

# HONEY CURED SPIRAL SLICED HAM

MEAL FOR 4

PREP: 15 MINS | TOTAL: 1.5 - 1.75 HRS

## QUICK GUIDE



PRE-HEAT OVEN  
TO **350°F**



COOK SPIRAL  
HAM FOR  
**1.25 HOURS**



COOK SIDES  
• FOR •  
**35-40 MINS**

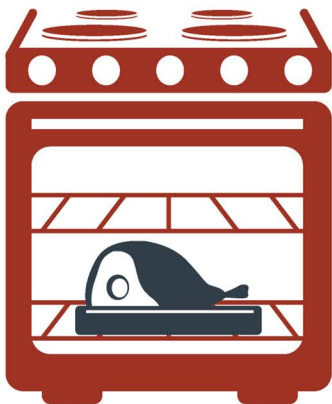


**SERVE  
& ENJOY!**

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

## HERE WE GO!

Please read all instructions prior to cooking.



### 1. HONEY CURED SPIRAL SLICED HAM

SPIRAL HAM

REMOVE PLASTIC  
DISK COVERING  
THE BONE

PLACE IN SHALLOW  
PAN & COVER HAM  
AND PAN WITH FOIL

TEMPERATURE

**350°**  
FAHRENHEIT

TIME

**1-1<sup>1</sup>/<sub>4</sub>**  
HOURS

INTERNAL TEMP.

**130°**  
FAHRENHEIT

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!



FULLY COOKED SPIRAL SLICED  
HONEY CURED HAM

Nutrition Facts

Varied servings per box	
Serving size	3 oz (84g)
Amount per serving	
Calories	160
% Daily Value*	
Total Fat	8g 10%
Saturated Fat	2.5g 13%
Trans Fat	0g
Cholesterol	45mg 15%
Sodium	650mg 28%
Total Carbohydrate	10g 4%
Dietary Fiber	0g 0%
Total Sugars	9g
Includes 9g Added Sugars	18%
Protein	13g
Vit. D 0mcg 0% • Calcium 0mg 0%	
Iron 0.5mg 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, SWEETENER [REFINERS SUGAR, HONEY]), WET GLAZE (CORN SYRUP, WATER, MOLASSES, POTASSIUM SORBATE [PRESERVATIVE], SODIUM BENZOATE [PRESERVATIVE]).

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%	

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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%	

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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%	

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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%	

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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%	

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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%	

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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® HONEY CURED SPIRAL SLICED HAM 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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