

# NUTRITIONAL FACTS

ST. CLAIR

## 2-lb Holiday Sampler Side Dishes

### Cheddar Hashbrown Casserole

<b>Nutrition Facts</b>	
About 6.5 servings per container	
<b>Serving size</b>	<b>2/3 Cup (140g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>290</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 15g	<b>19%</b>
Saturated Fat 8g	<b>40%</b>
Trans Fat 0.5g	
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 690mg	<b>30%</b>
<b>Total Carbohydrate</b> 29g	<b>11%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 4g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 10g	
Vitamin D 0mcg	0%
Calcium 227mg	15%
Iron 1mg	6%
Potassium 424mg	10%
<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, SOUR CREAM (Cultured milk, cream, whey, modified corn starch, sodium phosphate, guar gum, carrageenan, carob bean gum and potassium sorbate (maintains freshness)), HASHBROWN POTATOES (Potatoes, Corn Starch, Dextrose, Onion powder, Sodium Bisulfite (to preserve freshness)), SHARP CHEDDAR (Cultured Pasteurized Milk, Salt, Enzymes, Annatto Color, Anticake (Powdered Cellulose)), 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), ONION, VEGETABLE OIL (Soybean Oil), MODIFIED CORN STARCH, ENRICHED BLEACHED WHEAT FLOUR (Niacin, Iron [reduced], Thiamine Mononitrate, Riboflavin, Folic Acid, Malted Barley Flour), BLACK PEPPER, GARLIC POWDER.

Contains Milk, Wheat.

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## Sweet Potato Casserole

<b>Nutrition Facts</b>	
About 6.5 servings per container	
<b>Serving size</b>	<b>2/3 Cup (140g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>370</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 20g	<b>26%</b>
Saturated Fat 2g	<b>10%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 180mg	<b>8%</b>
<b>Total Carbohydrate</b> 48g	<b>17%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 32g	
Includes 19g Added Sugars	<b>38%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 33mg	2%
Iron 1mg	6%
Potassium 202mg	4%
<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: 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.

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## Cornbread Dressing

### Nutrition Facts

About 4 servings per container  
Serving size **1 Cup(220g)**

Amount per serving  
**Calories 330**

	% Daily Value*
<b>Total Fat</b> 19g	<b>24%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 950mg	<b>41%</b>
<b>Total Carbohydrate</b> 33g	<b>12%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 4g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 8g	
Vitamin D 0mcg	0%
Calcium 71mg	6%
Iron 2mg	10%
Potassium 149mg	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, Expeller Pressed Sunflower Oil, Yeast, Salt, Nonfat Milk, Extractives of Turmeric and Annatto, Spice Extractive), 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.

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## Broccoli, Rice, and Cheese with Cheddar Topping

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