

UMASS FRESH 2025: THANKSGIVING MADE EASY

Misty Knoll Vermont Roasted Turkey

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INGREDIENTS: Local Roasted Turkey, Kosher Salt, Ground Black Pepper

Turkey Gravy

Nutrition Facts	Amount/serving		% Daily Value*	Amount/serving		% Daily Value*
	Total Fat	3.9g	5%	Total Carb.	3.6g	3%
1 servings per container	Saturated Fat	0.3g		Dietary Fiber	0.1g	0%
Serving Size	Trans Fat	0g		Total Sugars	0g	
1 oz	Cholesterol	0.5mg		Includes 0g Added Sugars		
Calories	Sodium	172.7mg	8%	Protein	0.7g	
per serving	50					
	Calcium	0.3mg	0%	Iron	0.1mg	1%
	Vitamin D - Mcg	0mcg	0%	Potassium	18.5mg	0%

* 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.

INGREDIENTS: Water, Gluten Free Chicken Stock (Chicken Stock, Chicken Fat, Maltodextrin, Modified Cornstarch, Salt, Sugar, 2% or less of Corn and/or Canola Oil, Natural Flavors), Canola Oil, All Purpose Flour (GOLD MEDAL: Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Turkey Base (MINORS: Turkey and Natural Turkey Juices, Salt, Maltodextrin, Sugar, Hydrolyzed Soy and Corn Protein, Natural Flavors, Vegetable Oil (Corn and/or Canola Oil), Autolyzed Yeast Extract, 2% or less of Potato Starch, Disodium Inosinate, Caramel Color, Disodium Guanylate, Dried Turkey Broth, Lactic Acid), Browning Seasoning Sauce (Caramel, Vegetable Base (Water, Carrots, Onions, Celery, Parsnips, Turnips, Salt, Parsley, Spices), Sodium Benzoate, Sulfiting Agents), Local Unsalted Butter (Cream, Natural Flavoring), Kosher Salt, Ground Black Pepper

ALLERGENS: Milk, Gluten, Soy, Corn, Wheat

Gluten Free Turkey Gravy

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INGREDIENTS: Water, Gluten Free Chicken Stock (Chicken Stock, Chicken Fat, Maltodextrin, Modified Cornstarch, Salt, Sugar, 2% or Less of Corn Oil, Flavor), Canola Oil, Corn Starch, Turkey Base (MINORS: Turkey and Natural Turkey Juices, Salt, Maltodextrin, Sugar, Hydrolyzed Soy and Corn Protein, Natural Flavors, Vegetable Oil (Corn and/or Canola Oil), Autolyzed Yeast Extract, 2% or less of Potato Starch, Disodium Inosinate, Caramel Color, Disodium Guanylate, Dried Turkey Broth, Lactic Acid), Browning Seasoning Sauce (Caramel, Vegetable Base (Water, Carrots, Onions, Celery, Parsnips, Turnips, Salt, Parsley, Spices), Sodium Benzoate, Sulfiting Agents), Local Unsalted Butter (Cream, Natural Flavoring), Kosher Salt, Ground Black Pepper

ALLERGENS: Milk, Soy, Corn

Cinnamon Orange Cranberry Sauce

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INGREDIENTS: Regionally Grown Fresh Cranberries, Granulated Sugar, Orange Juice, Water, Corn Starch, Cinnamon Sticks

ALLERGENS: Corn

Cinnamon Maple Mashed Sweet Potatoes

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INGREDIENTS: Diced Local Sweet Potatoes, Local Unsalted Butter (Cream, Natural Flavoring), Local Pure Maple Syrup, Heavy Cream, Kosher Salt, Ground Cinnamon

ALLERGENS: Milk

Brussels Sprouts with Garlic Confit

Nutrition Facts	Amount/serving		% Daily Value*	Amount/serving		% Daily Value*
	Total Fat 3.4g		4%	Total Carb. 8.6g		7%
1 servings per container Serving Size 3 oz	Saturated Fat 0.5g			Dietary Fiber 3.3g		10%
	Trans Fat 0g			Total Sugars 1.9g		
Calories per serving	Cholesterol 0mg			Includes 0g Added Sugars		
	Sodium 284.9mg		12%	Protein 3.1g		
68		Calcium 41mg 3%		Iron 1.2mg 7%		Potassium 343.1mg 7%
		Vitamin D - Mcg 0mcg 0%				

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INGREDIENTS: Local Brussels Sprouts, Extra Virgin Olive Oil, Garlic Cloves, Kosher Salt, Ground Black Pepper

Local Chive Mashed Potato

Nutrition Facts	Amount/serving		% Daily Value*	Amount/serving		% Daily Value*
	Total Fat 4.2g		5%	Total Carb. 13.2g		10%
1 servings per container Serving Size 3 oz	Saturated Fat 2.7g			Dietary Fiber 0g		0%
	Trans Fat 0g			Total Sugars 0.3g		
Calories per serving	Cholesterol 12mg			Includes 0g Added Sugars		
	Sodium 63.7mg		3%	Protein 1.7g		
100		Calcium 7.7mg 1%		Iron 0.6mg 3%		Potassium 323.7mg 7%
		Vitamin D - Mcg 0mcg 0%				

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INGREDIENTS: Local Yukon Gold Potatoes, Half & Half (Milk, Cream, Disodium Phosphate, Sodium Citrate), Local Unsalted Butter (Cream, Natural Flavoring), Fresh Chives, Kosher Salt, Garlic Powder

ALLERGENS: Milk

Herbed Bread Dressing

Nutrition Facts	Amount/serving		% Daily Value*	Amount/serving		% Daily Value*
	Total Fat 3.9g		5%	Total Carb. 21.6g		17%
1 servings per container Serving Size 3 oz	Saturated Fat 1.8g			Dietary Fiber 1.1g		3%
	Trans Fat 0g			Total Sugars 2g		
Calories per serving	Cholesterol 7.9mg			Includes 0g Added Sugars		
	Sodium 456.8mg		20%	Protein 2.1g		
134		Calcium 35mg 3%		Iron 1.4mg 8%		Potassium 81.6mg 2%
		Vitamin D - Mcg 0mcg 0%				

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INGREDIENTS: Water, Pepperidge Farms Herb Stuffing (Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Whole Wheat Flour, Salt, Sugar, Yeast, Contains 2% or less of: Vegetable Oils (Canola and/or Sunflower and/or Palm), Molasses, Spices, Celery, Onion Powder, Calcium Propionate, Malted Barley Flour, Rosemary Extract, Ascorbic Acid, Soy Lecithin), Local Yellow Onions, Fresh Celery, Local Unsalted Butter (Cream, Natural Flavoring), Herb Blend (Italian Parsley, Fresh Chives, Fresh Thyme), Chicken Base (Chicken Meat, Salt, Chicken Broth, Chicken Fat, Sugar, Canola Oil, Corn Starch, Natural Flavors, Potato Starch, Turmeric), Kosher Salt, Ground Black Pepper

ALLERGENS: Milk, Gluten, Soy, Corn, Wheat

Butternut Squash Lasagna w/Sage Cream

Nutrition Facts	Amount/serving		% Daily Value*	Amount/serving		% Daily Value*
	Total Fat 7.2g		9%	Total Carb. 22.1g		17%
1 servings per container Serving Size 4 oz	Saturated Fat 3.5g			Dietary Fiber 1.7g		5%
	Trans Fat 0.1g			Total Sugars 2.2g		
Calories per serving	Cholesterol 25.5mg			Includes 0.1g Added Sugars		
	Sodium 104.7mg		5%	Protein 4.5g		
167		Calcium 74.4mg 6%		Iron 0.9mg 5%		Potassium 245.1mg 5%
		Vitamin D - Mcg 0mcg 0%				

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INGREDIENTS: Diced Local Butternut Squash, Lasagna Noodles (Enriched Semolina Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Whole Eggs), Half & Half (Milk, Cream, Disodium Phosphate, Sodium Citrate), CABOT Local Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Microbial Enzymes, Potato Starch, Corn Starch, Calcium Sulfate), All Purpose Flour (GOLD MEDAL: Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Local Unsalted Butter (Cream, Natural Flavoring), Local Yellow Onions, Canola Oil, Canola Oil, Fresh Sage, Granulated Sugar, Kosher Salt, Garlic Cloves, Kosher Salt

ALLERGENS: Milk, Eggs, Gluten, Corn, Wheat

Pumpkin Pie Slice (10 portions/pie)

Nutrition Facts	Amount/serving		% Daily Value*	Amount/serving		% Daily Value*
	Total Fat 8.5g		11%	Total Carb. 26.5g		20%
1 servings per container Serving Size 1 slice	Saturated Fat 4.4g			Dietary Fiber 1g		3%
	Trans Fat 0.1g			Total Sugars 17.2g		
Calories per serving	Cholesterol 40.7mg			Includes 14.4g Added Sugars		
	Sodium 255.6mg		11%	Protein 3.2g		
190		Calcium 58.2mg 4%		Iron 0.6mg 3%		Potassium 104.8mg 2%
		Vitamin D - Mcg 0.4mcg 0%				

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INGREDIENTS: Pumpkin Pie (Canned Pumpkin (100% Pure Pumpkin), Pie Shells (Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Interesterified Soybean Oil, Water, Hydrogenated Cottonseed Oil, High Fructose Corn Syrup, Salt), Evaporated Milk (Milk, Dipotassium Phosphate, Carrageenan, Vitamin D3), Granulated Sugar, Fresh Cage Free Eggs, Heavy Cream (Cream, Carrageenan, Mono and Diglycerides, Polysorbate 80), Local Whole Milk, Golden Brown Sugar, Salt (Salt, Sodium Silicoaluminate, Sodium Thiosulfate, Potassium Iodide), Ground Cinnamon, Ground Ginger (Ginger, Sulfur Dioxide), Ground Cloves)

ALLERGENS: Milk, Eggs, Gluten, Soy, Corn, Wheat

Pecan Pie (10 portions/pie)

Nutrition Facts	Amount/serving		% Daily Value*	Amount/serving		% Daily Value*
	Total Fat 21.5g		28%	Total Carb. 53g		41%
1 servings per container	Saturated Fat 6.1g			Dietary Fiber 1.5g		4%
Serving Size	Trans Fat 0g			Total Sugars 43g		
1 slice	Cholesterol 68.4mg			Includes 42.3g Added Sugars		
Calories	411			Protein 4.1g		
per serving	Sodium 168.2mg		7%	Iron 0.7mg 4%		Potassium 96.1mg 2%
	Calcium 19.5mg 2%			Vitamin D - Mcg 0.3mcg 0%		

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INGREDIENTS: Pecan Pie (Light Corn Syrup (Corn Syrup, High Fructose Corn Syrup, Water, Salt, Natural and Artificial Vanilla Flavor), Pie Shells (Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Interesterified Soybean Oil, Water, Hydrogenated Cottonseed Oil, High Fructose Corn Syrup, Salt), Pecan Halves, Fresh Cage Free Eggs, Granulated Sugar, Golden Brown Sugar, Local Unsalted Butter (Cream, Natural Flavoring))

ALLERGENS: Milk, Eggs, Tree Nuts, Gluten, Soy, Corn, Wheat

Cranberry Grain Bread (10 slices/loaf)

Nutrition Facts	Amount/serving		% Daily Value*	Amount/serving		% Daily Value*
	Total Fat 1.1g		1%	Total Carb. 31.3g		24%
1 servings per container	Saturated Fat 0.4g			Dietary Fiber 2.3g		7%
Serving Size	Trans Fat 0g			Total Sugars 7.9g		
1 slice	Cholesterol 1.7mg			Includes 3.4g Added Sugars		
Calories	155			Protein 4.7g		
per serving	Sodium 223.3mg		10%	Iron 3.8mg 21%		Potassium 56.2mg 1%
	Calcium 8.5mg 1%			Vitamin D - Mcg 0mcg 0%		

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INGREDIENTS: High Gluten Bread Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Potassium Bromate, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Dried Craisins (Cranberries, Sugar, Refined Sunflower Oil), Grain & Seed Mix (Wheat, Rye, Corn, Barley, Flax, Millet, Steel Cut Oats SUB: Sunflower Seeds, Pumpkin Seeds, Flaxseed, Whole Grain Rye Kernals, Wheat Berries, Malted Wheat Flakes, Millet, Pearled Barley, Corn Grits, Cracked Buckwheat, Salt), Sponge Starter (Full Strength Bread Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Potassium Bromate, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Active Dry Yeast (Yeast, Sorbitan Monostearate, Ascorbic Acid)), Cracked Wheat Base (Milled Wheat), White Whole Wheat Flour, Country French Base (Wheat Sour Dough [Wheat Flour naturally soured with sour dough bacteria], Salt, Rye Flour, Wheat Gluten, Malted Barley Flour, Sunflower Lecithin, Ascorbic Acid, Microbial Enzymes), Granulated Sugar, Local Honey, Yellow Cornmeal, Orange Zest (Chopped Orange Peels, Cane Sugar, Natural Orange Flavor), Yeast (Yeast, Sorbitan Monostearate, Ascorbic Acid)

ALLERGENS: Gluten, Corn, Wheat

2025 UMass Fresh Thanksgiving Dinner Allergen List

Item	Milk	Egg	Gluten/ Wheat	Soy	Corn	Peanut	Tree Nuts	Fish/ Shellfish	Sesame
Roasted Turkey									
Turkey Gravy	X		X	X	X				
GF Turkey Gravy	X			X	X				
Cinnamon Orange Cranberry Sauce					X				
Chive Mashed Potatoes	X								
Herbed Bread Dressing	X		X	X	X				
Cinnamon Maple Sweet Potatoes	X								
Brussels Sprouts w/Garlic Confit									
Butternut Squash Lasagna	X	X	X		X				
Pumpkin Pie	X	X	X	X	X				
Pecan Pie	X	X	X	X	X		X		
Cranberry Grain Bread			X		X				

*X indicates allergen is present in product