

Nutrition Facts		Fully Cooked Spiral Sliced Ham	Ham Glaze	Corn Pudding	Duchess Potato Casserole	Seasoned Green Beans	White House Rolls Cluster	Chocolate Fudge Pie							
servings per container		varied	38	9	9	6	12	6							
Serving size		3 ounces (85g)	1 tbsp (12g)	1/2 cup (118g)	1/2 cup (124g)	1 cup (119g)	1 roll (34g)	1/6 pie (119g)							
Amount per serving															
Calories		100	30	220	150	100	100	470							
		% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*							
Total Fat	3.5g	4%	0g	0%	8g	10%	6g	8%	3g	4%	26g	33%			
Saturated Fat	1g	5%	0g	0%	4.5g	23%	5g	25%	3.5g	18%	1.5g	8%	7g	35%	
Trans Fat	0g		0g		0g		0g		0g		0g		0g		
Cholesterol	40mg	13%	0mg	0%	80mg	27%	35mg	12%	15mg	5%	5mg	2%	40mg	13%	
Sodium	910mg	40%	10mg	0%	530mg	23%	350mg	15%	200mg	9%	125mg	5%	350mg	15%	
Total Carbohydrate	3g	1%	8g	3%	31g	11%	16g	6%	9g	3%	16g	6%	54g	20%	
Dietary Fiber	0g	0%	0g	0%	0g	0%	1g	4%	3g	11%	1g	4%	1g	4%	
Total Sugars	2g		8g		20g		2g		3g		3g		35g		
Includes Added Sugars	2g	4%	7g	14%	15g	30%	0g	0%	0g	0%	2g	4%	32g	64%	
Protein	13g		0g		6g		3g		3g		3g		6g		
*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%	1mcg	6%	0mcg	0%	0mcg	0%	0mcg	0%	0mcg	0%
	Calcium	0mg	0%	8mg	0%	76mg	6%	62mg	4%	49mg	4%	21mg	2%	87mg	6%
	Iron	1mg	6%	0mg	0%	0mg	0%	0mg	0%	1mg	6%	1mg	6%	2mg	10%
	Potassium	235mg	6%	17mg	0%	104mg	2%	263mg	6%	220mg	4%	47mg	2%	171mg	4%

INGREDIENTS

UKROP'S SPIRAL SLICED HAM DINNER

Always double-check the nutrition panel & ingredient statement on the actual package as they may change

FULLY COOKED SPIRAL SLICED HAM

Ham cured with water, salt, sodium lactate, sugar, brown sugar, sodium phosphate, sodium diacetate, sodium erythorbate, sodium nitrite, maple flavor (natural and artificial flavor, propylene glycol, water, caramel color, sulphites (138 ppm) and corn products).

HAM GLAZE

Brown sugar, pineapple juice from concentrate (water, pineapple juice concentrate, ascorbic acid (vitamin C), vitamin E, vitamin A), deli mustard (vinegar, mustard seed, water, salt, horseradish, spice, white wine), food starch-modified, spice.

CORN PUDDING

Corn, milk, eggs (with citric acid), sugar, butter, enriched bleached flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), contains 2% or less of: salt. CONTAINS: Wheat, milk, eggs.

DUCHESS POTATO CASSEROLE

Water, milk, potato flakes (potatoes, mono and diglycerides, sodium acid pyrophosphate, sodium bisulfite, citric acid, mixed tocopherols), sour cream (cultured cream, contains less than 2% of: food starch-modified (corn), sodium tripolyphosphate, carrageenan, locust bean gum, guar gum, potassium sorbate (preservative)), butter, eggs (with citric acid), contains 2% or less of: sea salt, chicken base (chicken meat including natural chicken juices, salt, hydrolyzed vegetable protein (soy, corn), sugar, potato flour, natural flavor, autolyzed yeast extract, carrot powder, turmeric), chives, garlic powder, onion powder. CONTAINS: Milk, eggs, soy.

SEASONED GREEN BEANS

Green beans, butter, contains 2% or less of: bacon bits (pork cured with water, contains 2% or less of: salt, sodium phosphate, sodium erythorbate, sodium nitrite, may contain: sugar, brown sugar, natural flavoring, smoke flavoring, flavoring), onion, bacon base (cooked bacon (cured with water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite), yeast extract, maltodextrin (from corn), rendered beef fat, sugar, onion powder, natural flavoring, natural smoke flavoring, lactic acid), salt, spices, dehydrated onion, dehydrated garlic. CONTAINS: Milk.

WHITE HOUSE ROLLS CLUSTERS

Enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, sugar, palm oil, nonfat dry milk, yeast, eggs, contains 2% or less of: salt, natural wheat sour, wheat flour, cultured wheat starch, cultured wheat flour. CONTAINS: Wheat, milk, eggs. Made in a production area that also uses soy and tree nuts.

CHOCOLATE FUDGE PIE

Filling (sugar, water, canola oil, eggs, chocolate base (cocoa, corn syrup solids, vegetable shortening (palm oil), soybean oil, contains 2% or less of: soy lecithin, salt, artificial flavor), nonfat dry milk, contains 2% or less of: enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine, riboflavin, folic acid), food starch-modified, salt), crust (enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), shortening (palm oil, soybean oil, mono- and diglycerides), water, contains 2% or less of: dextrose, salt, nonfat dry milk). CONTAINS: Wheat, milk, eggs, soy. Made in a production area that also uses tree nuts.