



## Nutrition Information

- **Pit Ham** – Serving Size 2oz
  - Calories: 60
  - Cholesterol: 30mg
  - Sodium: 620mg
  - Potassium: 90mg
  - Total Carbohydrates: 1g
- **Pork Butt Roast** – Serving Size 4oz
  - Calories: 250
  - Cholesterol: 70mg
  - Sodium: 300mg
  - Potassium: 380mg
  - Total Carbohydrates: 0 mg
- **Turkey Breast** – Serving Size 4oz
  - Calories: 120
  - Cholesterol: 45mg
  - Sodium: 480mg
  - Potassium: 280mg
  - Total Carbohydrates: 1g
- **Arthur Bryant's Cheesy Corn** – Serving Size 1c
  - Calories: 290
  - Total Fat: 16g
    - Saturated Fat: 8g
    - Trans Fat: 0g
  - Cholesterol: 40mg
  - Sodium: 790mg
  - Total Carbohydrates: 30g
- **Arthur Bryant's Baked Beans** – Serving Size 1/2c
  - Calories: 170
  - Total Fat: 0g
  - Cholesterol: 0mg
  - Sodium: 400mg
  - Total Carbohydrates: 40g
- **Arthur Bryant's Coleslaw** – Serving Size 1/2c
  - Calories: 140
  - Total Fat: 7g
    - Saturated Fat: 7g
    - Trans Fat: 0g
  - Cholesterol: 0mg
  - Sodium: 200mg
  - Total Carbohydrates: 18g
- **Arthur Bryant's Baked Potato Salad** – Serving Size 3/4c
  - Calories: 220
  - Total Fat: 14g
    - Saturated Fat: 6g
    - Trans Fat: 0g
  - Cholesterol: 30mg
  - Sodium: 610mg
  - Total Carbohydrates: 18g
- **Arthur Bryant's Original Potato Salad** – Serving Size: 1/2c
  - Calories: 170
  - Total Fat: 9g
    - Saturated Fat: 1.5g
    - Trans Fat 0g
  - Cholesterol: 10mg
  - Sodium: 380mg
  - Total Carbohydrates: 21g