

Holiday Meal Pack 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)
Brunch												
Broccoli and Mushroom Quiche, 9"	1/6 quiche	400	32	13	0	180	590	20	0.39	2	0.06	10
Ham and Cheese Quiche, 9"	1/6 quiche	420	33	13	0	190	920	19	0.02	3	0.9	12
Quiche Lorraine, 9"	1/6 quiche	420	33	14	0	185	800	19	0.18	2	0.06	13
Biscuits and Sausage Gravy	2 biscuits + 6 oz gravy	950	56	32	0	75	2900	90	2	9	1.98	17
Egg Casserole	8 oz	310	21	3.5	0	540	780	8	0.5	1	0.25	22
Hashbrown Casserole	4 oz	140	8	5	0	20	340	14	1.05	1	0	3
Bacon Slices	2 slices	70	6	2	0	15	230	0	--	0	--	5
Sausage Links	2 links	160	15	6	0	30	270	1	--	0	--	6
Sausage Patties	2 patties	520	44	14	0	130	1560	0	--	0	--	33
Fresh Fruit	4 oz	45	0	0	0	0	10	12	1.31	10	0	1
Vanilla Greek Yogurt	6 oz	130	0	0	0	5	50	17	0	15	10.01	14
Granola	1/4 cup	90	3	0	0	0	65	13	1	5	5	1
Fresh Strawberries	1/4 cup	10	0	0	0	0	0	3	0.72	2	0	0
Fresh Blueberries	1/4 cup	20	0	0	0	0	0	5	0.89	4	0	0
Jumbo Blueberry Muffin	1 muffin	510	24	4.5	0	75	480	67	1.07	33	32.02	6
Jumbo Chocolate Chip Muffin	1 muffin	560	27	7	0	70	460	75	1.75	41	40.63	6
Gourmet Iced Cinnamon Roll	1 cinnamon roll	770	39	17	0	25	330	99	3.01	55	53.44	8
Meat												
CarveMaster Pit Ham	6 oz	260	12	4	0	100	1700	8	--	8	--	28
Wilson Pit Ham	6 oz	240	12	4.5	0	75	1670	6	0	3	3.04	30
Brown Sugar Spiral Ham	6 oz	320	16	6	--	100	1680	10	--	6	--	30
Honey Glazed Spiral Ham	6 oz	320	24	9	0	70	1740	2	0	2	--	26
Jennie-O Half Turkey Breast	6 oz	240	6	1.5	0	90	940	0	--	0	--	46
Butterball Whole Turkey	6 oz	210	11	3	0	70	960	0	--	0	--	26
Prime Rib	6 oz	400	32	14	2	100	650	0	--	0	--	28
Sides												
Buttered Corn	3/4 cup	150	7	1.5	0	0	25	18	2.3	8	0	3
Cranberry Relish	1/2 cup	130	0	0	0	0	10	33	2.38	28	22.78	0
Green Bean Casserole	1/2 cup	90	6	2	0	0	420	6	0.86	1	0	2
Holiday Potatoes with Cheddar	1/2 cup	230	16	8	0	35	440	15	0.92	1	0.08	7
Mashed Potatoes	1/2 cup	120	5	2.5	0	10	540	17	1.46	0	0	2
Sage Bread Dressing	1/2 cup	110	4	1	0	0	540	16	0.81	2	1.15	3
White Cheddar Macaroni	1/2 cup	170	10	5	0	20	550	15	0.62	2	0	5
Gravy												
Turkey Gravy	1/4 cup	35	2	0.5	0	5	430	4	0	0	0	0
Beef Gravy	1/4 cup	20	0	0	0	0	220	3	0	0	0	0
Rolls												

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Jumbo Honey Butterflake Dinner Rolls	1 roll	320	12	4.5	0	0	310	46	0	14	9.91	6
Jumbo Honey Wheat Butterflake Rolls	1 roll	320	14	6	0	5	270	44	0	14	9.91	5
Brown n Serve Rolls	1 roll	90	0	0	0	5	170	19	0.51	3	2.25	3
10" Pies												
Apple Pie	1/8 pie	430	21	9	0	0	430	60	1.5	30	20.96	3
Banana Crème Pie	1/8 pie	420	24	16	0	5	270	50	1.25	32	29.94	2
French Silk Pie	1/8 pie	560	40	25	0.5	100	270	50	1.25	35	34.91	5
Pumpkin Pie	1/8 pie	420	17	8	0	45	320	60	2.25	43	37.17	6
6" Pies												
Apple Pie	1/4 pie	300	16	7	0	0	270	36	1.48	14	10.38	2
Banana Crème Pie	1/4 pie	250	14	9	0	5	170	29	--	18	16.5	2
French Silk Pie	1/4 pie	300	21	13	0	45	150	26	0.5	17	16.94	2
Pumpkin Pie	1/4 pie	220	10	4.5	0	20	180	30	1	20	16.98	3