

INGREDIENTS

CARVEMASTER BONELESS APPLEWOOD SMOKED HAM WITH NATURAL JUICES (as prepared): HAM (cured with: water, dextrose, contains 2% or less of salt, sodium phosphates, potassium acetate, potassium lactate, sodium diacetate, sodium erythorbate, sodium nitrate), PEPPERY MAPLE BOURBON GLAZE (high fructose corn syrup, molasses, soy sauce [water, wheat, soybean, salt, sodium benzoate], water, modified corn starch, apple cider vinegar, spices, black pepper, natural & artificial flavor, pure maple syrup). **CONTAINS: SOY, WHEAT.**

CHEESY MASHED POTATOES (as prepared): MASHED POTATOES (potatoes, water, margarine [vegetable oil blend (liquid soybean oil, partially hydrogenated soybean oil), artificial color, water, salt, whey (milk), soy lecithin, vegetable mono and diglycerides, sodium benzoate (to protect quality), artificial flavor, citric acid, vitamin a palmitate), nonfat milk, salt, potassium sorbate [to protect flavor], disodium pyrophosphate [to maintain color], modified corn starch, glucono delta lactone, xanthan gum), MOZZARELLA CHEESE (pasteurized milk, cheese culture, salt, enzymes, potato starch & powdered cellulose [to prevent caking], natamycin [a natural mold inhibitor]), PARMESAN CHEESE (pasteurized milk, cheese culture, salt, enzymes), BREADCRUMBS (breadcrumbs [wheat flour, durum semolina wheat, malted barley flour, ascorbic acid, riboflavin, niacin, iron, thiamin, folic acid, water, sea salt, sugar, yeast], canola oil, basil, parmesan cheese [milk, cheese cultures, enzymes, salt, flow agent (less than 2% microcellular crystalline)], oregano, rosemary, sage, garlic, parmesan cheese [pasteurized cultured milk, salt, enzymes]). **CONTAINS: MILK, SOY, WHEAT.**

CARROTS WITH CITRUS GLAZE (as prepared): CARROTS, CITRUS GLAZE (water, sugar, orange juice concentrate, brown sugar, white wine vinegar, corn starch, orange peel, spices), PARSLEY.

SEASONED GREEN BEANS WITH CRISPY ONIONS (as prepared): GREEN BEANS (green beans, olive & canola oil blend [olive oil, canola oil], fresh garlic), CRISPY ONIONS (onions, enriched flour [wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], sunflower and/or safflower oil, salt). **CONTAINS: WHEAT.**

BUTTER & EGG ROLLS: (enriched bleached wheat flour [wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid], water, yeast, whole eggs, sugar, palm oil, butter, whey, high fructose corn syrup, wheat flour bleached [enriched with niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid], corn flour, dextrose, datem, monocalcium phosphate, ascorbic acid, l-cysteine, enzyme, soybean oil). **CONTAINS: EGG, MILK, SOY, WHEAT.**

APPLE PIE: (apples, water, unbleached enriched wheat flour [niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid], palm oil, sugar, modified food starch [corn], whole egg, dextrose, salt, potassium sorbate [as a preservative], cinnamon, lemon puree). **CONTAINS: EGG, WHEAT.**



Bourban Maple Glazed Ham Dinner



Nutrition Facts	Applewood Smoked Ham (as prepared)	Cheesy Mashed Potatoes (as prepared)	Carrots with Citrus Glaze (as prepared)	Seasoned Green Beans with Garlic and Oil (as prepared)	Butter & Egg Roll	Apple Pie
Serving Size	4 oz (123g)	3/4 Cup (186g)	1/2 cup (85g)	1/2 cup (58g)	1 Roll (33g)	1/10th Pie (89g)
Servings Per Container	varies	About 13	About 11	About 12	12	10
Amount Per Serving						
Calories	190	240	40	40	90	300
Calories from Fat	80	90	0	20	15	150
	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*
Total Fat	9g	14g	10g	15g	0g	2.5g
Saturated Fat	3g	15%	3.5g	18%	0g	0%
Trans Fat	0g	0g	0g	0g	0g	0g
Cholesterol	55mg	18%	15mg	5%	0mg	0%
Sodium	1090mg	45%	710mg	30%	60mg	3%
Total Carbohydrate	11g	4%	30g	10%	10g	3%
Dietary Fiber	0g	0%	4g	16%	2g	8%
Sugars	9g	0g	0g	7g	2g	2g
Protein	16g	9g	0g	0g	1g	2g
Vitamin A	0%	0%	4%	200%	8%	0%
Vitamin C	0%	0%	0%	4%	10%	20%
Calcium	0%	0%	20%	2%	2%	0%
Iron	2%	0%	8%	4%	4%	0%
*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs.						
Calories: 2,000 2,500						
Total Fat	Less than 65g	80g				
Saturated Fat	Less than 20g	25g				
Cholesterol	Less than 300mg	300mg				
Sodium	Less than 2,400mg	2,400mg				
Total Carbohydrate	300g	375g				
Dietary Fiber	25g	30g				
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4						

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PERISHABLE - KEEP REFRIGERATED

A COMPLETE MEAL INCLUDING DESSERT
with Easy-to-Follow Cooking Instructions

A CHEF-INSPIRED GOURMET DINNER. SERVES 8 TO 10

INSTRUCTIONS & TIMELINE

About 1 1/2 - 2 hours from start to finish
(Supplies needed: cookie sheet)

Write your cooking times on the lines below to help plan your meal.

ENTER START TIME:	30 MINUTES AFTER START TIME:	45 MINUTES AFTER START TIME:	1 HOUR & 15 MINUTES AFTER START TIME:	1 HOUR & 30 MINUTES AFTER START TIME:	AFTER MEAL
:	:	:	:	:	

Preheat oven to 350°F.
Remove ham from packaging.

Prepare ham.

Prepare potatoes.

Remove potatoes from oven. Keep covered until ready to serve.
Prepare baby carrots.
Prepare green beans with crispy onions.
Check ham for doneness, and remove.
Let rest until ready to carve.

Prepare rolls.

Serve apple pie.

Bourbon Maple Glazed Ham

Kit includes:

- Ham
- Glaze packet
- Foil pan

Place ham in provided foil pan. Bake, uncovered, for 30 minutes at 350°F.

Add 1/4 cup water to bottom of pan. Open glaze packet and begin glazing ham. Brush every 20 minutes with glaze.

Bake ham for an additional 30 to 45 minutes or until ham reaches an internal temperature of 130°F.

Transfer to a serving platter and carve just before serving.



Cheesy Baked Mashed Potatoes Gratin

Kit includes:

- Fresh cooked mashed potatoes
- Parmesan cheese packet
- Mozzarella cheese packet
- Bread crumb topping packet
- Foil pan

Open mashed potatoes and place in provided foil pan. Add both cheese packets and mix well.

Sprinkle the bread crumb topping over mashed potatoes and bake at 350°F for 30 to 35 minutes.



Fresh Baby Carrots with Citrus Orange Glaze

Pierce top of film 3 to 4 times to vent. Microwave carrots on HIGH for 6 minutes.

Peel back film 3/4 of the way. **CAUTION: CONTAINER WILL BE HOT!**

Stir carrots, return to microwave and continue cooking for 4 minutes. Place into serving bowl; season to taste with salt and pepper.

Fresh Green Beans with Crispy Onions

Kit includes:

- Fresh green beans with garlic
- Crispy onions

Lay steam bag of green beans flat in microwave PRINT SIDE UP. Ensure resealable bag is snapped shut.

Microwave on HIGH for 7 to 9 minutes. Check for desired doneness. If needed, heat an additional 1 to 2 minutes.

Let sit for 2 to 3 minutes before removing bag from microwave.

CAUTION: BAG WILL BE HOT!

Place into serving bowl, season to taste with salt and pepper, and garnish with crispy onions.

NOTE: Steam bag must lay flat, print side up, to ensure proper cooking.



Rolls

Rolls are ready to serve or can be warmed in 325°F oven.

Bake for 4 to 5 minutes.

Brush with butter, if desired.

Serve immediately.



Apple Pie

Pie is ready to serve or can be warmed. Cut slices and remove from pie tin. Place slices on microwave-safe plate and microwave on HIGH for 30 to 45 seconds.

