



KOWALSKI'S HOLIDAY OVEN-READY RAW PRIME RIB DINNER

Serves 8



NUTRITION FACTS

PRIME RIB

Nutrition Facts	
Serving size	about 14 oz. (392g)
Amount per serving	
Calories	1030
% Daily Value*	
Total Fat 79g	99%
Saturated Fat 32g	159%
Trans Fat 0g	
Cholesterol 315mg	105%
Sodium 670mg	27%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 75g	
Vitamin D 0mcg	0%
Calcium 95mg	8%
Iron 5.4mg	30%
Potassium 1150mg	30%

* 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.

AU JUS

Nutrition Facts	
Serving size	1 1/2 tbsp. (20g)
Amount per serving	
Calories	5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 420mg	18%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

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GARLIC MASHED POTATOES

Nutrition Facts	
Serving size	about 4 oz. (113g)
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 15mg	6%
Sodium 370mg	16%
Total Carbohydrate 15g	6%
Dietary Fiber 2g	6%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 45mg	4%
Iron 0.6mg	4%
Potassium 430mg	10%

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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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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%

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