Holiday Meals 2023 Nutrition 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
Meats																
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	24	9	0	70	1740	2	0	2	--	26	--	0	10	--
Jennie-O Boneless Turkey Breast	6 oz	200	7	2	0	100	1280	0	0	0	0	40	0	0	4	11
Butterball Turkey, 10-12 lbs	6 oz	210	11	3	0	70	960	0	--	0	--	26	--	0	10	--
Butterball Turkey, 14-16 lbs	6 oz	210	11	3	0	70	960	0	--	0	--	26	--	0	10	--
Prime Rib	6 oz	400	32	14	2	100	650	0	--	0	--	28	--	0	10	--
Sides																
Sweet Buttered Corn	1 cup	240	16	3	0	0	800	21	2	12	6	3	0	0	0	4
Cranberry Relish	1/2 cup	130	0	0	0	0	10	33	2	28	23	0	0	0	0	2
Green Bean Casserole	1/2 cup	90	6	2	0	0	440	7	1	1	0	2	0	2	6	2
Green Bean Casserole (Store-Made)	1/2 cup	80	5	2.5	0	0	410	7	1	1	0	1	0.46	2	2	2
Holiday Potatoes with Cheddar	1/2 cup	230	16	8	0	35	440	15	0	1	0	7	0.14	15	0	4
Holiday Potatoes with Cheddar (Store-Made)	1/2 cup	220	17	8	0	35	510	9	0	1	0	8	1.42	15	0	4
Mashed Potatoes	1/2 cup	120	5	2.5	0	10	540	17	1	0	0	2	0.12	2	0	8
Sage Bread Dressing	1/2 cup	110	4	1	0	0	540	16	1	2	1	3	0	2	6	2
White Cheddar Macaroni	1 cup	170	9	4	0	15	460	18	1	2	0	5	0.22	6	6	2
Gravy																
Turkey Gravy	1/4 cup	40	2	0.5	0	5	430	4	0	0	0	1	0	0	0	0
Beef Gravy	1/4 cup	25	1	0	0	0	280	4	0	0	0	0	0	0	0	0
Rolls																
White Jumbo Honey Butterflake	1 roll	320	12	4.5	0	0	310	46	0	14	10	6	0	2	15	0
Wheat Jumbo Honey Butterflake	1 roll	320	14	6	0	5	270	44	0	14	10	5	0	2	10	0
Brown and Serve	1 roll	110	2.5	1	0	5	170	19	1	3	2	3	0.04	2	6	0
Pies																
Apple Pie	1/8 pie	40	2	1	0	0	40	5	0	3	2	0	0	0	0	0
Banana Cream Pie	1/8 pie	45	2.5	1.5	0	0	30	5	0	3	3	0	0	0	0	0
French Silk Pie	1/8 pie	70	4.5	3	0	10	30	6	0	4	4	1	0	0	0	0
Pumpkin Pie	1/8 pie	45	2	1	0	5	35	6	0	5	4	1	0	2	0	0
Brunch																
Broccoli and Mushroom Quiche	1/6 quiche	360	25	9	0	210	470	21	3	1	0	12	1.49	10	6	4
Ham and Cheese Quiche	1/6 quiche	380	26	10	0	215	800	21	2	1	1	13	1.47	8	10	4
Quiche Lorraine	1/6 quiche	370	26	10	0	220	650	20	3	1	0	14	1.27	6	6	4
Biscuits and Sausage Gravy	2 biscuits + 6 oz gravy	950	56	32	0	75	2900	90	2	9	2	17	0	15	30	8
Egg Casserole with Meat	8 oz	310	21	3.5	0	540	780	8	1	1	0	22	2.99	4	15	8
Egg Casserole	8 oz	300	18	4	0	450	630	16	0	3	1	20	3	15	10	6
Hashbrown Casserole	4 oz	130	8	5	0	20	330	13	1	1	0	3	0.1	4	0	4
Bacon	2 slices	140	12	4	0	30	460	2	0	2	2	10	15.56	2	2	5
Sausage Links	2 links	160	15	6	0	30	270	1	--	0	--	6	--	0	2	--
Sausage Patty	2 patties	520	44	14	0	130	1560	0	--	0	--	33	--	4	25	--
Freshly Cut Fruit	4 oz	50	0	0	0	0	10	12	1	10	0	1	0	2	2	6
Nonfat Vanilla Greek Yogurt	6 oz	130	0	0	0	5	50	17	0	15	10	14	0	15	0	4
Blueberry Muffin	1 muffin	520	24	4.5	0	75	480	69	1	35	34	6	0.46	2	15	2
Chocolate Chip Muffin	1 muffin	560	28	8	0	70	460	75	2	42	41	6	0.46	2	20	2
Cinnamon Roll	1 cinnamon roll	770	38	18	0	25	330	98	3	56	54	8	0	8	15	5