

# THANKSGIVING

## MENU CALORIE COMPARISON

*Family and Consumer  
Sciences Extension*

<b>Main Dish</b>	3 1/2 oz. Roasted Turkey	240 calories per serving
	3 1/2 oz. Baked Ham	308 calories per serving

### Standard Recipes

Sides                      Calories per serving

Clam Chowder	<b>504</b>
Sweet Potato Casserole	<b>438</b>
Green Bean Casserole	<b>264</b>
Mashed Potatoes	<b>212</b>
Cranberry Salad	<b>293</b>
Macaroni & Cheese	<b>421</b>
Corn Pudding	<b>257</b>

Roll with butter                      **150**

Pumpkin Pie                      **374**

TOTAL                      **3,416**

TOTAL with turkey alone **3,108**

### Plate it up! KY Proud Recipes

Sides                      Calories per serving

Broccoli Chowder	<b>180</b>
Sweet Potato Crisp	<b>240</b>
Green Bean Medley	<b>150</b>
Turnip Tater Mash	<b>50</b>
Very Berry Salsa	<b>40</b>
Noodles Florentine	<b>206</b>
Country Ham & Broccoli Grits	<b>120</b>

Sweet Potato Biscuit                      **100**

Cushaw Pie                      **250**

TOTAL                      **1,884**

TOTAL with turkey alone **1,576**



# Plate it up! Kentucky Proud Recipes

Broccoli Chowder	<a href="https://bit.ly/PIUKP_BrocChowder">https://bit.ly/PIUKP_BrocChowder</a>
Sweet Potato Crisp	<a href="https://bit.ly/PIUKP_SPotatoCrisp">https://bit.ly/PIUKP_SPotatoCrisp</a>
Green Bean Medley	<a href="https://bit.ly/PIUKP_GBMedley">https://bit.ly/PIUKP_GBMedley</a>
Turnip Tater Mash	<a href="https://bit.ly/PIUKP_Turnips">https://bit.ly/PIUKP_Turnips</a>
Very Berry Salsa	<a href="http://bit.ly/PIUKP_veryberry">http://bit.ly/PIUKP_veryberry</a>
Noodles Florentine	<a href="https://bit.ly/PIUKP_Spinach">https://bit.ly/PIUKP_Spinach</a>
Country Ham & Broccoli Grits	<a href="https://bit.ly/PIUKP_BroccoliGrits">https://bit.ly/PIUKP_BroccoliGrits</a>
Nutty Sweet Potato Biscuit	<a href="https://bit.ly/PIUKP_SweetPotatoBiscuits">https://bit.ly/PIUKP_SweetPotatoBiscuits</a>
Cushaw Pie	<a href="http://bit.ly/PIUKP_cushawpie">http://bit.ly/PIUKP_cushawpie</a>

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