

# 2017 Holiday Nutrition Chart

Product Name	Serving Size (oz)	Calories	Calories from fat	Total Fat (g)	Sat Fat (g)	Trans fats (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Gluten Free Ingredients	Allergens
<b>Holiday Entrees</b>														
Beef Brisket/Au Jus	4	159	75	8.3	2.4	0	43	750	5	0	2	15	N	Wheat, Soy, Milk
Bob's Smoked Ham, Boneless	4	129	7	0.8	0	0	32.4	755.3	15.8	0	10.8	16.2	Y	
Honey Crusted Ham, Boneless	4	166	46	5.2	1.6	0	51	791	14	0.1	13.5	16.8	Y	
Pork Loin w/Bourbon Apples	4	156	17	2	0.6	0	32	482	18	0.6	14	15	N	Soy, Milk
Pork Loin w/Sherry Wine Demi Sauce	4	158	45	5	1.3	0	48	696	3	0.1	1	22	N	Wheat, Soy, Milk
Prime Rib	4	310	192	21.3	9	0	79	213.7	1.8	0	1	25.1	N	Wheat, Soy, Milk
Roasted Turkey Breast w/Gravy	4	115	40	4.4	1.4	0	40.2	541.2	2.4	0	0.9	16.2	Y	Milk, Soy
Roasted Whole Butterball Turkey	3	130	60	7	2	0	45	580	0	0	0	17	Y	
Single Meal - Ham	1ea	792	209	23.2	11.1	0.7	98.6	2500	103.7	5.9	52.4	42.1	N	Wheat, Milk, Soy, Egg
Single Meal - Turkey	1ea	999	412	45.8	20.5	0.5	131.3	2137	111.4	7.4	37.1	40.5	N	Wheat, Milk, Soy
Stuffed Salmon - Florentine Stuffing	4	207	96	10.7	2.1	0	63.6	377.7	6	0.7	0.4	21.3	N	Wheat, Soy, Milk, Fish(pollock, salmon), Egg, Seafood(Crab)
Stuffed Salmon - Seafood Crab Stuffing	4	255	157	17.5	5.4	0	60	278	4.8	0.3	1.4	17.8	N	Wheat, Soy, Milk, Fish(pollock, salmon), Egg, Seafood(Crab)
<b>Holiday Sides</b>														
Bourbon Glazed Apples & Craisins	4	121	4	0.4	0	0	0	134.2	29.6	1.7	23.8	0.2	N	Wheat, Soy
Bread Stuffing - CranberryApple	4	244	124	13.7	6.1	0	27	749	30	0.6	3.7	4.4	N	Wheat, Soy, Milk
Bread Stuffing - Traditional	4	272	136	15.1	4.4	0.3	17	599	27.3	0.8	1.6	5.5	N	Wheat, Soy, Milk
Carrots, Honey Glazed	4	88	2	0.3	0.1	0	0	458	21.7	2.8	15	0.9	Y	
Classic Green Bean Casserole	4	110	64	7.2	3.1	0	6.8	588	8.3	1.7	1.2	3	N	Wheat, Milk
Fall Vegetable & Apple Baked Fritter	4	195	76	8.5	1.6	0	81.3	287.4	25.1	2.8	10.8	5	N	Wheat, Egg
Fruit & Nut Six Grain Medley	4	180	40	4.4	0.5	0	0	382.4	30	3.2	8.1	4	N	Wheat, Nut(Almond)

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Gourmet 3-Cheese White Mac 'n Cheese	4	217	113	12.5	8.9	*	36	584.9	15.7	0.7	2.6	9.7	N	Wheat, Milk
Green Beans Amandine	4	114	84	9.4	3.9	0	14.7	257.6	4.2	0	2.3	2.4	Y	Milk, Almond
Harvard Beets & Cabbage	4	60	0	0	0	0	0	219	14	1	11.5	0.4	Y	
Parmesan Encrusted Asiago Risotto Ball	1ea	257	109	12.1	4.7	0	34.6	585	25.7	0.5	1.3	7.1	N	Egg, Milk, Wheat, Soy
Potatoes, Mashed	4	180	80	9	6	0	25	440	21	2	1	3	Y	Milk
Praline Sweet Pot Cass	4	259	102	11.3	1.8	0.8	19.3	110.5	38.7	3.4	18	2.2	Y	Soy, Egg, Milk, Pecans
Red Skin Potato Wedges	4	115	42	4.6	0.5	0	0	319.1	17.6	2.1	1.1	2.1	Y	
Roasted Garlic Infused Fresh Veg Blend	4	131	79	8.8	1	0	0	488.4	12.1	2.8	2.5	2.4	Y	
Savory Roasted Butternut	4	139	78	8.7	1.1	0	0	286.8	16.5	2.6	4.3	1.3	Y	Milk
Three Cheese Potato Au Gratin	4	170	81	9	5	0	24.8	392.8	26.9	1.3	1.8	6.5	N	Wheat, Milk, Soy
Vegetable Medley	4	82	49	5.4	0.7	0	0	79.1	7	2.2	4.3	1.2	Y	
<b>Holiday Fruit Salads/Desserts</b>														
Apple Waldorf	4	192	118	13.1	3.6	0	16.4	79.8	16.7	1.4	13.5	0.8	Y	Milk, Egg
Bread Pudding	4	275	81	9	2.2	0.2	51	124.5	44.7	1	33.8	5.4	N	Wheat, Milk, Egg, Soy, Pecan
Cranberry Ambrosia	4	268	121	13.4	5.8	0	23.7	46	26	1.5	22.3	2.8	Y	Milk, Pecan
Cranberry Relish	4	186	24	2.7	0.2	0	0	2	42	2.7	33.6	0.9	Y	
Pumpkin Mousse	4	247	129	14.3	11.2	0.2	26.4	102.8	28.6	1	26.8	2.8	Y	Milk
Tropical Fruit Ambrosia	4	188	93	10.4	8.5	0	11.6	37.8	22.7	0.7	19.2	0.8	Y	Milk
<b>Holiday Gravies, Glazes, Sauces</b>														
Honey Pineapple Glaze	1	73	0	0	0	0	0	7.2	18.7	0	18.4	0	Y	
Horseradish Sauce	1	47	33	3.7	2.2	0	18.4	221.7	2.3	0	2.2	0.8	Y	Milk, Wheat, Soy
Pineapple Dijon Glaze	1	63	0	0	0	0	0	162.6	14.4	0	14.1	0	Y	
Poultry Gravy	1	18	9	1	0.6	0	2.7	91.2	1.7	0	0.2	0.4	Y	Milk, Soy
Sherry Wine Demi-Glace	1	21	4	0.5	0.3	0	0.4	160.6	3.5	0	0	0.4	Y	Milk

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White Wine Lemon Butter	1	36	27	3	1.9	0.1	7.9	101.1	1.9	0	0.3	0.2	Y	Milk