information updated Jan 2010

Product	Ounces	Serving Size	Calories	Calories from fat	Total Fat(g)	Total Fat % DV	Saturated Fat(g)	Saturated Fat % DV	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Trans Fatty Acids (g)	Cholesterol (mg)	Cholesterol % DV	Sodium (mg)	Sodium % DV	Potassium (mg)	Potassium % DV	Total Carbohydrate (g)	Carbohydrate % DV	Dietary Fiber (g)	Dietary Fiber % DV	Sugars (g)	Protein(g)	Vitamin A % DV*	Vitamin C % DV*	Calcium % DV*	Iron % DV*	Weight Watchers Points	Diet Exchanges
Lemon Chicken	9	1	260	50	6	9%	1	5%	3	1.5	0	25	8%	460	19%	410	12%	35	12%	5	20%	9	16	40%	40%	6%	15%	5	1 1/2 Lean Meat, 2 Starch 1 Vegetable
Lemongrass Chicken	9 3/8	1	260	50	6	9%	1	6%	3.0	1	0	25	8%	550	23%	660	19%	33	11%	5	20%	7	19	25%	40%	8%	16%	5	1 1/2 Lean Meat, 1 1/2 Starch 1 1/2 Veg, 1 Fat
Roasted Honey Chicken	9 3/4	1	280	35	4	7%	1	5%	1.0	1	0	30	9%	600	25%	540	15%	44	15%	5	20%	18	18	20%	6%	6%	15%	5	1 1/2 Lean Meat, 2 1/2 Starch 1 Vegetable
Rosemary Chicken	8 1/4	1	230	45	5	8%	1.5	8%	2.0	1	0	30	10%	600	25%	490	14%	30	10%	5	20%	5	17	50%	4%	6%	10%	4	1 1/2 Lean Meat, 1 1/2 Starch, 1 Veg, 1/2 Fat
Sesame Stir fry with chicken	9 7/8	1	300	50	6	9%	1	5%	2.0	2	0	40	13%	590	25%	450	13%	41	14%	5	20%	14	20	70%	30%	6%	10%	6	1/2 Lean Meat, 2 Carb, 2 Veg, 1/2 Fat
Thai-Style Noodles with chicken	9 3/4	1	310	60	7	11%	1.5	8%	3.0	2.5	0	30	10%	590	25%	580	17%	41	14%	5	20%	13	20	50%	8%	10%	15%	6	1 1/2 Lean Meat, 2 Starch 1 Veg, 1/2 skim milk, 1/2 Fat
Salmon with Basil	9 1/2	1	220	50	6	9%	1.5	8%	2.0	1	0	20	6%	600	25%	500	14%	26	9%	5	20%	4	16	90%	2%	15%	15%	4	1 1/2 Lean Meat, 1 Starch, 2 Vegetable, 1/2 Fat
Szechuan style stir fry with shrimp	9	1	230	20	2	3%	0	0%	1.0	0	0	50	17%	570	24%	220	6%	41	14%	5	20%	13	12	50%	10%	6%	10%	4	1 Lean Meat, 2 Starch 1 Vegetable