

# Nutrition Information

## Smoked Gouda & Chicken Flatbread

with Pancetta & Hot Honey

Nutrition Facts				
6 servings per container				
Serving size		1/6 recipe prepared (270 g unprepared)		
	As Packaged		As Prepared	
Calories	600		610	
	% Daily Value*		% Daily Value*	
Total Fat	32g	41%	34g	44%
Saturated Fat	14g	70%	14g	70%
Trans Fat	0g		0g	
Cholesterol	120mg	40%	120mg	40%
Sodium	1240mg	54%	1450mg	63%
Total Carbohydrate	41g	15%	41g	15%
Dietary Fiber	2g	7%	2g	7%
Total Sugars	6g		6g	
Includes Added Sugars	3g	6%	3g	6%
Protein	38g		38g	
Vitamin D	0.2mcg	2%	0.2mcg	2%
Calcium	310mg	25%	310mg	25%
Iron	2.8mg	15%	2.8mg	15%
Potassium	570mg	10%	570mg	10%
Vitamin A	120mg	15%	120mg	15%
Vitamin C	5mg	6%	2mg	2%
*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.				

### INGREDIENTS

Chopped Chicken Breast, Herb Focaccia Bread (Water, Enriched Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Enriched Durum Wheat Flour [Durum Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Canola Oil, Salt, Marjoram, Extra Virgin Olive Oil, Yeast, Thyme, Sage), Red Onion, Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Smoked Gouda Cheese (Pasteurized Milk, Salt, Cheese Cultures, Enzymes, Annatto [as color], Natural Smoke Flavor), Pancetta (Pork, Sea Salt, 2% or less of Turbinado Sugar, Spices, Natural Flavoring, Organic Wine, Starter Culture), Scallions, Ranch Dressing (Sunflower Oil, Water, Lemon Juice, Mustard [Vinegar, Water, Mustard Seeds, Salt, Spices], Salted Egg Yolks [Egg Yolk, Salt], Distilled Vinegar, Sea Salt, Black Pepper, Onion Powder, Spices, Garlic Powder, Egg), Chicken Demi-Glace (Water, Chicken Stock Concentrate, Carrot Stock, Cane Sugar, Chicken Fat, Salt, Garlic Juice, Onion Stock, Sauteed Carrot Stock [Carrot Juice Concentrate, Sunflower Oil], Roasted Garlic Puree, Mushroom Stock, Extracts [Parsley, Thyme, Bay]), Butter (Pasteurized Cream, Salt), Honey, Sambal Olek (Chile Peppers, Salt, Distilled Vinegar, Xanthan Gum), Cayenne Pepper Sauce (Cayenne Peppers, Distilled Vinegar, Water, Salt, Garlic Powder), Southern Spice Blend (Onion Powder, Garlic Powder, Mustard, Smoked Paprika, Red Pepper).

CONTAINS EGG, MILK, WHEAT.

Net Wt. 56 oz (3.5 lbs) 1.6 kg

As a result of our just-in-time sourcing model, on occasion we may be required to substitute an ingredient. Always check the ingredient packaging in your delivery to confirm allergen information. Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

Blue Apron, LLC New York, NY 10005

## Seared Flank Steak Lettuce Cups

with Pickled Peppers & Garlic Dressing

Nutrition Facts				
6 servings per container				
Serving size		1/6 recipe prepared (141 g unprepared)		
	As Packaged		As Prepared	
Calories	210		230	
	% Daily Value*		% Daily Value*	
Total Fat	14g	18%	17g	22%
Saturated Fat	5g	25%	5g	25%
Trans Fat	0g		0g	
Cholesterol	40mg	13%	40mg	13%
Sodium	170mg	7%	450mg	20%
Total Carbohydrate	8g	3%	7g	3%
Dietary Fiber	2g	7%	1g	4%
Total Sugars	2g		2g	
Includes Added Sugars	1g	2%	1g	2%
Protein	13g		13g	
Vitamin D	0.3mcg	2%	0.3mcg	2%
Calcium	50mg	4%	50mg	4%
Iron	1.9mg	10%	1.8mg	10%
Potassium	380mg	8%	350mg	8%
Vitamin A	100mg	10%	80mg	8%
Vitamin C	18mg	20%	8mg	8%
*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.				

### INGREDIENTS

Beef Steak, Lettuce, Cucumber, Italian-Style Salsa Verde (Refined Olive Pomace Oil, Parsley, Basil, Capers [Capers, Vinegar, Salt, Water], Garlic, Shallots, Red Wine Vinegar, Lemon Juice Concentrate, Salt, Cornstarch), Labneh Cheese (Cultured Pasteurized Skim Milk, Heavy Cream, Pectin), Fried Onions (Onions, Palm Oil, Wheat Flour, Salt, Dextrose), Pickled Peppers (Peppers, Water, Sugar, Cane Sugar Vinegar, Salt, Ascorbic Acid, Calcium Chloride), Garlic, Smoky Seasoning Blend (Garlic Powder, Paprika, Mustard, Smoked Paprika, Onion Powder).

CONTAINS MILK, WHEAT.

Net Wt. 28 oz (1.8 lbs) 846 g

## Pork Chorizo Quesadillas

with Toasted Pita Chips

Nutrition Facts				
6 servings per container				
Serving size		1/6 recipe prepared (124 g unprepared)		
	As Packaged		As Prepared	
Calories	290		310	
	% Daily Value*		% Daily Value*	
Total Fat	18g	23%	20g	26%
Saturated Fat	7g	35%	8g	40%
Trans Fat	0g		0g	
Cholesterol	50mg	17%	50mg	17%
Sodium	790mg	34%	870mg	38%
Total Carbohydrate	18g	7%	17g	6%
Dietary Fiber	1g	4%	1g	4%
Total Sugars	2g		2g	
Includes Added Sugars	0g	0%	0g	0%
Protein	16g		15g	
Vitamin D	0.4mcg	2%	0.4mcg	2%
Calcium	190mg	15%	190mg	15%
Iron	1.2mg	6%	1.2mg	6%
Potassium	310mg	6%	310mg	6%
Vitamin A	100mg	10%	100mg	10%
Vitamin C	4mg	4%	2mg	2%
*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.				

### INGREDIENTS

Pork Chorizo (Pork, Seasonings [Spices, Salt, Dextrose, Paprika, Onion Powder, Garlic Powder], White Wine Vinegar), Flour Tortilla (Enriched Bleached Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Water, Vegetable Shortening [Palm Oil], 2% or less of Salt, Wheat Gluten, Mono- and Diglycerides, Sodium Bicarbonate, Sugar, Calcium Propionate [as preservative], Sodium Aluminum Sulfate, Fumaric Acid, Sodium Aluminum Phosphate, Rice Flour, Potassium Sorbate [as preservative], Sodium Stereoyl Lactylate, Cellulose Gum, Enzymes [Wheat Starch, Microcrystalline Cellulose], Xanthan Gum, Dough Conditioners [L-Cysteine, Sodium Metabisulfite (Sulfites)]) OR Flour Tortilla (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Water, Whole Wheat Flour, Palm Oil, less than 2% of Cultured Wheat Starch, Salt, Baking Powder [Sodium Acid Pyrophosphate, Sodium Bicarbonate, Cornstarch, Monocalcium Phosphate], Citric Acid, Mono- and Diglycerides, Yeast, Guar Gum), Shredded Monterey Jack Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Shallot, Sour Cream (Cultured Pasteurized Skim Milk and Cream, Pectin), Cilantro Sauce (Cilantro, Canola Oil, Onions, Garlic, Water, Lime Juice, Jalapeno Peppers, Salt, Gum Acacia, Xanthan Gum, Cilantro Oleoresin), Pickled Jalapeno Peppers (Jalapeno Peppers, Water, Salt, Vinegar, Sodium Benzoate [as preservative], Calcium Chloride).

CONTAINS MILK, WHEAT.

Net Wt. 25 oz (1.6 lbs) 748 g

## Creamy Pesto & Spinach Dip

with Toasted Pita Chips

Nutrition Facts				
6 servings per container				
Serving size		1/6 recipe prepared (183 g unprepared)		
	As Packaged		As Prepared	
Calories	330		340	
	% Daily Value*		% Daily Value*	
Total Fat	19g	24%	21g	27%
Saturated Fat	8g	40%	8g	40%
Trans Fat	0g		0g	
Cholesterol	45mg	15%	45mg	15%
Sodium	560mg	24%	710mg	31%
Total Carbohydrate	30g	11%	30g	11%
Dietary Fiber	3g	11%	3g	11%
Total Sugars	5g		5g	
Includes Added Sugars	1g	2%	1g	2%
Protein	8g		8g	
Vitamin D	0.2mcg	2%	0.2mcg	2%
Calcium	170mg	15%	170mg	15%
Iron	2.6mg	15%	2.6mg	15%
Potassium	320mg	6%	310mg	6%
Vitamin A	220mg	25%	220mg	25%
Vitamin C	16mg	20%	8mg	8%
*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.				

### INGREDIENTS

Pita Flatbread (Enriched Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Water, Bread Base [Wheat Gluten, Tapioca Starch, Oat Fiber, Wheat Protein Isolate, Sunflower Oil, Whole Wheat Flour, Sea Salt, Sesame Flour, Calcium Sulfate, Monoglycerides], 2% or less of Sugar, Yeast, Cultured Wheat Flour, Acetic Acid, Propionic Acid, Lactic Acid, Vinegar, Calcium Carbonate, Olive Oil, Sodium Bicarbonate, Sodium Acid Pyrophosphate, Enzymes, Sodium Stearoyl Lactylate), Zucchini, Spinach, Onion, Heavy Cream (Pasteurized Cream), Basil Pesto (Basil, Canola Oil, Water, Parmesan Cheese [Pasteurized Part Skim Milk, Cultures, Salt, Enzymes], Salt, Dehydrated Garlic), Mascarpone Cheese (Cream, Whole Milk, Citric Acid, Salt), Creme Fraiche (Pasteurized Cultured Cream), Crushed Red Pepper Flakes.

CONTAINS MILK, WHEAT.

Net Wt. 38 oz (2.4 lbs) 1.1 kg