

## RALEY'S HAM DINNER KIT

<b>Nutrition Facts</b>	HAM	CARROTS	SCALLOPED POTATOES	SWEET POTATOES	GREEN BEANS
servings per container	Varies	About 9	About 7	About 6	About 7
<b>Serving size</b>	3 oz. (85g)	1/2 Cup (110g)	1/2 Cup (140g)	1/2 Cup (140g)	1 Cup (85g)
Amount per serving					
<b>Calories</b>	<b>120</b>	<b>90</b>	<b>210</b>	<b>260</b>	<b>60</b>
	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*
<b>Total Fat</b>	7g <b>9%</b>	3g <b>4%</b>	11g <b>14%</b>	8g <b>10%</b>	3.5g <b>4%</b>
Saturated Fat	2.5g <b>13%</b>	1g <b>5%</b>	6g <b>30%</b>	1g <b>5%</b>	1g <b>5%</b>
Trans Fat	0g	0g	0g	0g	0g
<b>Cholesterol</b>	45mg <b>15%</b>	5mg <b>2%</b>	30mg <b>10%</b>	0mg <b>0%</b>	5mg <b>2%</b>
<b>Sodium</b>	910mg <b>40%</b>	70mg <b>3%</b>	320mg <b>14%</b>	100mg <b>4%</b>	20mg <b>1%</b>
<b>Total Carbohydrate</b>	2g <b>1%</b>	15g <b>5%</b>	20g <b>7%</b>	44g <b>16%</b>	6g <b>2%</b>
Dietary Fiber	0g <b>0%</b>	3g <b>11%</b>	2g <b>7%</b>	6g <b>21%</b>	2g <b>7%</b>
Total Sugars	2g	10g	2g	14g	3g
Includes Added Sugars	2g <b>4%</b>	5g <b>10%</b>	1g <b>2%</b>	6g <b>12%</b>	0g <b>0%</b>
<b>Protein</b>	13g	1g	9g	3g	2g
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	Vitamin D	0mcg 0%	0mcg 0%	0mcg 0%	0mcg 0%
	Calcium	0mg 0%	30mg 2%	220mg 15%	60mg 4%
	Iron	1.5mg 8%	0.3mg 2%	0.9mg 6%	1.3mg 8%
	Potassium	290mg 6%	330mg 8%	450mg 10%	610mg 15%
					180mg 4%

**INGREDIENTS: HAM** (fully cooked honey ham with natural juices [cured with water, salt, honey, sugar, sodium phosphate, sodium erythorbate, sodium nitrite, spice extractives], bourbon pineapple glaze [water, brown sugar, pineapple juice concentrate, sugar, bourbon {bourbon, salt}, apple cider vinegar, molasses, corn starch, salt, cinnamon, black pepper, allspice, nutmeg]), **CARROTS WITH HONEY** (carrots [carrots, canola oil and extra virgin olive oil], honey, unsalted butter [butter {cream}], orange peel [orange juice, orange peel, water], parsley), **BAKED SCALLOPED POTATOES** (baked scalloped potatoes mix [potatoes, white cheese sauce {water, milk (milk, vitamin D3), heavy cream (pasteurized heavy cream, carrageenan), american white cheese (american cheeses [milk, culture, salt, enzyme], water, milkfat, sodium citrate, salt, sodium phosphates), cream cheese (pasteurized milk and cream, salt, less than 1 percent of: cheese cultures, carob bean gum, xanthan gum, guar gum), provolone cheese (pasteurized milk, cheese cultures, salt, enzymes), monterey jack cheese (pasteurized milk, cheese cultures, salt & enzymes, powdered corn starch and potato starch), canola oil, butter (pasteurized cream, natural flavors [lactic acid, starter distillate]), sugar, modified corn starch, parmesan cheese (pasteurized part-skim milk, cheese cultures, salt, enzymes), wheat flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), romano cheese (pasteurized part-skim cow's milk, salt, cheese cultures, enzymes), salt, white pepper, xanthan gum, guar gum, annatto extract (for color)}, parmesan cheese {parmesan cheese (pasteurized milk, cheese culture, salt, enzymes), powdered cellulose (to prevent caking)}], swiss and gruyere cheese blend [swiss cheese {pasteurized milk, cheese culture, salt, enzymes}, gruyere cheese {pasteurized milk, cheese culture, salt, enzymes}, potato starch and powdered cellulose {to prevent caking}, natamycin {a natural mold inhibitor}], parmesan cheese [parmesan cheese {pasteurized milk, cheese culture, salt, enzymes}, powdered cellulose {to prevent caking}], parsley), **SWEET POTATOES** (roasted yam [yam, olive oil {olive oil, extra virgin olive oil}, honey, granola {whole rolled oats, milled cane sugar, expeller pressed canola oil, molasses, coconut, almonds, sesame seeds, sunflower seeds, cashews, walnuts, honey, natural flavor, salt, herb blend (sugar, cardamom, fennel seed, fenugreek, nutmeg)}, cranberries {cranberries, sugar, sunflower oil}, pecans]), **GREEN BEANS** (green beans, garlic and herb buttery blend [butter {cream, salt}, canola oil, spices, garlic], almonds).

Contains Milk, Tree Nuts (Pecan, Coconut, Cashew, Walnut, Almond), Wheat.