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# Ham Balls & Sweet Potato Casserole Micro-Duo Meal

## Heating Instructions & Meal Ingredient Listing

**Heating Time:** for best results, thaw completely. Product is fully cooked, treat as if reheating leftovers.

Microwave for 1 minute 30 seconds. Stir or rotate. Microwave for another 1 minute, or until desired temperature reached

**Once product is thawed, use within 7 days or discard**

**Suggested use within 6 months of Freeze By Date**

**Contains: Wheat, Milk, Eggs, Soy, Mustard, Tree Nuts**

**Ham Ball Ingredients:** Ground Pork, Cured Ham, Milk, Eggs, Crackers, Salt, Spices, PAM Cooking Spray (to prevent sticking) [canola oil\*, coconut oil\*, palm oil\*, soy lecithin (prevents sticking), dimethyl silicone (anti foaming agent)]

**Glaze Ingredients:** Brown Sugar (cane sugar, cane molasses) Water, Vinegar (apple cider vinegar, filtered water), Mustard (distilled vinegar, water, #1 grade mustard seed, salt, tumeric, paprika, spice, natural flavor, garlic powder)

**Sweet Potato Ingredients:** Sweet Potatoes, Butter [pasteurized cream, salt] or Butter Blend (vegetable oil blend (palm oil and soybean oil), water, butter (cream, salt), contains less than 2% of salt, nonfat dry milk, natural & artificial flavors, potassium sorbate (a preservative), soy lecithin, vitamin A palmitate added, beta carotene (color)), Brown Sugar (cane sugar, cane molasses), Pecans, Eggs, Flour [bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine, mononitrate, riboflavin, folic acid], Sugar, Vanilla (water, sugar, caramel color, artificial flavor, citric acid, sodium benzoate (preservative)) PAM cooking spray (to prevent sticking) [canola oil\*, coconut oil\*, palm oil\*, soy lecithin (prevents sticking), dimethyl silicone (anti foaming agent)]

**Processed in facilities that process wheat, egg, milk, soy, tree nuts & peanuts**