# 2026 Holiday Nutrition

| Product Name | Serving Size (oz) | Calories | Total Fat (g) | Sat Fat (g) | Trans fats (g) * less than .5 grams per serving | Cholesterol (mg) | Sodium (mg) | Carbs (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) | Allergens |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Ready to Heat Holiday Entrees** | | | | | | | | | | | | |
| Bob's Smoked Ham, Boneless | 4 | 129 | 0.8 | 0 | 0 | 32.4 | 755.3 | 15.8 | 0 | 10.8 | 16.2 | No Big 9 Allergens |
| Bob's Smoked Salmon Fillet | 4 | 310 | 19 | 3 | 0 | 55 | 75 | 14 | 0 | 13 | 21 | Fish (Salmon) |
| Brisket with Red Wine Bordeliase | 4 | 220 | 7 | 2.5 | 0 | 90 | 780 | 7 | 0 | 4 | 32 | No Big 9 Allergens |
| Honey Crusted Ham, Boneless | 4 | 166 | 5.2 | 1.6 | 0 | 51 | 791 | 14 | 0.1 | 13.5 | 16.8 | No Big 9 Allergens |
| London Broil | 4 | 130 | 3.5 | 1 | 0 | 55 | 390 | 3 | 0 | 1 | 22 | Milk, Soy, Wheat |
| Marry Me Chicken & Linguini | 1/6th | 750 | 34 | 10 | 0 | 140 | 2220 | 58 | 4 | 10 | 52 | Milk, Wheat |
| Pork Loin, Herb Encrusted | 4 | 200 | 11 | 4 | 0 | 60 | 640 | 3 | 0 | 1 | 23 | No Big 9 Allergens |
| Prime Rib | 4 | 280 | 21 | 8 | 1 | 65 | 200 | 1 | 0 | <1 | 20 | Beef Contains No Big 9 Allergens. See sauces for allergens. |
| Roasted Turkey Breast w/Gravy | 4 | 115 | 4.4 | 1.4 | 0 | 40.2 | 541.2 | 2.4 | 0 | 0.9 | 16.2 | Turkey Contains No Big 9 Allergens. Gravy Contains Milk. |
| Roasted Whole Butterball Turkey | 3 | 130 | 7 | 2 | 0 | 45 | 580 | 0 | 0 | 0 | 17 | Turkey Contains: No Big 9 Allergens |
| Single Meal for One - Turkey | 1ea | 890 | 38 | 18 | 0 | 125 | 2440 | 102 | 9 | 31 | 35 | Wheat, Milk, Soy |
| Smoked Turkey- Pineapple Dijon Glaze | 4 | 190 | 4 | 1.5 | 0 | 45 | 950 | 14 | 0 | 13 | 24 | No Big 9 Allergens |
| **Holiday Gravies, Glazes, Sauces** | | | | | | | | | | | | |
| Honey Pineapple Glaze | 1 | 73 | 0 | 0 | 0 | 0 | 7.2 | 18.7 | 0 | 18.4 | 0 | No Big 9 Allergens |
| Horseradish Sauce | 1 | 47 | 3.7 | 2.2 | 0 | 18.4 | 221.7 | 2.3 | 0 | 2.2 | 0.8 | Milk, Wheat, Soy |
| Pineapple Dijon Glaze | 1 | 63 | 0 | 0 | 0 | 0 | 162.6 | 14.4 | 0 | 14.1 | 0 | No Big 9 Allergens |
| Poultry Gravy | 1 | 14 | 0.4 | 0.3 | 0 | 1.2 | 104.4 | 2 | 0 | 0.3 | 0.4 | Milk |
| Sherry Wine Demi-Glace | 1 | 21 | 0.5 | 0.3 | 0 | 0.4 | 160.6 | 3.5 | 0 | 0 | 0.4 | Milk |
| Borderlaise Sauce | 1 | 20 | 0 | 0 | 0 | 0 | 400 | 4 | 0 | 2 | 0 | No Big 9 Allergens |

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|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Holiday Sides** | | | | | | | | | | | | |
| Traditional Bread Stuffing | 4 | 272 | 15.1 | 4.4 | * | 17 | 599 | 27.3 | 0.8 | 1.6 | 5.5 | Wheat, Milk |
| California Veggie Blend | 4 | 175 | 13.2 | 2.5 | * | 7 | 243.3 | 9.5 | 2.4 | 2.7 | 1.9 | Milk |
| Carrots, Honey Glazed | 4 | 88 | 0.3 | 0.1 | 0 | 0 | 458 | 21.7 | 2.8 | 15 | 0.9 | No Big 9 Allergens |
| Classic Green Bean Casserole | 4 | 110 | 7.2 | 3.1 | 0 | 6.8 | 588 | 8.3 | 1.7 | 1.2 | 3 | Wheat, Milk |
| Garlic Herb Butter Asparagus | 4 | 60 | 3 | 2 | 0 | 10 | 35 | 4 | 2 | 2 | 2 | Milk |
| Gourmet 3 Cheese White Mac & Cheese | 4 | 210 | 9 | 9 | 0 | 35 | 590 | 16 | <1 | 3 | 10 | Wheat, Milk |
| Mashed Twice Baked Potato Casserole | 4 | 220 | 13 | 7 | 0 | 40 | 330 | 17 | 2 | 7 | 7 | Milk |
| Potatoes, Mashed | 4 | 180 | 9 | 6 | 0 | 25 | 440 | 21 | 2 | 1 | 3 | Milk |
| Praline Sweet Pot Cass | 4 | 259 | 11.3 | 1.8 | 0.8 | 19.3 | 110.5 | 38.7 | 3.4 | 18 | 2.2 | Milk, Nut(Pecan) |
| Smoked Gouda Potato Gratin | 4 | 190 | 12 | 8 | 0 | 35 | 620 | 13 | <1 | 2 | 8 | Wheat, Milk |
| **Holiday Fruit Salads/Desserts** | | | | | | | | | | | | |
| Cranberry Relish | 4 | 186 | 2.7 | 0.2 | 0 | 0 | 2 | 42 | 2.7 | 33.6 | 0.9 | No Big 9 Allergens |
| **Brunch Classics** | | | | | | | | | | | | |
| Ambrosia Salad | 4 | 188 | 10.4 | 8.5 | 0 | 12 | 38 | 23 | 0.7 | 19 | 0.8 | Milk, Coconut |
| Broccoli Grape Salad | 4 | 250 | 18.3 | 4 | 0 | 17 | 163 | 15 | 2 | 11 | 4 | Milk, Egg, Nuts (Almonds) |
| Bourbon Bacon Pecan French Toast | 4 | 240 | 10 | 5 | 0 | 100 | 320 | 31 | <1 | 18 | 6 | Milk, Egg, Soy, Wheat, Nut (Pecan), Sesame |
| Praline Pecan Berry French Toast | 4 | 244 | 10.3 | 4 | * | 93.2 | 269.2 | 33.3 | 1.2 | 19.6 | 5.3 | Milk, Egg, Soy, Wheat, Nut (Pecan), Sesame |
| Quiche-Bacon Swiss | 4 | 292 | 20.3 | 8.5 | * | 150 | 638 | 15.2 | 0.6 | 1.5 | 11.8 | Wheat, Milk, Egg |
| Quiche-Florentine Feta & Tomato | 4 | 247 | 16 | 7.2 | * | 169 | 222.6 | 16.7 | 1.7 | 1.9 | 7.9 | Wheat,Milk, Egg |
| Quiche-Ham & Broccoli | 4 | 336 | 22.8 | 8.1 | 0 | 121 | 445 | 22.8 | 1 | 1.1 | 9.5 | Wheat, Milk, Egg |