

HelloFresh Market Weekend Brunch Feast

Nutrition Facts		Charred Tomato Ricotta Toasts	Prosciutto & Egg Galettes	Belgian Waffles with Cinnamon-Apple Compote & Maple Creme Fraiche	Sweet Kale Salad	Bacon	Maple Pork Breakfast Sausage
servings per container		6	8	6	3	4	4
Serving size		1 piece (336g)	1 slice (118g)	1 waffle (248g)	4 oz (113g)	2 oz (57g)	1/4 package (71g)
Amount per serving							
Calories		610	350	640	230	260	200
		% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*
Total Fat		35g 45%	24g 31%	31g 40%	16g 21%	25g 32%	18g 23%
Saturated Fat		14g 70%	10g 50%	14g 70%	2.5g 13%	8g 40%	6g 30%
Trans Fat		0.5g	0g	1g	0g	0g	0g
Cholesterol		60mg 20%	75mg 25%	40mg 13%	0mg 0%	35mg 12%	40mg 13%
Sodium		690mg 30%	610mg 27%	360mg 16%	190mg 8%	440mg 19%	430mg 19%
Total Carbohydrate		61g 22%	27g 10%	82g 30%	16g 6%	0g 0%	0g 0%
Dietary Fiber		3g 11%	1g 4%	5g 18%	3g 11%	0g 0%	0g 0%
Total Sugars		18g	2g	54g	10g	0g	0g
Includes Added Sugars		10g 20%	0g 0%	42g 84%	8g 16%	0g 0%	0g 0%
Protein		15g	7g	6g	6g	7g	9g
	Vitamin D	0mcg 0%	0.3mcg 2%	0mcg 0%	0mcg 0%	0mcg 0%	1mcg 6%
	Calcium	270mg 20%	90mg 6%	70mg 6%	50mg 4%	0mg 0%	10mg 0%
	Iron	3.2mg 20%	2mg 10%	1.3mg 8%	1.1mg 6%	0mg 0%	0mg 0%
	Potassium	710mg 15%	130mg 2%	360mg 8%	340mg 8%	0mg 0%	230mg 4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Charred Tomato & Ricotta Toast: Ricotta Cheese (pasteurized WHEY, CREAM, MILK, vinegar, starter, salt), Tomatoes, Sourdough Bread (flour (enriched WHEAT flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour, potassium bromate), water, margarine (soybean oil, palm oil, water, mono and diglycerides, SOY lecithin, sodium benzoate, lactic acid, natural flavor, vitamin a palmitate), salt, dough conditioner (WHEAT flour, modified corn starch, monoglycerides, corn syrup solids, refined soybean oil, enzymes), flour (dried durum WHEAT sourdough, yeast, antioxidant ascorbic acid, enzymes), RYE sourdough (water, fermented RYE flour, salt), yeast, calcium propionate, gem 100), Balsamic Glaze (cooked grape must, balsamic vinegar (wine vinegar, grape must, caramel color, sulfite), wine vinegar, brown sugar, sugar, guar gum, distilled vinegar, water, xanthan gum, distilled vinegar, citric acid, potassium sorbate, sodium benzoate), Olive Oil**, WALNUTS, Parsley, Garlic, Chili Flakes (crushed red pepper chili flakes). **Contains:** Milk, Soy, Walnuts, Wheat.

Prosciutto & Egg Galettes: Pie Crust (enriched flour bleached (WHEAT flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), hydrogenated lard and/or beef tallow and/or palm kernel oil, water, WHEAT starch, corn starch, salt, rice flour, xanthan gum, sodium propionate, potassium sorbate, citric acid, annatto extract), Cream Cheese (pasteurized MILK and CREAM, WHEY protein concentrate, salt, carob bean gum, natamycin, vitamin a palmitate, cheese culture), Onion, EGGS (whole shell EGG, food grade wax (to preserve freshness)), Prosciutto (pork, sea salt), Arugula, Sliced Swiss CHEESE (pasteurized MILK, CHEESE cultures, salt, enzymes), Cheese Roux Concentrate (water, potato starch, cheese (pasteurized MILK, cultures, salt, enzymes), dairy product solids, canola oil, sugar, butter (CREAM, salt), maltodextrin, natural flavor, WHEY solids, natural romano cheese flavor), Butter**, Olive Oil**, White SESAME Seeds, Hot Sauce (water, peppers (arbol and piquin), salt, vinegar, garlic powder, spices and xanthan gum). **Contains:** Eggs, Milk, Sesame, Wheat.

Belgian Waffles With Cinnamon-Apple Compote & Maple Creme Fraiche: Belgian Waffle (WHEAT flour, vegetable margarine (rspo palm oil, rapeseed oil, sunflower oil, water, emulsifiers: mono and diglycerides of fatty acids, sunflower lecithin, salt, acidifier: citric acid, natural flavors), pearl sugar, water, EGGS, invert sugar, yeast, MILK powder, salt, vanilla flavor), Pear, Creme Fraiche (cultured CREAM & MILK, contains less than 2% of modified food starch, sodium tripolyphosphate, carrageenan, calcium sulfate, locust bean gum, guar gum, disodium phosphate and potassium sorbate (preservative)), Maple Syrup, Lemon, Butter**, PECANS (PECANS, peanut oil, sunflower oil, canola oil, and/or cottonseed oil), Dried Cranberries (cranberries, sugar, cane sugar, sunflower oil), Brown Sugar, Ground Cinnamon. **Contains:** Eggs, Milk, Pecans, Wheat

Sweet Kale Salad: poppy seed dressing (SOYBEAN oil, water, sugar, apple cider vinegar, salt, orange juice concentrate, poppy seed, EGG yolk, xanthan gum, dehydrated onion, lemon juice concentrate, dehydrated lemon peel), broccoli, green cabbage, kale, brussels sprouts, pepitas (pepitas, SOYBEAN oil, salt), radicchio, cranberries (cranberries, sunflower oil). **Contains:** Eggs.

Bacon: pork, water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite.

Maple Pork Breakfast Sausage: pork, water, brown, sugar, salt, spices, maple oil (natural and artificial).