

Food Group: Meals, Entrees, and Sidedishes

Here you can find links to MedRat NutriArchives (one of the world's largest collections of food composition Web pages!) food composition Web pages, based on USDA National Nutrient Database for Standard Reference, Release 20 (SR20). There are 130 food items (arranged in alphabetical order) for food group, "Meals, Entrees, and Sidedishes", in SR20. However, there are 7519 food items in all food groups included in SR20. **NDB#** is the 5-digit Nutrient Databank number that uniquely identifies a food item.

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Based on USDA National Nutrient Database for Standard Reference, Release 20 (SR20)

1. [BANQUET Chicken Pot pie, frozen entree' \(NDB#: 22525\)](#)
2. [BANQUET HEARTY ONES Salisbury Steak Dinner, w/Gravy, Mashed Potatoes and Corn in Seasoned Sauce, frozen meal \(NDB#: 22689\)](#)
3. [BANQUET Original Fried Chicken Thigh Meal, w/Mashed Potatoes and Corn in Seasoned Sauce \(NDB#: 22571\)](#)
4. [BANQUET Salisbury Steak Meal, Gravy & Salisbury Steak w/ Mashed Potatoes and Corn in Seasoned Sauce, frozen meal \(NDB#: 22711\)](#)
5. [BANQUET Sliced Beef Meal, with Gravy, Mashed Potatoes and Peas in Seasoned Sauce, frozen meal \(NDB#: 22691\)](#)
6. [BANQUET Turkey and Gravy w/Dressing Meal, Mashed Potatoes and Peas in Seasoned Sauce, frozen meal \(NDB#: 22607\)](#)
7. [Beef Macaroni, frozen entree \(NDB#: 22402\)](#)
8. [Beef Pot Pie, frozen entree \(NDB#: 22529\)](#)
9. [Beef stew, canned entree \(NDB#: 22905\)](#)
10. [Beef, corned beef hash, with potato, canned \(NDB#: 22908\)](#)
11. [BETTY CROCKER, HAMBURGER HELPER, Cheeseburger Macaroni, dry mix \(NDB#: 22700\)](#)
12. [Breakfast Burrito, Ham & Cheese Flavor, frozen entree \(NDB#: 22679\)](#)
13. [Burrito, bean and cheese, frozen \(NDB#: 22918\)](#)
14. [Burrito, bean and cheese, microwaved \(NDB#: 22927\)](#)
15. [Burrito, beef and bean, frozen \(NDB#: 22917\)](#)
16. [Burrito, beef and bean, microwaved \(NDB#: 22928\)](#)

17. [CAMPBELL Soup Company, SPAGHETTIOS, Spaghetti in Tomato & Cheese Sauce \(NDB#: 22930\)](#)
18. [CAMPBELL Soup Company, SPAGHETTIOS, SpaghettiOs A to Z's \(NDB#: 22932\)](#)
19. [CAMPBELL Soup Company, SPAGHETTIOS, SpaghettiOs Danny PhantomShaped Pasta with Sliced Franks \(NDB#: 22935\)](#)
20. [CAMPBELL Soup Company, SPAGHETTIOS, SpaghettiOs Dora the ExplorerShaped Pasta \(NDB#: 22936\)](#)
21. [CAMPBELL Soup Company, SPAGHETTIOS, SpaghettiOs Original \(NDB#: 22931\)](#)
22. [CAMPBELL Soup Company, SPAGHETTIOS, SpaghettiOs plus Calcium \(NDB#: 22938\)](#)
23. [CAMPBELL Soup Company, SPAGHETTIOS, SpaghettiOs RavioliOs Beef Ravioli in Meat Sauce \(NDB#: 22939\)](#)
24. [CAMPBELL Soup Company, SPAGHETTIOS, SpaghettiO's with Sliced Franks \(NDB#: 22941\)](#)
25. [CAMPBELL Soup Company, SPAGHETTIOS, SpaghtettiOs A to Z's with Meatballs \(NDB#: 22942\)](#)
26. [CAMPBELL Soup Company, SUPPER BAKES MEAL KITS, Cheesy Chicken with pasta \(NDB#: 22943\)](#)
27. [CAMPBELL Soup Company, SUPPER BAKES MEAL KITS, Garlic Chicken with pasta \(NDB#: 22945\)](#)
28. [CAMPBELL Soup Company, SUPPER BAKES MEAL KITS, Herb Chicken with rice \(NDB#: 22946\)](#)
29. [CAMPBELL Soup Company, SUPPER BAKES MEAL KITS, Lemon Chicken with herb rice \(NDB#: 22947\)](#)
30. [CAMPBELL Soup Company, SUPPER BAKES MEAL KITS, Southwestern-Style Chicken w/rice \(NDB#: 22949\)](#)
31. [CAMPBELL Soup Company, SWANSON, Chicken A La King \(NDB#: 22951\)](#)
32. [CAMPBELL Soup Company, SWANSON, Chicken and Dumplings \(NDB#: 22952\)](#)
33. [CAMPBELL Soup Company, SPAGHETTIOS, Mini Beef Ravioli in Meat Sauce \(NDB#: 22929\)](#)
34. [CAMPBELL Soup Company, SPAGHETTIOS, SpaghettiOs BatmanShaped Pasta with Meatballs \(NDB#: 22933\)](#)
35. [CAMPBELL Soup Company, SPAGHETTIOS, SpaghettiOs in Meat Sauce \(NDB#: 22937\)](#)
36. [CAMPBELL Soup Company, SPAGHETTIOS, SpaghettiO's with Meatballs \(NDB#: 22940\)](#)
37. [CAMPBELL Soup Company, SUPPER BAKES MEAL KITS, Creamy Stroganoff Sauce with pasta \(NDB#: 22944\)](#)
38. [CAMPBELL Soup Company, SUPPER BAKES MEAL KITS, Savory Pork Chops with herb stuffing \(NDB#: 22948\)](#)
39. [CAMPBELL Soup Company, SUPPER BAKES MEAL KITS, Traditional Roast Chicken with stuffing \(NDB#: 22950\)](#)
40. [CHEF BOYARDEE Beef Ravioli in Tomato and Meat Sauce, canned entree \(NDB#: 22515\)](#)
41. [CHEF BOYARDEE Beefaroni, Macaroni w/Beef in tomato Sauce, canned entree \(NDB#: 22516\)](#)
42. [CHEF BOYARDEE Mini Ravioli, Beef Ravioli in Tomato and Meat Sauce, canned entree \(NDB#: 22517\)](#)
43. [CHEF BOYARDEE Spaghetti and Meatballs in tomato Sauce, canned entree \(NDB#: 22518\)](#)
44. [Chicken pot pie, frozen entree \(NDB#: 22906\)](#)
45. [Chili con carne with beans, canned entree \(NDB#: 22904\)](#)
46. [Chili, no beans, canned entree \(NDB#: 22911\)](#)
47. [Cinnamon Swirl French Toast with Sausage, frozen breakfast \(NDB#: 22592\)](#)
48. [Egg rolls, chicken, refrigerated, heated \(NDB#: 22954\)](#)
49. [Egg rolls, pork, refrigerated, heated \(NDB#: 22953\)](#)
50. [Egg rolls, vegetable, refrigerated, heated \(NDB#: 22955\)](#)

51. [FREEZER QUEEN Gravy & Sliced Beef Meal, Mashed Potatoes and Carrots, frozen meal \(NDB#: 22710\)](#)
52. [GREEN GIANT, Broccoli in Cheese Flavored Sauce, frozen \(NDB#: 22600\)](#)
53. [HEALTHY CHOICE Chicken Enchilada Suprema in Green Chili Sauce, Mexican Style Rice, Corn Medley, frozen meal \(NDB#: 22588\)](#)
54. [HEALTHY CHOICE Chicken Teriyaki w/Rice Medley Broccoli, frozen meal \(NDB#: 22587\)](#)
55. [HEALTHY CHOICE Country Roasted Turkey w/Cranberry Apple Sauce, Green Beans & Carrot Blend \(NDB#: 22922\)](#)
56. [HEALTHY CHOICE Mesquite Beef w/BBQ Sauce, Roasted Red Potatoes, and Corn,Carrot Pea Medley, frozen meal \(NDB#: 22923\)](#)
57. [HEALTHY CHOICE Mesquite Chicken BBQ, Roasted Red Potatoes, Mixed Vegetables in Sauce, frozen meal \(NDB#: 22713\)](#)
58. [HEALTHY CHOICE Salisbury Steak w/Mushroom Gravy, Roasted Red Potatoes, Green Beans, Corn, Carrot Medley, Caramel Apple Dessert, frozen meal \(NDB#: 22921\)](#)
59. [HEALTHY CHOICE Traditional Meat Loaf w/Brown Sauce, Mashed Potatoes, Green Beans and Apple Praline Crisp, frozen meal \(NDB#: 22920\)](#)
60. [HODGSON MILL, Whole Wheat Macaroni and Cheese Dinner, dry mix \(NDB#: 22701\)](#)
61. [HORMEL Chili with Beans, canned entree \(NDB#: 22719\)](#)
62. [HORMEL Chili, No Beans, canned entree \(NDB#: 22705\)](#)
63. [HORMEL Corned Beef Hash, canned entree \(NDB#: 22698\)](#)
64. [HORMEL Roast Beef Hash, canned entree \(NDB#: 22721\)](#)
65. [HORMEL Turkey Chili with Beans, canned entree \(NDB#: 22706\)](#)
66. [HORMEL Vegetarian Chili with Beans, canned entree \(NDB#: 22720\)](#)
67. [HORMEL, DINTY MOORE Beef Stew, canned entree \(NDB#: 22694\)](#)
68. [HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen \(NDB#: 22537\)](#)
69. [HOT POCKETS, Beef & Cheddar Stuffed Sandwich, frozen \(NDB#: 22534\)](#)
70. [HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen \(NDB#: 22535\)](#)
71. [JIMMY DEAN, Sausage Biscuits, breakfast sandwich, frozen \(NDB#: 22364\)](#)
72. [KID CUISINE Chicken Nuggets w/Pasta in Cheese Sauce, Corn in a Seasoned Sauce and Chocolate Pudding w/Sprinkles \(NDB#: 22690\)](#)
73. [KRAFT Macaroni and Cheese Dinner Original Flavor, unprepared \(NDB#: 22005\)](#)
74. [Lasagna with meat & sauce, frozen entree \(NDB#: 22916\)](#)
75. [Lasagna with meat & sauce, low-fat, frozen entree \(NDB#: 22915\)](#)
76. [Lasagna, Cheese, frozen, prepared \(NDB#: 22910\)](#)
77. [Lasagna, Vegetable, frozen, baked \(NDB#: 22956\)](#)
78. [LIPTON, Alfredo Egg Noodles in a Creamy Sauce, dry mix \(NDB#: 22702\)](#)
79. [Macaroni and Cheese, canned entree \(NDB#: 22247\)](#)
80. [MARIE CALLENDER'S Beef Stroganoff and Noodles w/Carrots and Peas, frozen \(NDB#: 22677\)](#)
81. [MARIE CALLENDER'S Chicken Pot Pie, frozen entree \(NDB#: 22526\)](#)
82. [MARIE CALLENDER'S Turkey w/Gravy and Dressing with Mashed Potatoes, Green Beans and Cranberries \(NDB#: 22924\)](#)
83. [NALLEY Chili Con Carne with Beans, canned entree \(NDB#: 22513\)](#)
84. [NESTLE, CHEF-MATE Chili with Beans, canned entree \(NDB#: 22215\)](#)
85. [NESTLE, CHEF-MATE Chili without Beans, canned entree \(NDB#: 22216\)](#)
86. [NESTLE, CHEF-MATE Corned Beef Hash, canned entree \(NDB#: 22217\)](#)
87. [OLD EL PASO Chili with Beans, canned entree \(NDB#: 22514\)](#)

88. [Pasta with meatballs in tomato sauce, canned entree \(NDB#: 22907\)](#)
89. [Pasta with Sliced Franks in Tomato Sauce, canned entree \(NDB#: 22522\)](#)
90. [PATIO Beef and Bean Burrito, mild, frozen \(NDB#: 22584\)](#)
91. [RED BARON Premium Pockets, Original Ham & Cheese, frozen \(NDB#: 22540\)](#)
92. [Scrambled Eggs & Sausage with Hashed Brown Potatoes, frozen breakfast \(NDB#: 22595\)](#)
93. [Spaghetti with meat sauce, frozen entree \(NDB#: 22401\)](#)
94. [Spaghetti, no meat, canned \(NDB#: 22914\)](#)
95. [Spaghetti, with meatballs, canned \(NDB#: 22912\)](#)
96. [STAGG Classic Chili with Beans, canned entree \(NDB#: 22716\)](#)
97. [STAGG Country Chili with Beans, canned entree \(NDB#: 22717\)](#)
98. [STAGG Dynamite Chili with Beans, canned entree \(NDB#: 22714\)](#)
99. [STAGG Ranchhouse Chili with Beans, canned entree \(NDB#: 22715\)](#)
100. [STAGG SILVERADO Chili with Beans, canned entree \(NDB#: 22718\)](#)
101. [STOUFFER'S Chicken Enchilada and Mexican-Style Rice with Monterey Jack Cheese Sauce, frozen entree \(NDB#: 22615\)](#)
102. [STOUFFER'S Chicken Pie, frozen entree \(NDB#: 22527\)](#)
103. [STOUFFER'S Creamed Chipped Beef, frozen entree \(NDB#: 22579\)](#)
104. [STOUFFER'S HOMESTYLE Salisbury Steak in Gravy & Macaroni and Cheese, frozen entree \(NDB#: 22583\)](#)
105. [STOUFFER'S Lasagna with Meat & Sauce, frozen entree \(NDB#: 22570\)](#)
106. [STOUFFER'S LEAN CUISINE Chicken and Vegetables with Vermicelli, frozen entree \(NDB#: 22577\)](#)
107. [STOUFFER'S LEAN CUISINE Chicken Enchilada Suiza with Sour Cream Sauce and Mexican-Style Rice, frozen entree \(NDB#: 22611\)](#)
108. [STOUFFER'S LEAN CUISINE Homestyle Beef Pot Roast with Whipped Potatoes, frozen entree \(NDB#: 22578\)](#)
109. [STOUFFER'S LEAN CUISINE Homestyle Stuffed Cabbage with Meat in Tomato Sauce and Whipped Potatoes, frozen meal \(NDB#: 22585\)](#)
110. [STOUFFER'S LEAN CUISINE Macaroni and Beef in Tomato Sauce, frozen entree \(NDB#: 22576\)](#)
111. [STOUFFER'S LEAN CUISINE Oriental Beef with Vegetables and Rice, frozen entree \(NDB#: 22582\)](#)
112. [STOUFFER'S LEAN CUISINE Spaghetti with Meat Sauce, frozen entree \(NDB#: 22580\)](#)
113. [STOUFFER'S LEAN CUISINE Spaghetti with Meatballs and Sauce, frozen entree \(NDB#: 22572\)](#)
114. [STOUFFER'S LEAN CUISINE Swedish Meatballs with Paste, frozen entree \(NDB#: 22573\)](#)
115. [STOUFFER'S Stuffed Peppers with Beef in Tomato Sauce, frozen entree \(NDB#: 22569\)](#)
116. [THE BUDGET GOURMET, Spinach au Gratin, frozen \(NDB#: 22603\)](#)
117. [Tortellini, pasta with cheese filling \(NDB#: 22901\)](#)
118. [Turkey Pot Pie, frozen entree \(NDB#: 22528\)](#)
119. [TYSON Chicken Fajita Kit, frozen, Product Code #2266-910 \(NDB#: 22687\)](#)
120. [WEIGHT WATCHERS SMART ONES, Chicken Enchiladas Suiza, Sour Cream w/Cheese, frozen entree \(NDB#: 22671\)](#)
121. [WEIGHT WATCHERS SMART ONES, Chicken Tenderloins w/ BBQ Sauce \(NDB#: 22925\)](#)
122. [WEIGHT WATCHERS SMART ONES, Roast Turkey Medallions, Mushrooms in Sauce w/Rice and Vegetables, frozen meal \(NDB#: 22672\)](#)
123. [WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles \(NDB#: 22120\)](#)
124. [WORTHINGTON FOODS, MORNINGSTAR FARMS America's Original Veggie Dog \(NDB#: 22119\)](#)
125. [WORTHINGTON FOODS, MORNINGSTAR FARMS Breakfast Patties \(NDB#: 22122\)](#)

126. [WORTHINGTON FOODS, MORNINGSTAR FARMS GARDEN VEGE PATTIES, frozen \(NDB#: 22118\)](#)
127. [WORTHINGTON FOODS, MORNINGSTAR FARMS Grillers Vegan Burgers, frozen \(NDB#: 22121\)](#)
128. [WORTHINGTON FOODS, MORNINGSTAR FARMS Vegan Burger made from Organic Soy \(NDB#: 22128\)](#)
129. [WORTHINGTON FOODS, MORNINGSTAR FARMS Veggie Medley made from Organic Soy \(NDB#: 22926\)](#)
130. [WORTHINGTON FOODS, MORNINGSTAR FARMS, Spicy Black Bean Burger \(NDB#: 22123\)](#)

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