

# Tiller and Hatch's: 8 Chef Prepared Pressure Cooker Family Meals

Santa Fe Inspired Pasta with  
Chicken Breast

<b>Nutrition Facts</b>	
Serving Size 1 CUP (227g)	
Servings Per Container 5	
Amount / Serving	
<b>Calories</b> 370	Calories from Fat 110
<i>% Daily Value*</i>	
<b>Total Fat</b> 13g	<b>20%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 0g	
<b>Cholesterol</b> 60mg	<b>20%</b>
<b>Sodium</b> 790mg	<b>33%</b>
<b>Total Carbohydrate</b> 40g	<b>13%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 5g	
<b>Protein</b> 19g	
Vitamin A 30%    •    Vitamin C 80%	
Calcium 8%        •    Iron 10%	
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories:    2,000    2,500</small>
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
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

Chicken Tortilla Stew with  
Black Beans, Red Pepper and Corn

<b>Nutrition Facts</b>	
About 4 servings per container	
<b>Serving size</b>	<b>1 cup (283g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>230</b>
<i>% Daily Value*</i>	
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 40mg	<b>13%</b>
<b>Sodium</b> 830mg	<b>36%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 20g	
Vitamin D 0mcg	
Calcium 40mg	4%
Iron 2.3mg	15%
Potassium 550mg	10%
<small>* The % Daily Value (DV) 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.</small>	

Italian Style Stew with Chicken

<b>Nutrition Facts</b>	
Serving Size 1 CUP (227g)	
Servings Per Container 5	
<b>Amount / Serving</b>	
<b>Calories 210</b>	<b>Calories from Fat 60</b>
% Daily Value*	
<b>Total Fat 6g</b>	<b>9%</b>
Saturated Fat 0.5g	<b>3%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol 35mg</b>	<b>12%</b>
<b>Sodium 730mg</b>	<b>30%</b>
<b>Total Carbohydrate 22g</b>	<b>7%</b>
Dietary Fiber 6g	<b>24%</b>
Sugars 6g	
<b>Protein 17g</b>	
Vitamin A 30%	• Vitamin C 20%
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	

Mexican Style Minestrone Soup  
with Meatballs

<b>Nutrition Facts</b>	
About 5 servings per container	
<b>Serving Size</b>	<b>1 cup (227g)</b>
<b>Amount per Serving</b>	
<b>Calories</b>	<b>290</b>
% DV*	
<b>Total Fat 14g</b>	<b>18%</b>
Saturated Fat 4g	<b>20%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol 30mg</b>	<b>10%</b>
<b>Sodium 690mg</b>	<b>30%</b>
<b>Total Carbohydrate 28g</b>	<b>10%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein 13g</b>	
• Vitamin D 0mcg	0% • Calcium 46mg 4%
• Iron 3mg	15% • Potassium 394mg 8%
• Vitamin A 23mcg	2% • Thiamin 0.2mg 15%
• Folate 105mcg DFE	25% • Phosphorus 93mg 8%
• Manganese 0.3mg	15% • Molybdenum 26mcg 60%
*The % Daily Value (DV) 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.	
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Louisiana Stew with Chick and  
Pork Andouille Sausage

<b>Nutrition Facts</b>	
About 4 servings per container	
<b>Serving size</b>	<b>1 cup (283g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>260</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 11g	<b>14%</b>
Saturated Fat 3g	<b>15%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 970mg	<b>42%</b>
<b>Total Carbohydrate</b> 24g	<b>9%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 16g	
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 1.3mg	8%
Potassium 570mg	10%
* The % Daily Value (DV) 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.	

Coconut Curry Stew with  
Chicken, Vegetables and Rice

<b>Nutrition Facts</b>	
About 4 servings per container	
<b>Serving Size</b>	<b>1 cup (283g)</b>
<b>Amount per Serving</b>	
<b>Calories</b>	<b>260</b>
<b>% DV*</b>	
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 3.5g	<b>18%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 50mg	<b>17%</b>
<b>Sodium</b> 760mg	<b>33%</b>
<b>Total Carbohydrate</b> 33g	<b>12%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 8g	
Includes 3g Added Sugars	<b>6%</b>
<b>Protein</b> 17g	
• Vitamin D 0mcg	0%
• Calcium 68mg	6%
• Iron 2mg	10%
• Potassium 495mg	10%
• Vitamin A 922mcg	100%
• Vitamin C 59mg	70%
• Folate 50mcg DFE	15%
*The % Daily Value (DV) 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.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Farfalle Pasta with Marinara  
and Ground Turkey

<b>Nutrition Facts</b>	
About 4 servings per container	
<b>Serving Size</b>	<b>1 cup (269g)</b>
<b>Amount per Serving</b>	
<b>Calories</b>	<b>400</b>
	% DV*
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 760mg	<b>33%</b>
<b>Total Carbohydrate</b> 64g	<b>23%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 10g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 18g	
<ul style="list-style-type: none"> <li>• Vitamin D 0mcg    0%    • Calcium 61mg    4%</li> <li>• Iron 4mg        20%    • Potassium 358mg 8%</li> <li>• Thiamin 0.6mg   50%    • Riboflavin 0.3mg 25%</li> <li>• Folate 277mcg DFE 70%    • Phosphorus 134mg 10%</li> <li>• Magnesium 38mg 10%    • Zinc 1mg        10%</li> </ul>	
<small>*The % Daily Value (DV) 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.</small>	
<small>Calories per gram: Fat 9    •    Carbohydrate 4    •    Protein 4</small>	

Chicken Tikka Masala

<b>Nutrition Facts</b>	
About 4 servings per container	
<b>Serving size</b>	<b>1 cup (283g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>390</b>
	% Daily Value*
<b>Total Fat</b> 16g	<b>21%</b>
Saturated Fat 7g	<b>35%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 80mg	<b>27%</b>
<b>Sodium</b> 990mg	<b>43%</b>
<b>Total Carbohydrate</b> 42g	<b>15%</b>
Dietary Fiber 10g	<b>36%</b>
Total Sugars 7g	
Includes <1g Added Sugars	<b>2%</b>
<b>Protein</b> 20g	
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 4.5mg	25%
Potassium 1160mg	25%
<small>*The % Daily Value (DV) 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.</small>	