



# KOWALSKI'S EASTER SMALL HAM DINNER

Serves 4



## NUTRITION FACTS

### SMOKED PIT HAM

Nutrition Facts	
<b>Serving size</b>	<b>about 3 oz. (84g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>120</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 40mg	<b>13%</b>
<b>Sodium</b> 1180mg	<b>51%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 15g	
Vitamin D 0.7mcg	4%
Calcium 9mg	0%
Iron 0.8mg	4%
Potassium 313mg	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.	

### CHEESY HASH BROWNS

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

### GREEN BEANS WITH ALMONDS

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

### HOLIDAY SPRING MIX SALAD

Nutrition Facts	
<b>Serving size</b>	<b>6 oz. (170g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>350</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 27g	<b>33%</b>
Saturated Fat 7g	<b>34%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 650mg	<b>26%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 5g	<b>19%</b>
Total Sugars 9g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 11g	
Vitamin D 0.1mcg	0%
Calcium 230mg	20%
Iron 2mg	10%
Potassium 390mg	10%
* 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

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