

Ukrop's Thanksgiving Items - Nutrition Information

<i>Ukrop's Item</i>	<i>Net Weight</i>	<i>Serving Size</i>	<i>Servings per Container</i>	<i>Calories</i>	<i>Fat (g)</i>	<i>Sat Fat (g)</i>	<i>Trans Fat (g)</i>	<i>Cholesterol (mg)</i>	<i>Sodium (mg)</i>	<i>Total Carbohydrate (g)</i>	<i>Dietary Fiber (g)</i>	<i>Total Sugars (g)</i>	<i>Added Sugars (g)</i>	<i>Protein (g)</i>
Fully Cooked Turkey	10-13 LB	4 oz (113g)	varies	130	7	2	0	45	580	0	0	0	0	17
Fully Cooked Turkey Breast	5-7 LB	3 OZ (84g)	varies	140	7	2	0	45	630	1	0	0	0	17
Homestyle Gravy	24 OZ (1.5lb/680g)	1/4 cup (62g)	11	20	0.5	0	0	0	310	3	0	0	0	0
Fully Cooked Spiral Ham	7 LB (average)	3 OZ (85g)	varies	100	3.5	1	0	40	910	3	0	2	2	13
Ham Glaze	16 OZ (1lb/454g)	1 tbsp (20g)	23	50	0	0	0	0	15	13	0	12	11	0
Cornbread Dressing	32 OZ (2lb/907g)	1/2 cup (91g)	10	150	8	3.5	0	15	470	19	1	1	1	3
Sweet Potato Casserole	32 OZ (2lb/907g)	1/2 cup (125g)	7	310	17	6	0	55	180	37	3	22	17	3
Seasoned Green Beans	24 OZ (1.5lb/680g)	1 cup (119g)	6	110	8	4.5	0	20	250	9	3	3	0	3
Cranberry Orange Salad	21.6 OZ (1.35lb/612g)	1/2 cup (134g)	4.5	160	0	0	0	0	45	41	2	36	30	0
White House Rolls Cluster	14 OZ (397g)	1 roll (34g)	12	100	3	1.5	0	5	125	16	1	3	2	3

11/14/2025