

OVEN ROASTED TURKEY BREAST

MEAL FOR 4

PREP: 15 MINS | TOTAL: 1.5 HRS

QUICK GUIDE

PANTRY ROUND UP: SHALLOW PAN | FOIL | HOT POT HOLDERS

HERE WE GO!

Please read all instructions prior to cooking.



1. OVEN ROASTED TURKEY BREAST

TURKEY BREAST	PLACE IN A SHALLOW PAN	TEMPERATURE	350° FAHRENHEIT	TIME	1 HOUR	INTERNAL TEMP.	130° FAHRENHEIT
	PLACE FOIL OVER TURKEY AND PAN						

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

2. HOLIDAY SIDES

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



3. 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.

4. SERVE & ENJOY!

Happy Holidays from our family to yours!



PRE-HEAT OVEN
TO 350°F



COOK TURKEY
BREAST FOR
1 HOUR



COOK SIDES
• FOR •
35-40 MINS



SERVE
& ENJOY!

H-E-B NATURAL® OVEN ROASTED BONE-IN TURKEY BREAST

Nutrition Facts

Varied servings per box
Serving size 3 oz (85g)

Amount per serving	
Calories	110
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 350mg	15%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 2g Added Sugars	4%
Protein 23g	
Vit. D 0mcg 0% • Calcium 10mg 0%	
Iron 1mg 6% • Potas. 190mg 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: TURKEY, WATER, CONTAINS LESS THAN 2% OF: SEA SALT, CANE SUGAR.

*MINIMALLY PROCESSED, NO ARTIFICIAL INGREDIENTS

TURKEY GRAVY

Nutrition Facts

about 7 servings per tray
Serving size 1/4 cup (67g)

Amount per serving	
Calories	60
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 330mg	14%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	
Vit. D 0mcg 0% • Calcium 10mg 0%	
Iron 0mg 0% • Potas. 20mg 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: WATER, PASTEURIZED HEAVY CREAM, UNSALTED BUTTER (CREAM [MILK], NATURAL FLAVOR), CORN STARCH, TURKEY FLAVOR (TURKEY BROTH, TURKEY FAT, SALT, FLAVOR, ONION POWDER), UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), NATURAL FLAVOR, SALT, SPICES, THYME EXTRACT (CANOLA OIL, NATURAL FLAVOR [INCLUDING SPICE EXTRACTIVES]), ROASTED GARLIC FLAVOR (CANOLA OIL, SUNFLOWER OIL, NATURAL FLAVOR), ROSEMARY EXTRACT (NATURAL FLAVOR [WITH SPICE EXTRACTIVES]), CANOLA OIL, MEDIUM CHAIN TRIGLYCERIDES).

CONTAINS: MILK, WHEAT

YUKON GOLD MASHED POTATOES

Nutrition Facts

about 5 servings per tray
Serving size 2/3 cup (140g)

Amount per serving	
Calories	180
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 550mg	24%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 5g	
Vit. D 0.2mcg 2% • Calcium 50mg 4%	
Iron 1.4mg 8% • 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.

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

CONTAINS: MILK

CORNBREAD STUFFING

Nutrition Facts

about 6 servings per tray
Serving size 2/3 cup (100g)

Amount per serving	
Calories	220
% Daily Value*	
Total Fat 13g	17%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 380mg	17%
Total Carbohydrate 22g	8%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 1g Added Sugars	2%
Protein 4g	
Vit. D 0.1mcg 0% • Calcium 20mg 2%	
Iron 1mg 6% • Potas. 100mg 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, CONTAINS 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, NATURAL FLAVOR, ONION POWDER), PARSLEY, CORN STARCH, SAGE, SALT, THYME, ROSEMARY, CHAMPIGNON MUSHROOM EXTRACT POWDER (CORN STARCH, MUSHROOM EXTRACT, SALT).

CONTAINS: WHEAT, MILK

CRANBERRY SAUCE

Nutrition Facts

about 6 servings per tray
Serving size 1/4 cup (76g)

Amount per serving	
Calories	120
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 32g	12%
Dietary Fiber 2g	7%
Total Sugars 29g	
Includes 26g Added Sugars	52%
Protein 0g	
Vit. D 0mcg 0% • Calcium 0mg 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.

GREEN BEAN CASSEROLE

Nutrition Facts

about 5 servings per tray
Serving size 2/3 cup (110g)

Amount per serving	
Calories	150
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 300mg	13%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 3g	
Vit. D 0.2mcg 2% • Calcium 70mg 6%	
Iron 0.8mg 4% • 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: MUSHROOM SAUCE (MUSHROOMS, CREAM [WHOLE MILK], WATER, ONIONS, UNSALTED BUTTER [PASTEURIZED CREAM, NATURAL FLAVORINGS]), PARMESAN CHEESE [PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES (MICROBIAL)], CORN STARCH, GARLIC PUREE [GARLIC, CITRIC ACID, ASCORBIC ACID (TO MAINTAIN COLOR)], SALT, SPICE), GREEN BEANS, CRISPY ONIONS (ONIONS, ENRICHED FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], SUNFLOWER, SAFFLOWER AND/OR CANOLA OIL, SALT).

CONTAINS: MILK, WHEAT

SWEET POTATO CASSEROLE

Nutrition Facts

about 3 servings per tray
Serving size 1 cup (226g)

Amount per serving	
Calories	520
% Daily Value*	
Total Fat 21g	27%
Saturated Fat 9g	45%
Trans Fat 0.5g	
Cholesterol 105mg	35%
Sodium 230mg	10%
Total Carbohydrate 77g	28%
Dietary Fiber 4g	14%
Total Sugars 51g	
Includes 42g Added Sugars	84%
Protein 6g	
Vit. D 0.5mcg 2% • Calcium 80mg 6%	
Iron 2.1mg 10% • Potas. 420mg 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], UNBLEACHED ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], ORANGE PEEL [ORANGE PEEL, WATER, CITRIC ACID], VANILLA EXTRACT [VANILLA EXTRACT, ETHYL ALCOHOL, WATER, BROWN SUGAR], 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], SUGAR).

CONTAINS: EGG, MILK, WHEAT, PECANS

MEAL SIMPLE™ BY H-E-B® OVEN ROASTED TURKEY BREAST MEAL | MEAL FOR 4



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

CONTAINS A BIOENGINEERED FOOD INGREDIENT

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