

Taylor Made Cuisine Nutritional Information

2023

Poultry

	Calories (Kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Total Sugar (g)	Protein (g)
Almond Chicken	410.00	22	3	0	110	410	7	3	3	45
Amalfi Lemon Chicken	300.00	13	2.5	0	115	470	1	<1	0	42
BBQ Chicken	280	7	1.5	0	120	470	8	<1	6	44
Blackened Chicken	310	10	2	0	140	290	2	1	0	51
Buffalo Chicken	270	9	4.5	0	120	920	0	0	0	44
Cali Un-fried Chicken	370	14	2	0	95	140	28	1	0	31
Chicken Cacciatore	329.9	9.9	2.1	0	206.2	298.1	8.4	2.4	4.1	51
Chicken Fajitas	260	8	1.5	0	105	110	6	1	3	40
Chicken Piccata	320	10	2	0	135	540	4	<1	<1	50
Chicken Pomodoro	310	7	2	0	145	180	3	<1	2	54
Chicken Shawarma	240	12	3.5	0	170	280	<1	0	0	34
Coconut Chicken Curry	400	29	14	0	170	290	1	0	0	33
Fire-grilled Turkey Sausage	210	16	3.5	0	95	400	4	2	1	16
Herbed Chicken	290	7	2	0	140	360	<1	0	0	52
Indian Butter Chicken	340	21	9	0	160	700	9	2	3	31
Kung Pao Chicken	320	18	4.5	0	155	610	10	<1	5	33
Malibu Chicken Salad	270	12	2.5	0	80	300	13	1	7	28
Roasted Turkey	247.3	5.6	1.7	0.1	146.7	2307.1	4.3	0.3	3.7	42.3
Sticky Sesame Turkey	190	8	2	0	40	280	23	0	20	9
Spicy Green Chile Chicken	306.5	8.6	1.5	0	89.7	338.6	19.4	4.2	5	41.2
Teriyaki Chicken	400	15	2.5	0	120	700	19	1	16	45
Turkey "Chorizo"	170	13	3	0	70	440	0	0	0	14
Tuscan Chicken	320	23	7	0	155	300	2	0	<1	28

Pork

	Calories (Kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Total Sugar (g)	Protein (g)
BBQ Pulled Pork	460	29	10	0	115	890	17	2	13	33
Carnitas	370	25	9	0	115	115	2	<1	0	31
Grilled Italian Sausage	490	39	14	0	80	1050	6	0	3	27
Pork Mojo	590	45	12	0	120	770	15	2	6	33

Beef

	Calories (Kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Total Sugar (g)	Protein (g)
Beef Bourguignon	600.00	39	14	0	165	1030	12	2	2	52

Beef + Broccoli	350	17	6	0	70	790	16	2	10	31
Beef Meatballs	500	38	14	0	115	670	7	2	4	29
Beef Ragù	330	21	8	0	95	170	6	2	3	29
Beef Stroganoff	397.1	24.5	11.4	0.9	111.3	338.4	8.6	1	5.9	34.4
Bolognese	190	14	4.5	0	35	160	5	1	3	9
Chile Colorado	350	22	9	0	120	125	1	0	0	35
Korean Beef Bulgogi	540	34	10	0	100	470	10	<1	9	44
Paleo Meatloaf + BBQ Sauce	430	23	8	0	135	720	19	1	9	34
Short Ribs	410	26	10	0	120	200	7	2	2	37
Teriyaki Tenderloin Tips	540	39	14	0	115	780	13	<1	11	33
Simple Tenderloin Tips	480	38	14	0	115	370	0	0	0	32

Plant-Based Proteins

	Calories (Kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Total Sugar (g)	Protein (g)
Borracho Beans	170	15	0	0	0	450	30	7	2	10
Chana Masala	180	5	0.5	0	0	810	27	7	6	8
Coconut Lentil Curry	196.1	4.5	3.8	0	0	8.3	28	13	3	11.1
Kung Pao Chickpeas	310	15	2	0	0	800	38	7	14	9
Lentil Bolognese	160	4	0.5	0	0	280	23	8	6	7
Marinated Garbanzo Beans	70	1	0	0	0	30	12	3	2	4
Stewed Black Beans	160	15	0	0	0	580	28	7	2	9
Veggie Croquettes	130	9	1	0	0	400	11	6	3	5

Bowls

	Calories (Kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Total Sugar (g)	Protein (g)
Asian Rice Bowl	270	7	1	0	0	130	45	7	4	11
Buddha Bowl	589.2	33.8	4.3	0	0	359	61.6	11.6	9.5	13.5
Harvest Bowl	431.1	14.8	4.3	0	0	436.8	74.9	17.1	20.8	10.8
Mediterranean Bowl	729.7	50	8.2	0.2	15.2	2250.3	51	14.2	23.9	14.6
Vegan Taco Bowl	481.8	12.2	1.9	0	0	988.1	74.4	13.4	10.1	20.6

Salads

	Calories (Kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Total Sugar (g)	Protein (g)
Arugula Side Salad (With Dressing)	370.00	32	4	0	0	125	21	2	15	4
Arugula Side Salad (Without Dressing)	160.00	11	1	0	0	20	16	2	11	4
Farmhouse Salad Classic Herb Ranch (With Dressing)	420.00	37	4	0	10	1700	17	6	6	9
Farmhouse Salad Green Goddess (With Dressing)	460.00	43	6	0	0	1780	16	6	5	8
Farmhouse Salad (Without Dressing)	180.00	12	1.5	0	0	1430	15	6	5	8
Italian Chopped Salad (With Dressing)	840.00	70	24	0	130	2930	23	8	7	38
Italian Chopped Salad (Without Dressing)	630.00	49	21	0	130	2540	20	6	7	33

Kaleifornia Caesar Salad (With Dressing)	670	59	8	0	10	1290	27	11	5	17
Kaleifornia Caesar Salad (Without Dressing)	370	25	3	0	10	840	25	10	5	16
Kale Shaker Salad (With Dressing)	240	15	1.5	0	0	105	26	5	17	5
Kale Shaker Salad (Without Dressing)	160	8	0.5	0	0	105	21	4	13	5
Spinach Side Salad (With Dressing)	230	17	1.5	0	0	40	20	5	13	4
Spinach Side Salad (Without Dressing)	150	10	1	0	0	40	15	4	10	3
Superfood Quinoa Salad (With Dressing)	510	23	3	0	0	850	69	10	36	13
Superfood Quinoa Salad (Without Dressing)	290	11	1.5	0	0	200	46	9	18	11
Zesty Asian Salad (With Dressing)	340	27	3	0	0	320	20	7	8	8
Zesty Asian Salad (Without Dressing)	100	2.5	0	0	0	65	16	6	6	8

Seafood

	Calories (Kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Total Sugar (g)	Protein (g)
Blackened Salmon	340	17	3	0	95	200	1	<1	0	45
Blackened Shrimp	170	5	1	0	250	1180	3	0	0	27
Kung Pao Shrimp	310	12	2.5	0	245	1770	22	2	10	30
Lemon Dill Salmon	340	17	3	0	95	90	0	0	0	45
Lemon Pepper Halibut	220	7	1	0	100	290	0	0	0	37
Lemon Pepper Shrimp	160	5	1	0	245	1330	3	0	0	26
Pesto Salmon	500	31	5	0	95	430	3	2	0	51
Pesto Shrimp	190	7	1.5	0	255	1490	3	0	0	29
Teriyaki Salmon	400	17	3	0	95	820	13	<1	11	46
Thai Curry Salmon	440	25	8	0	95	260	4	<1	2	47

Soups, Chili + Stews

	Calories (Kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Total Sugar (g)	Protein (g)
Beef Bourguignon	453.70	22.3	8.8	0	147.6	764.3	12.5	2	4.1	50.1
Beef Chili	354.20	12.6	6.1	0.4	49.4	645.7	37.1	9.9	8.9	27.5
Butternut Squash Soup	196.60	2.8	2.5	0	0	39.5	37.3	11.6	9.4	4.4
Cajun Gumbo	259.3	14.1	5	0	71.8	1028.5	11.3	1.7	6.1	22.6
Cauliflower Chowder	350	28	16	0	75	620	12	5	5	16
Chicken + Wild Rice Soup	330	8	2	0	80	360	29	3	5	35
Chicken Stew	270	14	4.5	0	80	400	18	2	5	20
Chicken Tortilla Soup	220	7	1.5	0	50	520	17	4	6	24
Chicken Zoodle Soup	240	8	2	0	70	430	13	1	5	29
Cream of Broccoli Soup	180	13	6	0	0	440	15	6	4	5
Curry Vegetable Soup	180	12	6	0	0	430	14	5	5	5
Moroccan Lentil Stew	222.7	3.4	0.4	0	0	143	40.2	7.4	7.4	10.2
Pozole Rojo	360	14	3.5	0	95	1130	32	6	10	28

Pumpkin Soup	160	9	4	0	0	560	19	6	8	3
Pozole Verde	350	16	3.5	0	90	410	32	8	11	25
Tomato Bisque	390	33	20	0	95	900	17	4	11	6
Tuscan White Bean Soup	206.6	1.3	0.1	0	0	2445.5	35.4	7.1	5.6	9.1
Vegan Chili	241.1	0.7	0.1	0	0	394.6	43.7	13.1	7.9	13.1
Vegan Jambalaya	160.8	0.7	0.2	0	585.8	24.6	6.2	6.2	5.9	6.2
Zuppa Toscana	545.4	40.3	20.9	0	67.5	227.9	21.9	4	3.5	25.4

Sides

	Calories (Kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Total Sugar (g)	Protein (g)
Broccoli	34.7	0.4	0.1	0	0	40.7	7.1	3.3	1.4	2.4
Brown Fried Rice	304.5	12.7	2.7	0	154.3	490.2	36.3	4.1	7.3	10.5
Brown Rice	139.5	1.1	0.3	0	0	4.5	29	1.8	0.3	3.1
Brussels Sprouts	55.9	2.3	0.3	0	0	23.8	8.1	2.9	2	2.9
Butternut Squash	120.6	3.6	0.5	0	0	9.1	23.8	7.3	4.5	2
Dairy-Free Mashed Potatoes	128.6	3.5	3	0	0	44.4	24	2.3	1.6	2.6
Dairy-Free Spaghetti Squash + Marinara	143.6	8.5	1.1	0	0	415.7	16.8	2.8	8	2.3
Gluten-Free Naked Pasta (regular size)	370	8	1	0	0	0	70	3	0	6
Gluten-Free Naked Pasta (large size)	750	16	2.5	0	0	0	139	6	0	11
Gluten-Free Mac + Cheese	268	11.5	6	0.3	30.1	320.3	39	2	1.7	8.3
Gluten-Free Pasta + Marinara	234.7	2.8	0.3	0	0	222.8	54.8	2.9	0	5.9
Green Beans	49.7	1.5	0.2	0	0	1.1	8.9	3.6	4.1	2.1
Grilled Peppers	87.7	4	0.5	0	0	85.2	13.5	4.7	9.4	2.2
Grilled Peppers + Onions	99.6	1.8	0.3	0	0	11.3	20.8	5.2	12	2.9
Hash Brown Patties (3 patties)	100	4	0	0	20	640	15	2	1	2
Mixed Veggies (regular size)	40	1	0	0	0	25	8	3	3	2
Mixed Veggies (large size)	70	1.5	0	0	0	45	13	5	5	3
Naked Spaghetti Squash	75.3	0.7	0.2	0	0	50.2	18	3.9	7.1	1.8
Potato Gratin	233.9	14.7	9.6	0	53.2	204.5	18.1	1.7	0.9	6.7
Quinoa	153.1	2.4	0.3	0	0	8.9	27.2	3.6	1.1	5.6
Roasted Cauliflower (regular size)	60	3.5	0	0	0	670	6	3	3	3
Roasted Cauliflower (large size)	80	5	0.5	0	0	970	9	5	4	4
Roasted Potatoes (regular size)	160	3	0	0	0	670	30	3	2	4
Roasted Potatoes (large size)	280	5	0.5	0	0	1190	53	6	3	6
Roasted Sweet Potatoes	160.7	4.8	0.5	0	0	47.5	27.8	4.8	8.5	2.7
Saffron Rice	118.1	4.1	0.6	0	0	150.8	9.3	1.6	2.8	1.9
Sauteed Asparagus	28.1	0.3	0.1	0	0	17.9	5.2	2.6	1.7	3.1
Sauteed Peas	132.8	3.3	0.5	0	0	145.2	19.6	6.2	7.3	7.2
Spaghetti Squash + Marinara	169.8	10.3	2.1	0.1	5.4	528.5	17.7	2.8	8	4.1

Sweet Potato Hash	120	0.3	0.1	0	0	75.6	27.5	5.1	6.6	3
Sweet Potato Mash (regular size)	280	1	1	0	0	60	64	9	5	3
Sweet Potato Mash (large size)	550	2.5	1.5	0	0	120	128	17	9	7
Vegan Spanish Rice	135.4	0.3	0.1	0	0	383.7	29.4	0.6	0.9	3
Veggie Stir Fry	82.5	3.1	0.4	0	0	131.3	9.6	2.9	4.1	1.8
Zoodles	27	0.5	0.1	0	0	12.7	4.9	1.6	4	0
Zucchini	26.4	0.6	0.1	0	0	5.3	4.7	1.8	3	2

Breakfast Items

	Calories (Kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Total Sugar (g)	Protein (g)
Aloha Bowl (Greek Yogurt)	340.00	20	14	0	30	60	26	8	16	17
Banana Staxx (1 pancake)	130.00	8	3	0	15	60	16	2	2	3
BLT Scramble	200.2	13	4	0	377.9	287.1	4.4	1.1	2.3	15.6
Breakfast Bowl	393.9	18.1	5.4	0	385.8	660.2	36	7.7	12.3	22.1
Broccoli Cheddar Muffins (Two Servings Per Package)	179.8	14.2	8.7	0.1	93.4	241.1	6.4	2.1	1	6
Chocolate Lovers Baked Oats (Two Servings Per Package)	246.9	8.3	3.9	0	33.9	216.2	40.1	5.4	16.9	6.2
Cinnamon Pecan Waffles	106.3	5.6	4.2	0	31.1	108.8	12.6	1	7	1.6
Cowboy Scramble	190	12.9	4	0	377.9	275.9	2.8	0.6	0.6	15.3
Crumb Donut	218	15.1	2.1	0	74	96	16.4	2.7	12.7	7.6
Dairy-Free Aloha Bowl	340	16	12	0	0	25	48	12	28	5
Dairy-Free Yogurt Parfait	170	4	3	0	0	15	35	7	22	2
Keto Bacon Cheddar Scone	386.2	31.7	9.4	0.3	71.5	501.7	11.9	5.6	1.8	16.7
OC Staxx (1 pancake)	160	12	4.5	0	15	140	16	2	1	4
Protein Waffles	122	6.4	2.8	0	24.2	105.9	13	1.2	5.4	4
Sausage Muffins (2 muffins)	370	30	17	0	175	520	13	1	3	13
Scrambled Eggs	140	10	3	0	370	140	0	0	0	12
Sweet Potato Hash	120	0.3	0.1	0	0	75.6	27.5	5.1	6.6	3
Vegan Chocolate Muffins (1 muffin)	70	4	1.5	0	0	30	6	<1	4	1
Veggie Scramble	200.2	13	4	0	377.9	287.1	4.4	1.1	2.3	15.6
Yogurt Parfait (Greek Yogurt)	230	11	8	0	40	75	12	2	10	19

Snacks + Desserts

	Calories (Kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Total Sugar (g)	Protein (g)
Chocolate Chunk Cookie	310	23	10	0	0	75	23	3	14	5
Chewy Spice Cookies	315.8	23.2	9.6	0	0	205.5	24.6	3.1	19.3	5.4
Chocolate Lovers Baked Oats (Two Servings Per Package)	246.9	8.3	3.9	0	33.9	216.2	40.1	5.4	16.9	6.2
Chocolate Peanut Butter Protein Donut	205.3	11	4.1	0	12.6	131	22	3.9	14.4	9.2
Coffee Chia Panna Cotta	328	11.7	4.7	0.3	11.7	233.5	54.7	5.2	39.9	3.4

Crumb Donut	218	15.1	2.1	0	74	96	16.4	2.7	12.7	7.6
Double Dates (4 count)	200	7	4	0	0	10	38	4	32	2
Fruit Cup	80	0	0	0	0	15	19	3	15	1
Gluten Free Crackers	280	25	2	0	0	400	9	5	2	8
Grain-Free Granola (4 oz container)	370	28	12	0	0	300	29	8	16	7
Grain-Free Granola (8 oz container)	740	55	23	0	0	610	59	15	32	14
Hemp Heart Granola Bar	349.9	19.8	5	0	0	102.6	36.6	5.1	15.7	9.2
Horchata Cookie	240	23	12	0	15	220	22	2	1	4
Keto Blueberry Muffins	230	21	7	0	100	270	16	2	1	7
Keto Peanut Butter Cups (Three Servings Per Package)	148.5	14	6.8	0	0	2.9	8.6	1.9	0.9	3.2
Keto Pumpkin Scone	170	13	3	0	25	230	19	3	2	6
Keto Thumbprint Cookies	241.6	19.7	6.3	0.4	39.7	34.6	21.9	5.9	5.5	5.8
Low-Carb Lemon Loaf	140	11	2	0	85	115	26	3	1	7
O.G. Granola Bar	297.3	24.3	4.3	0	0	52	18.5	4.7	12.2	6.5
Peanut Butter Crunch Bar	290.4	19.3	4.5	0	0	29.4	24.5	4.1	15	9.7
Pecan Pie Bar	413.5	35.6	14.2	0	0	9.6	22	4.3	15.7	5.2
Plantain Chips	280	14	1	0	0	80	38	2	0	2
Protein Snack Box (Two Servings)	720	63	21	0	115	1440	11	4	2	33
Protein Waffles	122	6.4	2.8	0	24.2	105.9	13	1.2	5.4	4
Pumpkin Chocolate Chip Baked Oats (Two Servings Per Package)	240.2	7.5	3.1	0	61.7	204.1	37.2	4.8	11.7	7.3
Pumpkin Spice Muffins	270	16	2	0	125	300	26	5	17	10
Romantic Razzberry Cookie	270	26	12	0	25	210	21	3	1	5
Sprinkle Cookies	529.8	46.1	19.2	0	0	7.8	29.7	9.1	16.3	11.7
Sweet Lady Snack Box (Two Servings)	340	18	9	0	25	300	39	5	22	8
Tahini Brownie	159.2	10.2	2.3	0.1	23.3	105.5	15.8	2.3	11.1	3.9
Taylor's Favorite Donut	354	24.2	10.4	0	74	102.6	30.5	4.4	23.2	8.2
Vegan Banana Walnut Bread	450	25	3.5	0	0	320	51	6	21	10
Veggies + Dip Hummus	160	9	1	0	0	200	18	5	4	5
Veggies + Dip Creamy Kale Dip	170	10	7	0	20	390	9	3	3	10
Veggies + Dip (Large) Classic Herb Ranch	280	25	3	0	10	320	12	3	5	3
Veggies + Dip Romesco	250	21	2.5	0	0	40	12	4	5	5

Dips & Sauces

	Calories (Kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Total Sugar (g)	Protein (g)
Blueberry Vinaigrette	80.00	7	0.5	0	0	0	5	<1	4	0
Bruschetta	10	0	0	0	0	0	2	0	1	0
Creamy Kale Dip	140	10	7	0	20	350	2	<1	0	9

Classic Herb Ranch	230	25	2.5	0	10	260	2	0	1	1
Cilantro Lime Sauce	35	2.5	0	0	0	200	3	0	0	1
Four Cheese Sauce	220	20	12	0	55	350	3	0	<1	9
Ginger Sesame Vinaigrette	140	14	1.5	0	0	150	2	0	1	0
Green Goddess Dressing	280	31	4	0	0	340	<1	0	0	0
House BBQ Sauce	80	3	0	0	0	500	14	1	11	<1
House Buffalo Sauce	40	4	3	0	0	970	<1	0	0	<1
Hummus	130	9	1	0	0	160	11	3	1	4
Maple Dihini Vinaigrette	220	13	1.5	0	0	650	23	<1	18	2
Mango Salsa	35	0	0	0	0	120	8	<1	7	0
Marinara Sauce	30	1.5	0	0	0	100	2	<1	2	<1
Mediterranean Dressing	140	16	2	0	0	70	0	0	0	0
Orange Balsamic Vinaigrette	210	21	3	0	0	105	5	0	4	0
Raspberry Vinaigrette	80	7	0.5	0	0	0	5	1	3	0
Roasted Salsa	60	5	0.5	0	0	0	2	<1	1	<1
Romesco	220	21	2.5	0	0	0	5	2	2	4
Savory Mushroom Sauce	80	7	2.5	0	0	40	4	2	1	2
Spicy Mango Chutney (3.25 oz)	40	0.5	0	0	0	15	21	<1	7	<1
Spicy Mango Chutney (2 oz)	25	0	0	0	0	10	13	<1	4	0
Tahini Sauce	100	9	1	0	0	10	4	<1	0	3
Tangy Orange Sauce	35	0	0	0	0	85	24	<1	5	0
Teriyaki Sauce	60	1	0	0	0	480	15	<1	13	0
Thai Almond Sauce	220	19	1.5	0	0	210	8	3	3	6
Thai Curry Sauce	100	8	5	0	0	180	4	<1	2	1
Tzatziki	40	1.5	1	0	5	115	3	<1	2	3
Vegan Bomb Sauce	236.2	21.4	2.4	0	0	178.4	7.9	3.8	15	6.3
Vegan Caesar Dressing	330	36	6	0	0	500	2	<1	0	1
Vegan Chipotle Aioli	220	23	4	0	0	300	4	1	1	1
Vegan Gravy	46.9	0.2	0	0	0	358.9	9.8	3.5	0	2.5
Vegan Pesto	220	22	3	0	0	390	3	2	0	5
Zoug	400	44	6	0	0	260	2	1	<1	<1

Toppings

	Calories (Kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Total Sugar (g)	Protein (g)
Bacon Cup	180	15	5	0	25	360	0	0	0	10
Coconut Bacon	30	2	1.5	0	0	35	4	<1	3	0
Gluten-Free Croutons	60	5	0	0	10	130	3	1	0	1
Honey Packet	45	0	0	0	0	0	12	0	12	0
Pickled Red Onions	15	0	0	0	0	260	6	0	2	0
Spicy Pepitas	120	6	1	0	0	170	15	5	0	5
Vegan Mini Chocolate Chips	110.00	7	4.5	0	0	0	13	1	10	1