

# HONEY CURED SPIRAL SLICED HAM & SMOKED 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**

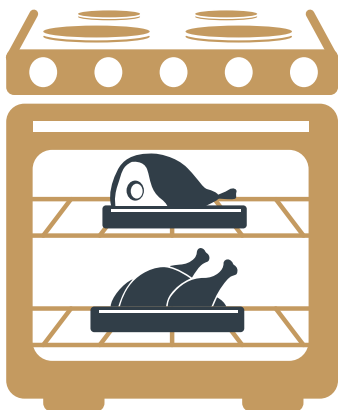


**SERVE  
& ENJOY!**

**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 & SMOKED 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 <sup>1</sup> / <sub>4</sub> HOUR	INTERNAL TEMPERATURE	130° FAHRENHEIT
TURKEY	PLACE IN A SHALLOW PAN PLACE FOIL OVER TURKEY AND PAN			TIME	1 HOUR		

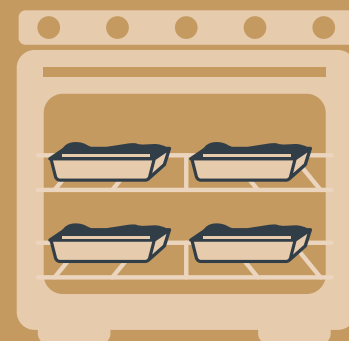
Remove meat from oven and let rest while you heat your Holiday Sides & Turkey Gravy.

### 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.

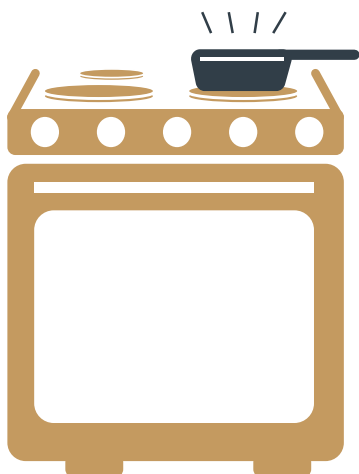


### 3. TURKEY GRAVY

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!



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

Nutrition Facts	
varied servings per box	
<b>Serving size</b>	<b>3 oz (84g)</b>
Amount per serving	
<b>Calories</b>	<b>160</b>
% Daily Value*	
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 40mg	<b>13%</b>
<b>Sodium</b> 580mg	<b>25%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 9g	
Includes 9g Added Sugars	<b>18%</b>
<b>Protein</b> 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	
<b>Serving size</b>	<b>1/4 cup (67g)</b>
Amount per serving	
<b>Calories</b>	<b>60</b>
% Daily Value*	
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 190mg	<b>8%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 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™ HICKORY SMOKED TURKEY BREAST WITH RIBS & WING MEAT

Nutrition Facts	
varied servings per box	
<b>Serving size</b>	<b>3 oz (84g)</b>
Amount per serving	
<b>Calories</b>	<b>130</b>
% Daily Value*	
<b>Total Fat</b> 5g	<b>7%</b>
Saturated Fat 1.5g	<b>7%</b>
Trans Fat 0g	
<b>Cholesterol</b> 60mg	<b>19%</b>
<b>Sodium</b> 180mg	<b>35%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 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™ CORN BREAD STUFFING

Nutrition Facts	
about 6 servings per box	
<b>Serving size</b>	<b>2/3 cup (100g)</b>
Amount per serving	
<b>Calories</b>	<b>220</b>
% Daily Value*	
<b>Total Fat</b> 13g	<b>17%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 380mg	<b>17%</b>
<b>Total Carbohydrate</b> 22g	<b>8%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 3g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 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	
<b>Serving size</b>	<b>2/3 cup (140g)</b>
Amount per serving	
<b>Calories</b>	<b>180</b>
% Daily Value*	
<b>Total Fat</b> 11g	<b>14%</b>
Saturated Fat 7g	<b>35%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 530mg	<b>23%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 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™ GREEN BEAN CASSEROLE

Nutrition Facts	
about 5 servings per box	
<b>Serving size</b>	<b>2/3 cup (110g)</b>
Amount per serving	
<b>Calories</b>	<b>150</b>
% Daily Value*	
<b>Total Fat</b> 11g	<b>14%</b>
Saturated Fat 6g	<b>30%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 300mg	<b>13%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 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	
<b>Serving size</b>	<b>1/4 cup (76g)</b>
Amount per serving	
<b>Calories</b>	<b>130</b>
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 31g	<b>11%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 29g	
Includes 26g Added Sugars	<b>52%</b>
<b>Protein</b> 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	
<b>Serving size</b>	<b>1 cup (220g)</b>
Amount per serving	
<b>Calories</b>	<b>470</b>
% Daily Value*	
<b>Total Fat</b> 21g	<b>27%</b>
Saturated Fat 9g	<b>45%</b>
Trans Fat 0.5g	
<b>Cholesterol</b> 100mg	<b>33%</b>
<b>Sodium</b> 250mg	<b>11%</b>
<b>Total Carbohydrate</b> 69g	<b>25%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 48g	
Includes 40g Added Sugars	<b>80%</b>
<b>Protein</b> 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 WITH SPIRAL SLICED HAM | MEAL FOR 8