

OVEN ROASTED TURKEY

MEAL FOR 8

PREP: 15 MINS | TOTAL: 3 - 3.5 HRS

QUICK GUIDE



PRE-HEAT OVEN
TO **350°F**



COOK TURKEY
• FOR •
RECOMMENDED
TIME



COOK SIDES
• FOR •
35-40MINS

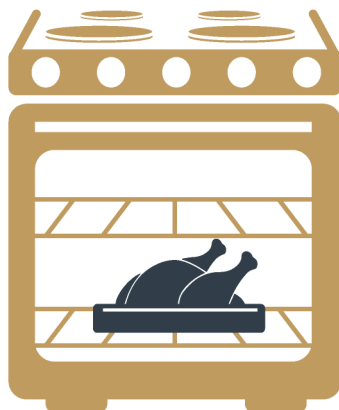


**SERVE
& ENJOY!**

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

HERE WE GO!

Please read all instructions prior to cooking.



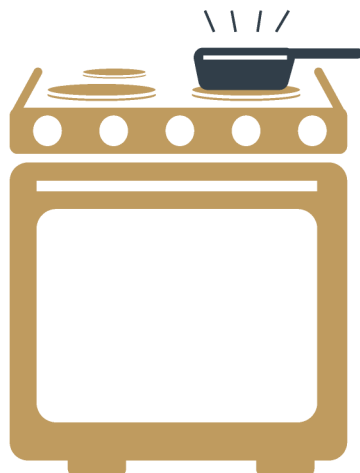
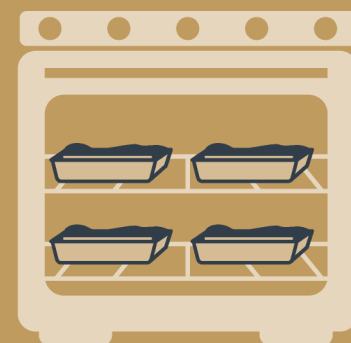
1. OVEN ROASTED TURKEY

WHOLE TURKEY	DO NOT REMOVE LEG CLAMPS	TEMPERATURE	350° FAHRENHEIT	TIME	10-12 LBS.	INTERNAL TEMP.	130° FAHRENHEIT
	PLACE BREAST UP IN SHALLOW PAN, ADD 1 CUP OF WATER IN THE BOTTOM OF THE PAN				1 HOUR 50 MINS - 2 HOURS 30 MINS		
	COVER TURKEY AND PAN WITH FOIL				12-14 LBS.		
					2 HOUR 30 MINS - 3 HOURS		

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!

H-E-B NATURAL* WHOLE OVEN ROASTED TURKEY

Nutrition Facts

Varied servings per box

Serving size3 oz (85g)

Amount per serving

Calories120

% Daily Value*

Total Fat 2.5g3%

Saturated Fat 0g0%

Trans Fat 0g

Cholesterol 60mg20%

Sodium 350mg15%

Total Carbohydrate 3g1%

Dietary Fiber 0g0%

Total Sugars 1g

Includes 1g Added Sugars2%

Protein 23g

Vit. D 0mcg 0%

Calcium 0mg 0%

Iron 1mg 6%

Potas. 0mg 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: 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 size1/4 cup (67g)

Amount per serving

Calories60

% Daily Value*

Total Fat 4.5g6%

Saturated Fat 2.5g13%

Trans Fat 0g

Cholesterol 15mg5%

Sodium 330mg14%

Total Carbohydrate 4g1%

Dietary Fiber 0g0%

Total Sugars 0g

Includes 0g Added Sugars0%

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 size2/3 cup (140g)

Amount per serving

Calories180

% Daily Value*

Total Fat 11g14%

Saturated Fat 7g35%

Trans Fat 0g

Cholesterol 30mg10%

Sodium 550mg24%

Total Carbohydrate 20g7%

Dietary Fiber 1g4%

Total Sugars 3g

Includes 0g Added Sugars0%

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 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 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 size1/4 cup (76g)

Amount per serving

Calories120

% Daily Value*

Total Fat 0g0%

Saturated Fat 0g0%

Trans Fat 0g

Cholesterol 0mg0%

Sodium 0mg0%

Total Carbohydrate 32g12%

Dietary Fiber 2g7%

Total Sugars 29g

Includes 26g Added Sugars52%

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 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 2g

Includes 0g Added Sugars0%

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 size1 cup (226g)

Amount per serving

Calories520

% Daily Value*

Total Fat 21g27%

Saturated Fat 9g45%

Trans Fat 0.5g

Cholesterol 105mg35%

Sodium 230mg10%

Total Carbohydrate 77g28%

Dietary Fiber 4g14%

Total Sugars 51g

Includes 42g Added Sugars84%

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

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

CONTAINS A BIOENGINEERED FOOD INGREDIENT

MEAL SIMPLE™ BY H-E-B® OVEN ROASTED WHOLE TURKEY MEAL | MEAL FOR 8

41271-2310