

Holiday Meals Nutritional Information

Item Name	Serving Size	Calories	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Added Sugars (g)	Prot (g)	Vit D (mcg)	Calc % DV	Iron % DV	Pot % DV
Meat																
Carvemaster Applewood Pit Ham	6 oz	260	12	4	0	100	1700	8	--	8	--	28	--	0	4	--
Brown Sugar Spiral Ham	6 oz	320	16	6	--	100	1680	10	--	6	--	30	--	--	6	--
Honey Glazed Spiral Ham	6 oz	320	16	6	--	100	1860	14	--	12	--	30	--	--	6	--
Jennie-O Boneless Turkey Breast	6 oz	240	6	1.5	0	90	940	0	--	0	--	46	--	0	6	--
Butterball Turkey	6 oz	210	11	3	0	70	960	0	--	0	--	26	--	0	10	--
Hormel USDA Select Prime Rib	6 oz	400	32	14	2	100	650	0	--	0	--	28	--	0	10	--
Sides																
Buttered Sweet Corn	1/2 cup	150	7	4.5	0	20	110	16	2.03	7	0.16	3	0	0	0	4
Cranberry Relish	1/2 cup	140	0	0	0	0	15	33	--	29	--	0	--	0	2	--
Green Bean Casserole	1/2 cup	90	6	2	0	0	420	6	0.86	1	0	2	0	2	0	2
Holiday Potatoes with Cheddar	1/2 cup	230	17	10	0	45	490	9	0.86	1	0	8	0.21	20	2	5
Mashed Potatoes	1/2 cup	120	5	2.5	0	10	540	16	0.03	0	0	2	0.12	2	0	8
Sage Bread Dressing	1/2 cup	110	4	1	0	0	470	15	1.17	2	0.72	2	0	2	4	3
White Cheddar Macaroni	1 cup	390	22	11	0.5	35	1250	37	2.47	5	0	11	0	15	15	4
Gravy																
Turkey Gravy	1/4 cup	35	2	0.5	0	5	430	4	0	0	0	0	0	2	0	1
Beef Gravy	1/4 cup	20	0	0	0	0	220	3	0	0	0	0	0	0	0	0
Rolls																
Jumbo Honey Butterflake Rolls	1 roll	320	12	4.5	0	0	310	46	0	14	9.91	6	0	2	15	0
Jumbo Honey Wheat Butterflake Rolls	1 roll	320	14	6	0	5	270	44	0	14	9.91	5	0	2	10	0
Brown n Serve Rolls	1 roll	90	0	0	0	5	170	19	0.51	3	2.25	3	0.04	2	6	0
Whole Pies																
Apple Pie	1/8 pie	430	21	9	0	0	430	60	1.5	30	20.96	3	0	2	8	3
Banana Crème Pie	1/8 pie	300	14	7	0	45	320	37	--	21	17.99	4	0	8	6	1
French Silk Pie	1/8 pie	560	39	26	0.5	95	280	50	1.12	36	34.79	4	0	2	10	3
Pumpkin Pie	1/8 pie	420	17	8	0	45	320	60	2.25	43	37.17	6	0	15	15	8
Half Pies																
Apple Pie	1/4 pie	430	21	9	0	0	430	60	1.5	30	20.96	3	0	2	8	3
Banana Crème Pie	1/4 pie	300	14	7	0	45	320	37	--	21	17.99	4	0	8	6	1
French Silk Pie	1/4 pie	560	39	26	0.5	95	280	50	1.12	36	34.79	4	0	2	10	3
Pumpkin Pie	1/4 pie	420	17	8	0	45	320	60	2.25	43	37.17	6	0	15	15	8