



KOWALSKI'S HOLIDAY SPIRAL-CUT HAM DINNER

Serves 8



INGREDIENTS

KOWALSKI'S SPIRAL-CUT HAM **Gf** **Df**

Naturally Raised Pork Cured with Water, Salt, Sugar, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrate.

HONEY HAM GLAZE **Gf** **Df**

Sugar, Honey Powder (Refinery Syrup, Honey), Spices, contains less than 2% Soybean Oil (added as a processing aid).
CONTAINS: Soy.

QUATTRO FORMAGGIO **Gf** **V** CHEESY HASH BROWNS

Hash Brown Potatoes (Par-Cooked Potatoes, Dextrose, Disodium Dihydrogen Pyrophosphate [to maintain color], Potassium Sorbate [to maintain freshness]), Quattro Formaggio Cheese (Low-Moisture Part-Skim Mozzarella Cheese [Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes], Asiago Cheese [Pasteurized Milk, Cheese Cultures, Salt, Enzymes], Provolone Cheese with Smoke Flavor [Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Natural Smoke Flavor], Romano Cheese [Pasteurized Part-Skim Cow's Milk, Cheese Cultures, Salt, Enzymes], Powdered Cellulose [to prevent caking], Natamycin [to protect flavor]), Heavy Cream (Heavy Cream, Guar Gum, Carrageenan, Locust Bean Gum), Onion, Garlic, Salt, Black Pepper, Nutmeg.
CONTAINS: Milk.

HOLIDAY SPINACH SALAD **Gf** **V**

Organic Baby Spinach, Kowalski's Signature Raspberry Poppy Seed Salad Dressing (Vegetable Oil [Soybean and/or Canola Oil], Raspberry Vinegar, Sugar, Spices [including Poppy Seed], Salt), Feta Cheese (Feta Cheese [Cultured Pasteurized Part-Skim Milk, Salt, Enzymes], Powdered Cellulose [to prevent caking]), Dried Cranberries, Almonds, Sunflower Seeds.
CONTAINS: Milk, Soy, Tree Nuts (Almonds).
Keep refrigerated.

GREEN BEANS WITH ALMONDS **Gf** **V** **Ve** **Df**

Green Beans, Almonds.
CONTAINS: Tree Nuts (Almonds).
Almonds packaged separately.

CLUSTER DINNER ROLLS **V**

Potato Roll: Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Dehydrated Potatoes, Cane Sugar, Eggs, Sunflower Oil, Salt, Yeast, Malted Barley Flour.
CONTAINS: Wheat, Egg.
Produced in a facility that processes soy, milk, egg, sesame and tree nuts.

Sesame Semolina Roll: Durum Wheat Semolina, Water, Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sesame Seeds, Organic Honey, Sunflower Oil, Salt, Yeast, Malted Barley Flour.
CONTAINS: Wheat, Sesame.
Produced in a facility that processes soy, milk, egg, sesame and tree nuts.

Sourdough Wheat Roll: Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Whole-Wheat Flour, Organic Honey, Salt, Extra Virgin Olive Oil, Yeast.
CONTAINS: Wheat.
Produced in a facility that processes soy, milk, egg, sesame and tree nuts.

CHOCOLATE DECADENCE DESSERT **V**

Sugar, Unsalted Butter (Pasteurized Cream, Natural Flavorings), Oreo Base Cake (Sugar, Enriched Wheat Flour [contains Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Vegetable Shortening [Partially Hydrogenated Soybean Oil], Cocoa [processed with Alkali], High-Fructose Corn Syrup, Corn Flour, Whey, Cornstarch, Baking Soda, Salt, Soy Lecithin [an emulsifier], Vanillin [an artificial flavor], Chocolate), Whole Eggs (Whole Eggs, Nisin Preparation [Salt, Nisin {a preservative}]), Chocolate Liquor (Alkalized Cocoa Powder, Vegetable Shortening [Palm Oil, Soybean Oil, Propylene Glycol Monoesters, Mono- and Diglycerides, Soy Lecithin], Corn Syrup, Soy Lecithin, Mono- and Diglycerides with Citric Acid [as an antioxidant], Baking Soda), Pure Vanilla (Vanilla Bean Extractives in Water and Alcohol), Salt.
CONTAINS: Milk, Soy, Wheat, Egg.
Keep refrigerated.



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Serves 8



NUTRITION FACTS

SPIRAL-CUT HAM WITH GLAZE

Nutrition Facts	
Serving size	about 3 oz. (84g)
Amount per serving	
Calories	140
	% Daily Value*
Total Fat 9g	11%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 870mg	35%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0.7mcg	4%
Calcium 10mg	0%
Iron 0.8mg	4%
Potassium 310mg	6%

* The % Daily Value (DV) 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.

GREEN BEANS WITH ALMONDS

Nutrition Facts	
Serving size	3 oz. (85g)
Amount per serving	
Calories	90
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	4%
Total Carbohydrate 8g	3%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 45mg	4%
Iron 1mg	6%
Potassium 200mg	6%

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CHEESY HASH BROWNS

Nutrition Facts	
Serving size	8 oz. (227g)
Amount per serving	
Calories	370
	% Daily Value*
Total Fat 20g	25%
Saturated Fat 12g	61%
Trans Fat 0.5g	
Cholesterol 65mg	21%
Sodium 1340mg	54%
Total Carbohydrate 36g	12%
Dietary Fiber 2g	8%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 0.7mcg	4%
Calcium 290mg	20%
Iron 0.9mg	4%
Potassium 105mg	2%

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HOLIDAY SPINACH SALAD

Nutrition Facts	
Serving size	about 5 oz. (150g)
Amount per serving	
Calories	350
	% Daily Value*
Total Fat 21g	27%
Saturated Fat 6g	28%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 630mg	27%
Total Carbohydrate 34g	13%
Dietary Fiber 4g	15%
Total Sugars 22g	
Includes 11g Added Sugars	21%
Protein 9g	
Vitamin D 0.1mcg	0%
Calcium 220mg	16%
Iron 2mg	10%
Potassium 510mg	10%

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CLUSTER DINNER ROLLS

Nutrition Facts	
Serving size	1 roll (37g)
Amount per serving	
Calories	90
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 16g	5%
Dietary Fiber 2g	9%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 0.9mg	6%
Potassium 95mg	2%

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CHOCOLATE DECADENCE DESSERT

Nutrition Facts	
Serving size	about 3.5 oz. (99g)
Amount per serving	
Calories	450
	% Daily Value*
Total Fat 28g	35%
Saturated Fat 15g	76%
Trans Fat 0g	
Cholesterol 120mg	40%
Sodium 210mg	8%
Total Carbohydrate 49g	16%
Dietary Fiber <1g	3%
Total Sugars 41g	
Includes 26g Added Sugars	52%
Protein 4g	
Vitamin D 0.3mcg	0%
Calcium 30mg	2%
Iron 3.4mg	20%
Potassium 100mg	2%

* The % Daily Value (DV) 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.