

2018 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
Holiday Entrees														
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
Smoked Turkey- Pineapple Dijon Glz	4	175	58	6.4	2.1	0	59.3	730.3	1	0.1	0.8	29.7	Y	
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)
Holiday Sides														
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
Brussels Sprouts Medley	4	95	50	5.6	0.6	0	0	165	10	3.6	3.5	2.7	Y	
Carrots, Honey Glazed	4	88	2	0.3	0.1	0	0	458	21.7	2.8	15	0.9	Y	

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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
Cider Glazed Butternut & Sweet Potatoes	4	182	98	11	1.5	0	0	24	21	3.6	8.6	2.3	Y	Nut(Almond)
Craisin Feta Walnut Spring Green Salad	4	197	123	13.7	2.3	0	6.9	305.3	16.5	2.6	10.5	4	Y	Milk, Nut (walnut)
Cranberry Walnut Wild Rice Medley	4	148	36	4	1.6	0.1	6	334	26	2.5	7.3	3.3	Y	Milk, Nut(Walnut)
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
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	
Rosemary Parmesan Sweet Potatoes	4	172	75	8.3	2	0	5.4	1000	21	3.3	6.3	4.2	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	
Holiday Fruit Salads/Desserts														
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
Holiday Gravies, Glazes, Sauces														
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	

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Poultry Gravy	1	14	4	0.4	0.3	0	1.2	104.4	2	0	0.3	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
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
Brunch Classics														
Frittata-Bacon Swiss		4oz.	206	135	15	8.2	0.1	192	644	4.2	0.2	1.9	13	Milk, Egg
Frittata-Garden Veggie		4oz.	162	101	11.2	5	0.1	215.6	547.3	6	1.1	2.9	8.8	Milk, Egg, Soy
Frittata-Ham & Broccoli		4oz.	170	110	12.3	6.4	0.2	183	331	4.1	0.5	1.6	10.1	Milk, Egg
Quiche-Bacon Swiss		4oz.	292	183	20.3	8.5	0.1	150	638	15.2	0.6	1.5	11.8	Wheat, Milk, Egg
Quiche-Grden Veggie		4oz.	249	144	16	5.4	2.2	162.4	495.6	17.1	2.9	2.7	8.7	Milk, Egg, Wheat, Soy
Quiche-Ham & Broccoli		4oz.	336	205	22.8	8.1	0	121	445	22.8	1	1.1	9.5	Wheat, Milk, Egg
Hearty Sausage & Bacon Farmhouse		4oz.	241	158	17.6	7.6	0.1	179.5	754.7	6	0.4	0.9	14.5	Milk, Egg, Soy
Mesquite Ham & Smoked Gouda		4oz.	173	111	12.3	6	0	161.2	402	6.8	1	0.9	8.5	Milk, Egg, Soy
Praline Pecan Berry French Toast		4oz.	244	93	10.3	4	0.3	93.2	269.2	33.3	1.2	19.6	5.3	Milk, Egg, Soy, Wheat, Nut(Pecan)
Strata- Layered Ham & Cheddar		4oz.	284	129	14.4	6	0.6	90.6	611	27.5	1.4	2.9	11.2	Milk, Egg, Soy, Wheat
Rosemary Parmesan Sweet Potatoes	4	172	75	8.3	2	0.1	5.9	1003	21.2	3.3	6.3	3.9	Y	Milk
Ambrosia Salad	4 oz.	188	93	10.4	8.5	0	12	38	23	0.7	19	0.8	Y	Milk, Coconut
Broccoli Grape Salad	4 oz.	250	164	18.3	4	0	17	163	15	2	11	4	Y	Milk, Egg, Almonds
Oven Fried Potatoes	4 oz.	136	67	7	1	0	0	550	16.5	2	1	2	Y	
Craisin Feta Walnut Spring Green Salad	4	212	139	15.5	2.7	0	7.8	365.4	16.8	2.1	12.3	3.7	Y	Milk, Nut (walnut)