

SMOKED TURKEY BREAST

MEAL FOR 4

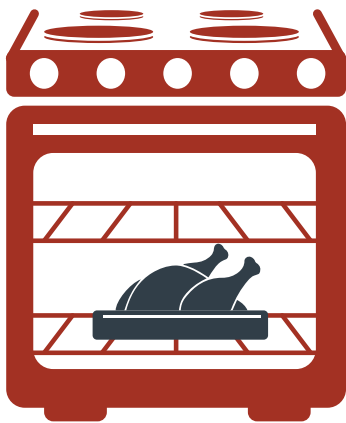
PREP: 15 MINS | TOTAL: 1.5 HRS

QUICK GUIDE

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

HERE WE GO!

Please read all instructions prior to cooking.



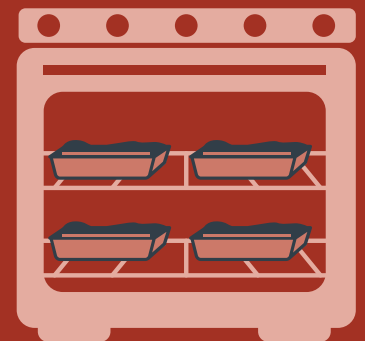
1. SMOKED TURKEY BREAST

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!

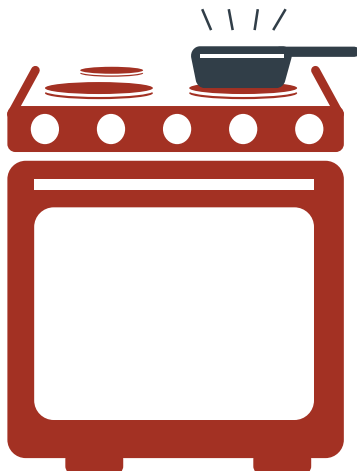
Happy Holidays from our family to yours!


PRE-HEAT OVEN
TO 350°F


COOK TURKEY
BREAST FOR
1 HOUR


COOK SIDES
• FOR •
35-40 MINS


SERVE
& ENJOY!



H-E-B® MEAL SIMPLE™ HICKORY SMOKED TURKEY BREAST WITH RIBS & WING MEAT

Nutrition Facts

varied servings per box
Serving size 3 oz (84g)

Amount per serving	
Calories	130
% Daily Value*	
Total Fat 5g	7%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 60mg	19%
Sodium 180mg	35%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 17g	
Vit. D 0mcg 2% • Calcium 12mg 0%	
Iron 1mg 2% • Potas. 160mg 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 BREAST WITH RIBS & WING MEAT, WATER, SEASONING (SALT, DEXTROSE, NATURAL FLAVORS), CONTAINS LESS THAN 2% OF: VINEGAR, CELERY POWDER, SEA SALT, CHERRY POWDER, CANE SUGAR.

H-E-B® MEAL SIMPLE™ TURKEY GRAVY

Nutrition Facts

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

Amount per serving	
Calories	60
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 190mg	8%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	
Vit. D 0mcg 0% • Calcium 60mg 4%	
Iron 0mg 0% • Potas. 70mg 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, 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™ MASHED POTATOES

Nutrition Facts

about 5 servings per box
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 530mg	23%
Total Carbohydrate 20g	7%
Dietary Fiber 0g	0%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 5g	
Vit. D 0mcg 0% • Calcium 50mg 4%	
Iron 1mg 6% • 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, SPICE, NISIN PREPARATION).

CONTAINS: MILK

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

Nutrition Facts

about 6 servings per box
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 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™ CRANBERRY SAUCE

Nutrition Facts

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

Amount per serving	
Calories	130
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 31g	11%
Dietary Fiber 2g	7%
Total Sugars 29g	
Includes 26g Added Sugars	52%
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™ GREEN BEAN CASSEROLE

Nutrition Facts

about 5 servings per box
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 3g	
Includes 0g Added Sugars	0%
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™ SWEET POTATO CASSEROLE

Nutrition Facts

about 3 servings per box
Serving size 1 cup (220g)

Amount per serving	
Calories	470
% Daily Value*	
Total Fat 21g	27%
Saturated Fat 9g	45%
Trans Fat 0.5g	
Cholesterol 100mg	33%
Sodium 250mg	11%
Total Carbohydrate 69g	25%
Dietary Fiber 4g	14%
Total Sugars 48g	
Includes 40g Added Sugars	80%
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

SMOKED TURKEY BREAST MEAL | MEAL FOR 4