

NUTRITIONAL FACTS

CORKY'S BBQ



5 lb Boneless Smoked Carving Ham with Corky's Honey Brown Sugar Glaze

Nutrition Facts	
Serving Size: 3.50 oz (100g) Servings per Container Varied	
Amount Per Serving	
Calories 180 Calories from Fat 60	
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 910mg	38%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 14g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 2%	
<small>Percent Daily Values are based on a diet of 2,000 calories per day. Your daily values may be higher or lower depending on your calorie needs.</small>	
	<small>Calories</small>
	<small>2,000</small>
	<small>2,500</small>
Total Fat Less Than 6g	0g
Sat Fat Less Than 2g	2g
Cholesterol Less Than 300mg	50mg
Sodium Less Than 2400mg	910mg
Total Carbohydrate 300g	11g
Dietary Fiber 25g	0g
Calories per gram:	
Fat 9 Carbohydrate 4 Protein 4	

Ingredients: Ham (Cured with Water, Dextrose, Contains 2% or Less of Salt, Sodium Phosphates, Potassium Acetate, Potassium Lactate, Sodium Diacetate, Sodium Erythorbate, Sodium nitrite.) **Corky's Honey Brown Sugar Glaze** (Brown Sugar, Water, Apple Cider Vinegar, Molasses, Honey, Food Starch Modified, Salt, Onion Powder, Soybean Oil, Garlic Powder, Xanthan Gum, Spices, Sodium Benzoate (Preservative)).

Cornbread Dressing (2 Lbs)

Printed: 02/19/2020

Nutrition Facts	
About 4 servings per container	
Serving size	1 Cup(220g)
Amount per serving	
Calories	330
	% Daily Value*
Total Fat 19g	24%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 940mg	41%
Total Carbohydrate 34g	12%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 69mg	6%
Iron 4mg	20%
Potassium 143mg	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: WATER, CORNBREAD STUFFING CRUMB (Enriched Wheat Flour (Enriched with Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Yellow Cornmeal, Sugar, Less than 2% of Each of the Following: Expeller Pressed Sunflower Oil, Yeast, Salt, Extractives of Turmeric and Annatto), CELERY, ONION, LIQUID EGGS (Whole Egg, Citric Acid, and Xanthan Gum), LIQUID MARGARINE (Liquid and Hydrogenated Soybean Oil, Water, Salt, Vegetable Mono & Diglycerides, Soy Lecithin, Sodium Benzoate (a preservative), Citric Acid, Natural and Artificial Flavor, Calcium Disodium EDTA added to protect flavor, Beta Carotene (color), Vitamin a Palmitate added), CULTURED REDUCED FAT BUTTERMILK (Cultured Grade A Reduced Fat Milk, Non Fat Dry Milk, Salt, Sodium Citrate, Vitamin A Palmitate, and Vitamin D3), VEGETABLE OIL (Soybean Oil), HYDROLYZED VEGETABLE PROTEIN (Hydrolyzed Corn Protein, with Palm and/or Sunflower Oil Added), DRIED SAGE, WHITE PEPPER, POULTRY SEASONING (Salt, Sage, Oregano, Rosemary).

Contains Egg, Milk, Soy, Wheat.

Dutch Crust Sweet Potato Casserole (2 Lbs)

Printed: 02/19/2020

Nutrition Facts	
About 6.5 servings per container	
Serving size	2/3 Cup(140g)
Amount per serving	
Calories	370
	% Daily Value*
Total Fat 20g	26%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 180mg	8%
Total Carbohydrate 48g	17%
Dietary Fiber 2g	7%
Total Sugars 32g	
Includes 19g Added Sugars	38%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 33mg	2%
Iron 1mg	6%
Potassium 202mg	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: SWEET POTATOES, LIQUID MARGARINE (Liquid and Hydrogenated Soybean Oil, Water, Salt, Vegetable Mono & Diglycerides, Soy Lecithin, Sodium Benzoate (a preservative), Citric Acid, Natural and Artificial Flavor, Calcium Disodium EDTA added to protect flavor, Beta Carotene (color), Vitamin a Palmitate added), SUGAR, LIGHT BROWN SUGAR, WATER, ENRICHED BLEACHED WHEAT FLOUR (Niacin, Iron [reduced], Thiamine Mononitrate, Riboflavin, Folic Acid, Malted Barley Flour), LIQUID EGGS (Whole Egg, Citric Acid, and Xanthan Gum), BROWN SUGAR, NON-DAIRY CREAMER (Corn Syrup Solids, Sunflower Oil, Sodium Caseinate [a milk derivative], Dipotassium Phosphate, Lecithin, Sodium Silico Aluminate, Tocopherols [added to protect flavor], Artificial Flavor), MODIFIED CORN STARCH, PECANS, WALNUTS, GROUND CINNAMON.

Contains Egg, Milk, Soy, Tree Nuts, Wheat.

Four Cheese Macaroni (2 Lbs)

Updated: 06/07/2017

Printed: 6/12/2019

Nutrition Facts

About 4 servings per container

Serving size 1 Cup(228g)

Amount per serving

Calories 500

% Daily Value*

Total Fat 33g 42%

Saturated Fat 19g 95%

Trans Fat 1g

Cholesterol 95mg 32%

Sodium 600mg 26%

Total Carbohydrate 28g 10%

Dietary Fiber 0g 0%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 23g

Vitamin D 1mcg 6%

Calcium 588mg 45%

Iron 2mg 10%

Potassium 119mg 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: MACARONI PASTA (Semolina (Wheat), Niacin, Iron (Ferrous Sulfate), Thiamin Mononitrate, Riboflavin, and Folic Acid), WHOLE MILK, WATER, SHARP CHEDDAR CHEESE (Cultured Pasteurized Milk, Salt, Enzymes, Annatto Color), MONTEREY JACK CHEESE (Cultured Pasteurized Milk, Salt, Enzymes), PASTEURIZED PROCESS AMERICAN CHEESE (Cultured Milk, Water, Cream, Salt, Sodium Phosphate, Sodium Citrate, Lactic Acid, Sorbic Acid (a preservative), Enzymes), MOZZARELLA CHEESE (Cultured Pasteurized Reduced Fat Milk, Salt, Enzymes, Anticake (potato starch, corn starch, powdered cellulose) and Natamycin (a natural mold inhibitor)), HEAVY WHIPPING CREAM, BUTTER (Cream, Salt), ASIAGO CHEESE (Cultured Pasteurized Milk, Salt Enzymes, Anticake (Potato Starch, Powdered Cellulose), Natamycin (a Natural Mold Inhibitor)), NON-DAIRY CREAMER (Corn Syrup Solids, Sunflower Oil, Sodium Caseinate [a milk derivative], Dipotassium Phosphate, Lecithin, Sodium Silico Aluminate, Tocopherols [added to protect flavor], Artificial Flavor), MODIFIED CORN STARCH, SALT, SUGAR, SOY LECITHIN, WHITE PEPPER, GARLIC POWDER, ANNATTO TURMERIC BLEND (Silicon Dioxide, Polysorbate 80, Propylene Glycol, Turmeric Oleoresin and Annatto Extract (for Color)).

Contains Milk, Soy, Wheat.

Broccoli, Rice, and Cheese with Cheddar Topping (2 Lbs)

Printed: 10/25/2019

Nutrition Facts	
About 4 servings per container	
Serving size	1 Cup(220g)
Amount per serving	
Calories	350
	% Daily Value*
Total Fat 21g	27%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 750mg	33%
Total Carbohydrate 28g	10%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 13g	
Vitamin D 0mcg	0%
Calcium 297mg	25%
Iron 1mg	6%
Potassium 127mg	2%
<small>*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.</small>	

INGREDIENTS: WATER, BROCCOLI, PASTEURIZED PROCESS AMERICAN CHEESE (Cultured Milk, Water, Cream, Salt, Sodium Phosphate, Sodium Citrate, Lactic Acid, Sorbic Acid (preservative), Apo-Carotenal (color), Enzymes), ENRICHED LONG GRAIN WHITE RICE (Long Grain Parboiled Rice, Iron Phosphate, Niacin, Thiamine Mononitrate, and Folic Acid), SHARP CHEDDAR CHEESE (Cultured Pasteurized Milk, Salt, Enzymes, Annatto Color), NON-DAIRY CREAMER (Corn Syrup Solids, Sunflower Oil, Sodium Caseinate [a milk derivative], Dipotassium Phosphate, Lecithin, Sodium Silico Aluminate, Tocopherols [added to protect flavor], Artificial Flavor), MARGARINE (Palm Oil, Water, Soybean Oil, Salt, Contains Less Than 2% of Natural Flavor [includes Milk], Soy Lecithin, Beta Carotene [color], Vitamin A Palmitate [added]), ONION, CHICKEN BASE (Roasted Mechanically Separated Chicken, Salt, Sugar, Hydrolyzed Wheat Gluten, Rendered Chicken Fat, Onion Powder, Disodium Inosinate & Disodium Guanylate, Extract of Turmeric, Spice Extractives), CELERY, NON-FAT DRY MILK (Skim Milk Solids), ENRICHED BLEACHED WHEAT FLOUR (Niacin, Iron [reduced], Thiamine Mononitrate, Riboflavin, Folic Acid, Malted Barley Flour), MODIFIED CORN STARCH, GELATIN, MALTODEXTRIN, SALT, YEAST EXTRACT (Yeast Extract, Sunflower Oil), GARLIC POWDER, XANTHAN GUM, HYDROLYZED VEGETABLE PROTEIN (Hydrolyzed Corn Protein, with Palm and/or Sunflower Oil Added), WHITE PEPPER, NATURAL CHEESE FLAVOR (Maltodextrin, Whey Solids, Natural Bleu Cheese Flavor, Salt), ANNATTO TURMERIC BLEND (Silicon Dioxide, Polysorbate 80, Propylene Glycol, Turmeric Oleoresin and Annatto Extract (for Color)), NATURAL CHEESE FLAVOR (Maltodextrin, Natural Cheddar Cheese Flavor, Whey Solids, Salt, Disodium Phosphate).

Contains Milk, Soy, Wheat.