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HOLIDAY **GUIDE**

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# FREQUENTLY ASKED QUESTIONS

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## Meal Simple **Holiday Meals**

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### **Do I need an account with Curbside/Delivery to order a meal?**

Yes, register for an account.

### **When are meals available for Curbside pickup or Delivery?**

Meals are available for Curbside pickup November 25 – November 28. Last Curbside pickup is at 11 a.m. on November 28. Meals are available for delivery November 25 – November 28. Last delivery is 10 a.m. on November 28.

### **When can I order my meal?**

Orders can be placed up to 7 days in advance of your time slot for Curbside pickup or Delivery. Meals can be ordered starting on November 18 for November 25. The last possible day to order a meal is November 27 at 9:00 p.m.

### **Are meals SNAP eligible?**

Yes!

### **Are the meals heated when I pick them up?**

No. Meals are refrigerated and will need to be heated at home before enjoying.

### **Where can I find Nutritional Information?**

Nutritional Information can be found later in this document on:

- Turkey Dinner for 8: Page 6
- Turkey Dinner for 4: Page 8
- Ham Dinner for 4: Page 10

### **When can I order a meal for the Christmas holiday?**

Meals will not be available for Christmas this year. Meal Simple proteins and holiday sides to serve 4 will be available in-store and through Curbside and Delivery.

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# FREQUENTLY ASKED QUESTIONS

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## Meal Simple **Pre-Seasoned Turkeys**

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### **How can I pre-order a Meal Simple Turkey?**

Visit the meat market service case to pre-order a turkey. At the time of pre-order pick up date, time, and contact phone number are required. If you need to modify your time slot, please notify your store. If time slot is missed, If 24 hours has passes and the turkey has not been picked up, your pre-ordered turkey may no longer be available.

### **How many people does the Meal Simple turkey feed?**

All turkeys are 10-14 pounds, so you can expect that it will easily feed 8-10 people.

### **How do I estimate cook time for my Meal Simple turkey?**

Use the weight listed on your turkey's label and multiply that by 15 to get the total number of minutes it'll need to cook in the oven.

### **Where can I find Nutritional Information?**

Nutritional Information can be found later in this document on Page 11.

### **Meal Simple Pre-Seasoned Turkey Pro-Tips:**

**Rest Your Bird** – When the turkey is done cooking, remove from oven and tent with foil. Allow to rest at least 10 minutes before serving.

**It's All Gravy** – While the turkey is resting, prep the gravy with the pan drippings. Remember, we put seasoned butter under the skin – these pan drippings are the BEST base for a gravy your guests will be sure to remember.

**Oven Full of Sides, No Problem** – This Turkey does GREAT in pellet smokers. Same heating instructions apply. Keep the turkey in the pan and just put in the pellet smoker.

# OVEN ROASTED TURKEY

MEAL FOR 8

PREP: 15 MINS | TOTAL: 3 - 3.5 HRS

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

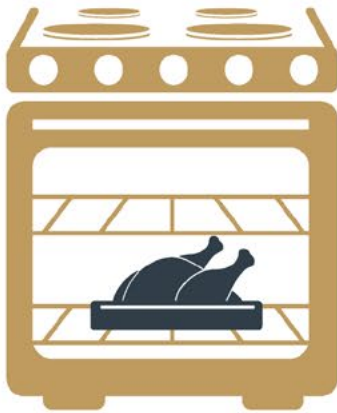
## QUICK GUIDE



PRE-HEAT OVEN  
TO **350°F**

## HERE WE GO!

Please read all instructions prior to cooking.



### 1. OVEN ROASTED TURKEY

WHOLE TURKEY	DO NOT REMOVE LEG CLAMPS	TEMPERATURE	<b>350°</b> FAHRENHEIT	TIME	10-12 LBS.	INTERNAL TEMP.	<b>130°</b> 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!



COOK TURKEY  
• FOR •  
RECOMMENDED  
**TIME**



COOK SIDES  
• FOR •  
**35-40MINS**



**SERVE  
& ENJOY!**

**H-E-B NATURAL\* WHOLE OVEN ROASTED TURKEY**

**Nutrition Facts**

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

Amount per serving	
<b>Calories</b>	<b>120</b>
	% Daily Value*
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 60mg	<b>20%</b>
<b>Sodium</b> 350mg	<b>15%</b>
<b>Total Carbohydrate</b> 3g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 1g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 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

**YUKON GOLD MASHED POTATOES**

**Nutrition Facts**

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

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> 550mg	<b>24%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 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**

**CRANBERRY SAUCE**

**Nutrition Facts**

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

Amount per serving	
<b>Calories</b>	<b>120</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> 32g	<b>12%</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 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.

**SWEET POTATO CASSEROLE**

**Nutrition Facts**

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

Amount per serving	
<b>Calories</b>	<b>520</b>
	% Daily Value*
<b>Total Fat</b> 21g	<b>27%</b>
Saturated Fat 9g	<b>45%</b>
Trans Fat 0.5g	
<b>Cholesterol</b> 105mg	<b>35%</b>
<b>Sodium</b> 230mg	<b>10%</b>
<b>Total Carbohydrate</b> 77g	<b>28%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 51g	
Includes 42g Added Sugars	<b>84%</b>
<b>Protein</b> 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**

**TURKEY GRAVY**

**Nutrition Facts**

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

Amount per serving	
<b>Calories</b>	<b>60</b>
	% Daily Value*
<b>Total Fat</b> 4.5g	<b>6%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 330mg	<b>14%</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 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**

**CORNBREAD STUFFING**

**Nutrition Facts**

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

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 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**

**GREEN BEAN CASSEROLE**

**Nutrition Facts**

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

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 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 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**



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

# OVEN ROASTED TURKEY BREAST

MEAL FOR 4

PREP: 15 MINS | TOTAL: 1.5 HRS

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

## QUICK GUIDE



PRE-HEAT OVEN  
TO **350°F**

## HERE WE GO!

Please read all instructions prior to cooking.



### 1. OVEN ROASTED TURKEY BREAST

TURKEY BREAST	PLACE IN A SHALLOW PAN	TEMPERATURE	<b>350°</b> FAHRENHEIT	TIME	1 HOUR	INTERNAL TEMP.	<b>130°</b> 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!



COOK TURKEY BREAST FOR  
**1 HOUR**



COOK SIDES  
• FOR •  
**35-40 MINS**



**SERVE & ENJOY!**

**H-E-B NATURAL\* OVEN ROASTED BONE-IN TURKEY BREAST**

<b>Nutrition Facts</b>	
Varied servings per box	
<b>Serving size</b>	<b>3 oz (85g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>110</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 50mg	<b>17%</b>
<b>Sodium</b> 350mg	<b>15%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 2g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 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**

<b>Nutrition Facts</b>	
about 7 servings per tray	
<b>Serving size</b>	<b>1/4 cup (67g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>60</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 4.5g	<b>6%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 330mg	<b>14%</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 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, TURKEY, 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**

<b>Nutrition Facts</b>	
about 5 servings per tray	
<b>Serving size</b>	<b>2/3 cup (140g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>180</b>
<b>% Daily Value*</b>	
<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> 550mg	<b>24%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 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**

<b>Nutrition Facts</b>	
about 6 servings per tray	
<b>Serving size</b>	<b>2/3 cup (100g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>220</b>
<b>% Daily Value*</b>	
<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 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**

<b>Nutrition Facts</b>	
about 6 servings per tray	
<b>Serving size</b>	<b>1/4 cup (76g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>120</b>
<b>% Daily Value*</b>	
<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> 32g	<b>12%</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 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**

<b>Nutrition Facts</b>	
about 5 servings per tray	
<b>Serving size</b>	<b>2/3 cup (110g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>150</b>
<b>% Daily Value*</b>	
<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 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 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**

<b>Nutrition Facts</b>	
about 3 servings per tray	
<b>Serving size</b>	<b>1 cup (226g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>520</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 21g	<b>27%</b>
Saturated Fat 9g	<b>45%</b>
Trans Fat 0.5g	
<b>Cholesterol</b> 105mg	<b>35%</b>
<b>Sodium</b> 230mg	<b>10%</b>
<b>Total Carbohydrate</b> 77g	<b>28%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 51g	
Includes 42g Added Sugars	<b>84%</b>
<b>Protein</b> 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



# HONEY CURED SPIRAL SLICED HAM

MEAL FOR 4

PREP: 15 MINS | TOTAL: 1.5 - 1.75 HRS

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

## QUICK GUIDE



PRE-HEAT OVEN  
TO **350°F**



COOK SPIRAL  
HAM FOR  
**1.25 HOURS**



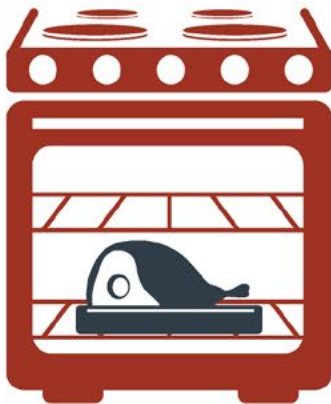
COOK SIDES  
• FOR •  
**35-40 MINS**



**SERVE  
& ENJOY!**

## HERE WE GO!

Please read all instructions prior to cooking.



### 1. HONEY CURED SPIRAL SLICED HAM

SPIRAL HAM	REMOVE PLASTIC DISK COVERING THE BONE	TEMPERATURE	<b>350°</b> FAHRENHEIT	TIME	<b>1-1<sup>1</sup>/<sub>4</sub></b> HOURS	INTERNAL TEMP.	<b>130°</b> FAHRENHEIT
	PLACE IN SHALLOW PAN & COVER HAM AND PAN WITH FOIL						

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 WITH GLAZE**

**Nutrition Facts**

Varied servings per box  
**Serving size 3 oz (84g)**

Amount per serving	
<b>Calories</b>	<b>160</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 650mg	<b>28%</b>
<b>Total Carbohydrate</b> 10g	<b>4%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 9g	
Includes 9g Added Sugars	<b>18%</b>
<b>Protein</b> 13g	
Vit. D 0mcg 0% • Calcium 20mg 2%	
Iron 0.7mg 4% • Potas. 330mg 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.

**CURED WITH:** WATER, HONEY, VINEGAR, SUGAR, SALT, SODIUM PHOSPHATES, 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	
<b>Calories</b>	<b>60</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 4.5g	<b>6%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 330mg	<b>14%</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 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	
<b>Calories</b>	<b>180</b>
<b>% Daily Value*</b>	
<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> 550mg	<b>24%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 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	
<b>Calories</b>	<b>220</b>
<b>% Daily Value*</b>	
<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 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	
<b>Calories</b>	<b>120</b>
<b>% Daily Value*</b>	
<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> 32g	<b>12%</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 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	
<b>Calories</b>	<b>150</b>
<b>% Daily Value*</b>	
<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 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 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	
<b>Calories</b>	<b>520</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 21g	<b>27%</b>
Saturated Fat 9g	<b>45%</b>
Trans Fat 0.5g	
<b>Cholesterol</b> 105mg	<b>35%</b>
<b>Sodium</b> 230mg	<b>10%</b>
<b>Total Carbohydrate</b> 77g	<b>28%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 51g	
Includes 42g Added Sugars	<b>84%</b>
<b>Protein</b> 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® HONEY CURED SPIRAL SLICED HAM MEAL | MEAL FOR 4

# FRESH PRE-SEASONED TURKEY

— Cooking Instructions & Nutritional Information —



- Heat Oven to 325F.
- Remove sleeve and lid from package.
- Place roaster tray in oven and bake 13-15 min per lb or until internal temperature reaches 165F.
- Use care when removing the turkey from the oven.
- Let rest 10 minutes prior to serving. Use pan gravy if desired.

## TEXAS PRIME Flavored

### Nutrition Facts

Serving Size 4 oz (112 g)  
Servings Per Container Varies

Amount Per Serving	
<b>Calories</b> 190	Calories from Fat 90
<b>% Daily Value*</b>	
<b>Total Fat</b> 10g	<b>15%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 70mg	<b>23%</b>
<b>Sodium</b> 135mg	<b>6%</b>
Potassium 300mg	<b>9%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 24g	
Vitamin A	2%
Vitamin C	4%
Calcium	2%
Iron	10%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## CAJUN Flavored

### Nutrition Facts

Serving Size 4 oz (112g)  
Servings Per Container Varies

Amount Per Serving	
<b>Calories</b> 200	Calories from Fat 90
<b>% Daily Value*</b>	
<b>Total Fat</b> 10g	<b>15%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 70mg	<b>23%</b>
<b>Sodium</b> 450mg	<b>19%</b>
Potassium 300mg	<b>9%</b>
<b>Total Carbohydrate</b> <1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 23g	
Vitamin A	2%
Vitamin C	0%
Calcium	2%
Iron	10%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.