

# **KOWALSKI'S EASTER** SMALL HAM DINNER Serves 4

## NUTRITION FACTS



### **SMOKED PIT HAM**

Serving size about 3 oz. (84		
Amount per servin Calories	120	
	% Daily Value	
Total Fat 5g	60	
Saturated Fat 2g	109	
Trans Fat 0g		
Cholesterol 40mg	139	
Sodium 1180mg	519	
Total Carbohydrat	<b>e</b> 4g <b>1</b> 9	
Dietary Fiber 0g	0%	
Total Sugars 4g		
Includes 0g Ad	ded Sugars 0%	
Protein 15g		
Vitamin D 0.7mcg	4	
Calcium 9mg	09	
Iron 0.8mg	4	
Potassium 313mg	6'	

### **CHEESY HASH BROWNS**

Calories   370		
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   89    Total Sugars 1g   Includes 0g Added Sugars   09    Protein 12g   4    Calcium 290mg   20	Amount per serving <b>Calories</b>	370
Saturated Fat 12g	·	% Daily Value
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         0.7mcg         4°           Calcium         290mg         20°	Total Fat 20g	259
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°	Saturated Fat 12g	619
Sodium 1340mg   544	Trans Fat 0.5g	
Total Carbohydrate         36g         12'           Dietary Fiber 2g         89           Total Sugars 1g         Includes 0g Added Sugars         09           Protein         12g           Vitamin D 0.7mcg         44           Calcium 290mg         20°	Cholesterol 65mg	219
Dietary Fiber 2g 89 Total Sugars 1g Includes 0g Added Sugars 09 Protein 12g  Vitamin D 0.7mcg 44 Calcium 290mg 206	Sodium 1340mg	549
Total Sugars 1g Includes 0g Added Sugars 09  Protein 12g  Vitamin D 0.7mcg 44  Calcium 290mg 206	Total Carbohydrate 36g	129
Includes 0g Added Sugars	Dietary Fiber 2g	89
Protein         12g           Vitamin D 0.7mcg         4*           Calcium 290mg         20*	Total Sugars 1g	
Vitamin D 0.7mcg 4* Calcium 290mg 20°	Includes 0g Added Sug	gars 0%
Calcium 290mg 20°	Protein 12g	
•	Vitamin D 0.7mcg	4
Iron 0.9mg 4	Calcium 290mg	209
	Iron 0.9mg	49

### a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### **GREEN BEANS WITH ALMONDS**

Serving size	3 oz. (85g
	( (
Amount per serving Calories	90
	% Daily Valu
Total Fat 6g	89
Saturated Fat 1g	69
Trans Fat 0g	
Cholesterol Omg	0.0
Sodium 105mg	4
Total Carbohydrate 8g	39
Dietary Fiber 3g	119
Total Sugars 3g	
Includes 0g Added Su	gars 09
Protein 3g	
Vitamin D 0mcg	0
Calcium 45mg	4'
Iron 1mg	6'
Potassium 200mg	6'

a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### **HOLIDAY SPRING MIX SALAD**

Serving size	6 oz. (170ç
Amount per serving Calories	350
	% Daily Value
Total Fat 27g	339
Saturated Fat 7g	349
Trans Fat 0g	
Cholesterol 30mg	109
Sodium 650mg	269
Total Carbohydrate 20g	79
Dietary Fiber 5g	19%
Total Sugars 9g	
Includes 0g Added Su	igars 0%
Protein 11g	
Vitamin D 0.1mcg	0
Calcium 230mg	209
Iron 2mg	109

<sup>\*</sup> 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.

### **CLUSTER DINNER ROLLS**

<b>Nutrition Facts</b>		
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%	
* The % Daily Value (DV) tells you how much a serving of food contributes to a daily diel		

a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.