

Holiday Side Dishes Nutritional Information

Item Name	Serving Size	Calories	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	SugAdd (g)	Prot (g)
<b>Sides (90 - 410 Cals)</b>												
Au Gratin Potatoes	1/2 cup	110	3.5	1	0	5	490	17	--	2	--	3
Broccoli Supreme Salad	1/2 cup	260	19	3	0	5	280	22	1	17	13	3
Brussels Sprouts with Spicy Honey Butter	1/2 cup	110	6	4	0	15	75	11	3.58	5	2.37	3
Buttered Sweet Corn	1/2 cup	150	7	4.5	0	20	110	16	2.03	7	0.16	3
Caesar Salad	1 cup	310	23	5	0	20	650	16	2.48	3	1.13	9
Cheesy Corn Bake with Cheddar	1/2 cup	140	5	2.5	0	25	320	20	1.08	7	3.33	3
Cranberry Relish	1/2 cup	130	0	0	0	0	15	32	--	28	--	0
Green Bean Casserole	1/2 cup	90	6	2.5	0	0	430	8	0.08	1	0.08	1
Holiday Potatoes with Cheddar	1/2 cup	230	17	10	0	45	490	9	0.6	1	0	8
Honey Citrus Waldorf Salad	1/2 cup	160	9	1	0	0	35	20	--	16	--	1
Mashed Potatoes	1/2 cup	120	7	4	0	20	440	13	0.12	0	0	2
Sage Bread Dressing	1/2 cup	160	6	1	0	0	710	21	0.08	2	0	3
Sweet Potato Casserole	1/2 cup	210	6	1.5	0	0	340	40	--	30	--	2
White Cheddar Mac and Cheese	1 cup	410	24	11	0.5	45	1250	38	0.03	5	0	11
<b>Gravy (20 - 35 Cals)</b>												
Turkey Gravy	1/4 cup	35	2	0	0	5	420	5	0	0	0	0
Beef Gravy	1/4 cup	20	0	0	0	0	220	3	0	0	0	0
<b>Rolls (80 - 320 Cals)</b>												
White Jumbo Honey Butterflake Dinner Roll	1 roll	320	12	4.5	0	0	310	46	0	14	9.91	6
Wheat Jumbo Honey Butterflake Roll	1 roll	320	14	6	0	5	270	44	0	14	9.91	5
White Brown & Serve Dinner Roll	1 roll	80	1	0	0	0	140	15	1	1	1	2