

Ukrop's Christmas 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 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
Fully Cooked Turkey	10-13 LB	4 oz (113g)	varies	130	7	2	0	45	580	0	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
Corn Pudding	36 OZ (2.25lb/1.02kg)	1/2 cup (118g)	9	220	8	4.5	0	80	530	31	0	20	15	6
Duchess Potato Casserole	40 OZ (2.5lb/1.13kg)	1/2 cup (124g)	9	150	8	5	0	35	350	16	1	2	0	4
Seasoned Green Beans	24 OZ (1.5lb/680g)	1 cup (119g)	6	110	8	4.5	0	20	250	9	3	3	0	3
White House Rolls Cluster	14 OZ (397g)	1 roll (34g)	12	100	3	1.5	0	5	125	16	1	3	2	3

Always double-check the nutrition facts panel on the package, as nutrition may change.

DATE: 12/12/25