

# **Easter Dinner**

**White Wine (5.2oz) = 121Cal**

**Boneless Cured Ham (4oz) = 201Cal**

**OR Turkey (without skin)**

**Dark Meat (4oz) = 205Cal**

**or White Meat (4oz) = 158Cal**

**Turkey Gravy: canned (½ Cup) = 61Cal**

**Mashed Potatoes (½ Cup) = 119Cal**

**Sweet Potatoes (½ Cup) = 90Cal**

**Carrots: boiled (1 Cup) = 55Cal**

**Broccoli: boiled (1 Cup) = 55Cal**

**Dinner Roll (plain) 1 = 77Cal**

**Butter: unsalted (1 Tbsp) = 102Cal**

**Apple Pie (1 Slice) = 410Cal**

**Ice Cream (1 Cup) = 273Cal**

**TOTAL CALORIES = 1521-1568Cal**