

HONEY CURED SPIRAL SLICED HAM & OVEN ROASTED TURKEY BREAST

MEAL FOR 8

PREP: 15 MINS | TOTAL: 1.5 - 1.75 HRS

QUICK GUIDE



PRE-HEAT OVEN
TO **350°F**



COOK HAM &
TURKEY BREAST
• FOR •
1-1.25 HOURS



COOK SIDES
• FOR •
35-40 MINS

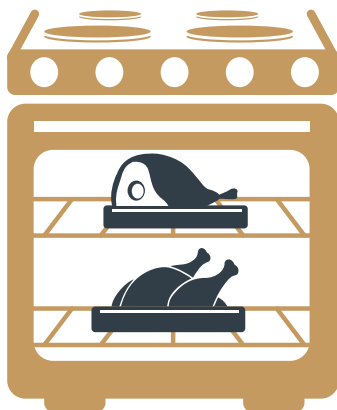


SERVE
& ENJOY!

PANTRY ROUND UP: SHALLOW PAN (2) | FOIL | HOT POT HOLDERS

HERE WE GO!

Please read all instructions prior to cooking.



1. HONEY CURED SPIRAL SLICED HAM & OVEN ROASTED TURKEY

HAM	REMOVE PLASTIC DISK COVERING THE BONE, PLACE IN A SHALLOW PAN & COVER HAM AND PAN WITH FOIL	TEMPERATURE	350° FAHRENHEIT	TIME	1-1 ¹ / ₄ HOUR	INTERNAL TEMPERATURE	130° FAHRENHEIT
TURKEY	PLACE IN A SHALLOW PAN PLACE FOIL OVER TURKEY AND PAN			TIME	1 HOUR		

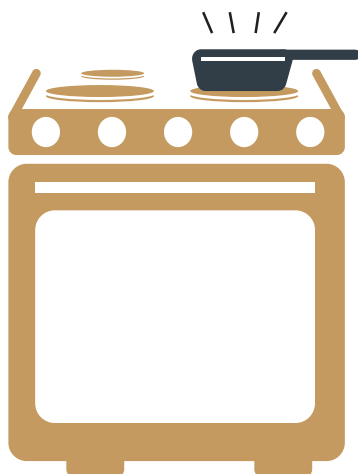
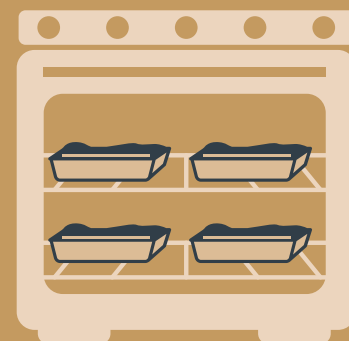
Remove meat from oven and let rest while you heat your Holiday Sides & Turkey Gravy.

2. HAM GLAZE (OPTIONAL)

Open the dry & liquid glaze packets, pour contents into a microwave safe bowl. Stir to mix and then microwave on full power for 2 minutes then spoon and brush onto Ham.

3. HOLIDAY SIDES

Remove Film from sides and heat for 35-40 minutes.



4. TURKEY GRAVY

While your Holiday Sides are heating in the oven, turn your top stove burner to Medium High heat and heat the Turkey Gravy in a medium sauce pan for approximately 10 mins, stirring frequently.

5. SERVE & ENJOY!

Happy Holidays from our family to yours!

H-E-B® MEAL SIMPLE™ FULLY COOKED SPIRAL SLICED HONEY CURED HAM

Nutrition Facts

varied servings per box

Serving size3 oz (84g)

Amount per serving

Calories160

% Daily Value*

Total Fat 7g9%

Saturated Fat 2.5g13%

Trans Fat 0g

Cholesterol 40mg13%

Sodium 580mg25%

Total Carbohydrate 11g4%

Dietary Fiber 0g0%

Total Sugars 9g

Includes 9g Added Sugars18%

Protein 12g

Vit. D 0mcg 0% • Calcium 10mg 0%

Iron 1mg 2% • Potas. 580mg 10%

*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.

CURED WITH: WATER, HONEY, SUGAR, SALT, POTASSIUM LACTATE, SODIUM PHOSPHATE, SODIUM DIACETATE, SODIUM ERYTHORBATE, SODIUM NITRITE. DRY GLAZE: SUGAR, BROWN SUGAR, SPICES, HONEY POWDER (REFINERS SUGAR, HONEY), WET GLAZE: CORN SYRUP, WATER, MOLASSES, POTASSIUM SORBATE (PRESERVATIVE), SODIUM BENZOATE (PRESERVATIVE).

H-E-B® MEAL SIMPLE™ TURKEY GRAVY

Nutrition Facts

about 7 servings per box

Serving size1/4 cup (67g)

Amount per serving

Calories60

% Daily Value*

Total Fat 5g6%

Saturated Fat 3g15%

Trans Fat 0g

Cholesterol 15mg5%

Sodium 190mg8%

Total Carbohydrate 4g1%

Dietary Fiber 0g0%

Total Sugars 0g

Includes 0g Added Sugars0%

Protein 1g

Vit. D 0mcg 0% • Calcium 60mg 4%

Iron 0mg 0% • Potas. 70mg 2%

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INGREDIENTS: WATER, CREAM (PASTEURIZED CREAM, CARRAGEENAN), UNSALTED BUTTER (CREAM [MILK], NATURAL FLAVOR), UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), TURKEY BASE (ROASTED TURKEY, NATURAL JUICES, TAPIOCA MALTODEXTRIN, SALT, TURKEY FAT, YEAST EXTRACT, POTATO FLOUR, NATURAL FLAVOR), CORN STARCH, CULTURED DEXTROSE (FOR FRESHNESS), TURKEY FLAVOR (TURKEY BROTH, TURKEY FAT, SALT, FLAVOR, ONION POWDER), SALT, SPICES, OLEORESIN ROSEMARY (CANOLA OIL, NATURAL EXTRACTIVES OF ROSEMARY), OLEORESIN THYME (NATURAL EXTRACTIVES OF THYME, CANOLA OIL).

CONTAINS: MILK, WHEAT

H-E-B® MEAL SIMPLE™ OVEN ROASTED TURKEY BREAST WITH RIBS & WING MEAT

Nutrition Facts

varied servings per box

Serving size3 oz (84g)

Amount per serving

Calories150

% Daily Value*

Total Fat 7g9%

Saturated Fat 2g10%

Trans Fat 0g

Cholesterol 50mg17%

Sodium 470mg20%

Total Carbohydrate 2g1%

Dietary Fiber 0g0%

Total Sugars 1g

Includes 1g Added Sugars2%

Protein 20g

Vit. D 0mcg 0% • Calcium 16mg 2%

Iron 1mg 6% • Potas. 191mg 4%

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INGREDIENTS: TURKEY BREAST WITH RIBS AND WING MEAT, TURKEY BROTH, CONTAINS LESS THAN 2% OF: SUGAR, SALT, VINEGAR, NATURAL FLAVORING.

H-E-B® MEAL SIMPLE™ CORN BREAD STUFFING

Nutrition Facts

about 6 servings per box

Serving size2/3 cup (100g)

Amount per serving

Calories220

% Daily Value*

Total Fat 13g17%

Saturated Fat 4.5g23%

Trans Fat 0g

Cholesterol 20mg7%

Sodium 380mg17%

Total Carbohydrate 22g8%

Dietary Fiber 1g4%

Total Sugars 3g

Includes 1g Added Sugars2%

Protein 4g

Vit. D 0mcg 0% • Calcium 20mg 2%

Iron 1mg 6% • Potas. 90mg 2%

*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.

INGREDIENTS: WATER, CORNBREAD STUFFING (ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], CANOLA AND/OR SUNFLOWER OIL, CORN GRITS, SUGAR, YEAST, 2% OR LESS OF: WHEAT GLUTEN, SALT, YELLOW CORN FLOUR, SOYBEAN OIL, TURMERIC, PAPRIKA, NATURAL FLAVOR, ROSEMARY EXTRACTIVES [TO PRESERVE FRESHNESS], ASCORBIC ACID [TO PRESERVE FRESHNESS]), ONIONS, CELERY, UNSALTED BUTTER (PASTEURIZED CREAM, NATURAL FLAVORINGS), CANOLA OIL, TURKEY FLAVOR (TURKEY BROTH, TURKEY FAT, SALT, FLAVOR, ONION POWDER), PARSLEY, CORN STARCH, SAGE, SALT, THYME, ROSEMARY, CHAMPIGNON MUSHROOM EXTRACT POWDER (CORN STARCH, MUSHROOM EXTRACT, SALT).

CONTAINS: WHEAT, MILK

H-E-B® MEAL SIMPLE™ MASHED POTATOES

Nutrition Facts

about 5 servings per box

Serving size2/3 cup (140g)

Amount per serving

Calories180

% Daily Value*

Total Fat 11g14%

Saturated Fat 7g35%

Trans Fat 0g

Cholesterol 30mg10%

Sodium 530mg23%

Total Carbohydrate 20g7%

Dietary Fiber 0g0%

Total Sugars 3g

Includes 0g Added Sugars0%

Protein 5g

Vit. D 0mcg 0% • Calcium 50mg 4%

Iron 1mg 6% • Potas. 580mg 10%

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INGREDIENTS: MASHED POTATOES (YUKON GOLD POTATOES, WHOLE MILK, BUTTER [SWEET CREAM, SALT], SALT, SPICE, NISIN PREPARATION).

CONTAINS: MILK

H-E-B® MEAL SIMPLE™ GREEN BEAN CASSEROLE

Nutrition Facts

about 5 servings per box

Serving size2/3 cup (110g)

Amount per serving

Calories150

% Daily Value*

Total Fat 11g14%

Saturated Fat 6g30%

Trans Fat 0g

Cholesterol 25mg8%

Sodium 300mg13%

Total Carbohydrate 11g4%

Dietary Fiber 2g7%

Total Sugars 3g

Includes 0g Added Sugars0%

Protein 3g

Vit. D 0mcg 0% • Calcium 70mg 6%

Iron 1mg 6% • Potas. 210mg 4%

*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.

INGREDIENTS: GREEN BEANS, MUSHROOMS, CREAM (MILK), WATER, ONIONS, CRISPY ONIONS (ONIONS, ENRICHED FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], VEGETABLE OIL [SUNFLOWER, SAFFLOWER, AND/OR CANOLA OIL], SALT), UNSALTED BUTTER (PASTEURIZED CREAM, NATURAL FLAVORINGS), PARMESAN CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), CORN STARCH, GARLIC, SALT, SPICE.

CONTAINS: MILK, WHEAT

H-E-B® MEAL SIMPLE™ CRANBERRY SAUCE

Nutrition Facts

about 6 servings per box

Serving size1/4 cup (76g)

Amount per serving

Calories130

% Daily Value*

Total Fat 0g0%

Saturated Fat 0g0%

Trans Fat 0g

Cholesterol 0mg0%

Sodium 0mg0%

Total Carbohydrate 31g11%

Dietary Fiber 2g7%

Total Sugars 29g

Includes 26g Added Sugars52%

Protein 0g

Vit. D 0mcg 0% • Calcium 10mg 0%

Iron 0mg 0% • Potas. 40mg 0%

*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.

INGREDIENTS: CRANBERRIES, SUGAR, WATER, CONCENTRATED ORANGE JUICE.

H-E-B® MEAL SIMPLE™ SWEET POTATO CASSEROLE

Nutrition Facts

about 3 servings per box

Serving size1 cup (220g)

Amount per serving

Calories470

% Daily Value*

Total Fat 21g27%

Saturated Fat 9g45%

Trans Fat 0.5g

Cholesterol 100mg33%

Sodium 250mg11%

Total Carbohydrate 69g25%

Dietary Fiber 4g14%

Total Sugars 48g

Includes 40g Added Sugars80%

Protein 5g

Vit. D 0mcg 0% • Calcium 80mg 6%

Iron 2mg 10% • Potas. 410mg 8%

*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.

INGREDIENTS: SWEET POTATO CASSEROLE (SWEET POTATOES, SUGAR, WHOLE EGGS, UNSALTED BUTTER [PASTEURIZED CREAM, NATURAL FLAVORINGS], ORANGE MARMALADE [SUGAR, CORN SYRUP, ORANGE JUICE, ORANGE PEEL, PECTIN, CITRIC ACID, NATURAL ORANGE FLAVOR], UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], VANILLA EXTRACT, BAKING POWDER [SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORN STARCH, MONOCALCIUM PHOSPHATE], SALT, SPICES), SUGAR CRUMBLE (LIGHT BROWN SUGAR, DRY ROASTED PECANS, UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], UNSALTED BUTTER [PASTEURIZED CREAM, NATURAL FLAVORINGS]).

CONTAINS: EGG, MILK, WHEAT, PECANS



MADE WITH PRIDE AND CARE
BY H-E-B®, SAN ANTONIO,
TX 78204

OVEN ROASTED TURKEY BREAST MEAL WITH SPIRAL SLICED HAM | MEAL FOR 8