



UMass Fresh

THANKSGIVING 2021

Misty Knoll Vermont Roasted Turkey

Nutrition Facts	Amount/serving		% Daily Value*		* 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.	
1 servings per container	Total Fat	4.8g		7%	Total Carb. 0.2g	0%
Serving Size	Saturated Fat	1.2g		6%	Dietary Fiber	0g
3 oz	<i>Trans</i> Fat	0.1g			Total Sugars	0.1g
Calories per serving	Cholesterol	61.4mg		20%	Includes 0g Added Sugars	0%
	Sodium	185.6mg		8%	Protein	18.5g

INGREDIENTS: MISTY KNOLL Roasted Turkey, Kosher Salt, Ground Black Pepper

Turkey Gravy

Nutrition Facts	Amount/serving		% Daily Value*		* 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.	
1 servings per container	Total Fat	3.9g		6%	Total Carb. 3.1g	1%
Serving Size	Saturated Fat	0.3g		1%	Dietary Fiber	0.1g
1 oz	<i>Trans</i> Fat	0g			Total Sugars	0g
Calories per serving	Cholesterol	0.5mg		0%	Includes 0g Added Sugars	0%
	Sodium	173.3mg		7%	Protein	0.6g

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

ALLERGENS: Milk, Gluten, Soy, Corn, Wheat

Gluten Free Turkey Gravy

Nutrition Facts	Amount/serving		% Daily Value*		* 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.	
1 servings per container	Total Fat	4.1g		6%	Total Carb. 1.7g	1%
Serving Size	Saturated Fat	0.3g		2%	Dietary Fiber	0g
1 oz	<i>Trans</i> Fat	0g			Total Sugars	0g
Calories per serving	Cholesterol	0.6mg		0%	Includes 0g Added Sugars	0%
	Sodium	187mg		8%	Protein	0.4g

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 (Turkey and Natural Turkey Juices, Salt, Maltodextrin, Sugar, Hydrolyzed Soy and Corn Protein, Natural Flavors, Corn Oil, Seasoning (Autolyzed Yeast Extract, Salt), 2% or Less of Potato Starch, Turkey Broth, Disodium Inosinate, Disodium Guanylate, Caramel Color, Lactic Acid), Kitchen Bouquet (Caramel [may contain Corn], Vegetable Base [Water, Carrots, Onions, Celery, Parsnips, Turnips, Salt, Parsley, Spices], Sodium Benzoate and Sulfiting Agents), Local Unsalted Butter (Cream [Milk], Natural Flavoring), Kosher Salt, Ground Black Pepper

ALLERGENS: Milk, Soy, Corn

Cinnamon Orange Cranberry Sauce

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	* 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.
1 servings per container	Total Fat 0g	0%	Total Carb. 9.2g	3%	
Serving Size 1 oz	Saturated Fat 0g	0%	Dietary Fiber 0.6g	2%	
Calories per serving 35	Total Fat 0g		Total Sugars 7.6g		
	Cholesterol 0mg	0%	Includes 7.1g Added Sugars	14%	
	Sodium 0.5mg	0%	Protein 0.1g		

INGREDIENTS: Fresh Cranberries, Orange Juice (100% Pure Orange Juice From Concentrate (Filtered Water, Concentrated Orange Juice), Ascorbic Acid (Vitamin C)* and Natural Flavors* [* Not found in regular orange juice]), Granulated Sugar, Water, Corn Starch, Cinnamon Sticks
ALLERGENS: Corn

Local Chive Mashed Potato

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	* 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.
1 servings per container	Total Fat 4.2g	7%	Total Carb. 13.2g	4%	
Serving Size 3 oz	Saturated Fat 2.7g	13%	Dietary Fiber 1g	4%	
Calories per serving 100	Total Fat 0g		Total Sugars 0.3g		
	Cholesterol 11.9mg	4%	Includes 0g Added Sugars	0%	
	Sodium 65.1mg	3%	Protein 1.7g		

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

Herbed Bread Dressing

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	* 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.
1 servings per container	Total Fat 4.5g	7%	Total Carb. 24.7g	8%	
Serving Size 3 oz	Saturated Fat 2.1g	11%	Dietary Fiber 1.1g	5%	
Calories per serving 150	Total Fat 0g		Total Sugars 2.3g		
	Cholesterol 9.1mg	3%	Includes 0g Added Sugars	0%	
	Sodium 467.3mg	19%	Protein 2.4g		

INGREDIENTS: Water, Pepperidge Farms Herb Stuffing (Unbromated Unbleached Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Whole Wheat Flour, Salt, Sugar, Contains 2% or Less of: Yeast, Canola Oil, Unsulphured Molasses, Spices (Contains Celery), Onion Powder, Calcium Propionate, Malted Barley Flour (may contain Corn), Soy Lecithin), Fresh Celery, Local Unsalted Butter (Cream (Milk), Natural Flavoring), Local Yellow Onions, Ground Black Pepper, Herb Blend (Italian Parsley, Fresh Chives, Fresh Thyme), Chicken Base (Chicken and Chicken Broth, Salt, Chicken Fat, Sugar, Corn Starch, Corn Oil, 2% or less of Natural Flavors, Turmeric and Annatto)
ALLERGENS: Milk, Gluten, Soy, Corn, Wheat

Maple Mashed Sweet Potatoes w/Walnuts

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	* 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.
1 servings per container	Total Fat 7.9g	12%	Total Carb. 17.4g	6%	
Serving Size 3 oz	Saturated Fat 3.6g	18%	Dietary Fiber 2.4g	9%	
Calories per serving 144	Total Fat 0.1g		Total Sugars 5.9g		
	Cholesterol 14.8mg	5%	Includes 2.9g Added Sugars	6%	
	Sodium 157.9mg	7%	Protein 1.8g		

INGREDIENTS: Diced Local Sweet Potatoes, Local Unsalted Butter (Cream (Milk), Natural Flavoring), Local Pure Maple Syrup, Heavy Cream, Walnut Pieces, Local Pure Maple Syrup, Kosher Salt, Ground Cinnamon
ALLERGENS: Milk, Tree Nuts

Green Beans with Garlic Confit

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	* 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.	
1 servings per container	Total Fat	13.4g	21%	Total Carb.	10.2g	3%
Serving Size	Saturated Fat	1g	5%	Dietary Fiber	2.7g	11%
4 oz	Trans Fat	0.1g		Total Sugars	2.9g	
Calories	Cholesterol	0mg	0%	Includes 0g Added Sugars		0%
per serving	Sodium	132.3mg	6%	Protein	2.4g	

INGREDIENTS: Snipped Green Beans, Canola Oil, Garlic Cloves, Kosher Salt, Ground Black Pepper

Butternut Squash Lasagna w/Sage Cream

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	* 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.	
1 servings per container	Total Fat	7.1g	11%	Total Carb.	21.1g	7%
Serving Size	Saturated Fat	3.4g	17%	Dietary Fiber	1.8g	7%
4 oz	Trans Fat	0.1g		Total Sugars	2g	
Calories	Cholesterol	25.4mg	8%	Includes 0.1g Added Sugars		0%
per serving	Sodium	106.9mg	4%	Protein	4.4g	

INGREDIENTS: Diced Local Butternut Squash, Lasagna Noodles (Extra Fancy Enriched Durum Wheat Flour, Water, Eggs), Half & Half (Milk, Cream, Disodium Phosphate, Sodium Citrate), CABOT Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Potato Starch, Corn Starch, And Calcium Sulfate To Prevent Caking), All Purpose Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Local Unsalted Butter (Cream (Milk), Natural Flavoring), Local Yellow Onions, Canola Oil, Canola Oil, Sage, Granulated Sugar, Kosher Salt, Garlic Cloves, Kosher Salt
ALLERGENS: Milk, Eggs, Gluten, Corn, Wheat

Pumpkin Pie Slice (10/pie)

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	* 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.	
1 servings per container	Total Fat	5.9g	9%	Total Carb.	23.5g	8%
Serving Size	Saturated Fat	3.1g	16%	Dietary Fiber	1.2g	5%
1 slice	Trans Fat	0.1g		Total Sugars	20.2g	
Calories	Cholesterol	45.3mg	15%	Includes 16.8g Added Sugars		34%
per serving	Sodium	186.9mg	8%	Protein	3g	

INGREDIENTS: Pumpkin Pie (Canned Pumpkin (100% Pumpkin, May contain traces of Gluten), Evaporated Milk (Milk, Dipotassium Phosphate, Carrageenan, Vitamin D3), Granulated Sugar, Fresh Cage Free Eggs, Heavy Cream, Local Whole Milk, Golden Brown Sugar (Brown Sugar), Pie Shells (Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Interesterified Soybean Oil, Water, Hydrogenated Cottonseed Oil, High Fructose Corn Syrup, Salt), Salt, Ground Cinnamon, Ground Ginger (Ginger and Sulfur Dioxide (Added to Retain Color)), Ground Cloves)
ALLERGENS: Milk, Eggs, Gluten, Soy, Corn, Wheat

Cranberry Grain Bread (18 slices/loaf)

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	* 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.	
1 servings per container	Total Fat	0.8g	1%	Total Carb.	17.4g	6%
Serving Size	Saturated Fat	0.1g	1%	Dietary Fiber	1.6g	7%
1 slice	Trans Fat	0g		Total Sugars	4.3g	
Calories	Cholesterol	0mg	0%	Includes 1.5g Added Sugars		3%
per serving	Sodium	164.7mg	7%	Protein	2.8g	

INGREDIENTS: Cranberry Grain Bread (Hi Gluten Bread Flour (Bleached Wheat Flour, Malted Barley Flour (Contain Wheat, May Contain Corn), Niacin, Iron, Potassium Bromate, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Dried Craisins (Cranberries, Sugar, Sunflower Oil), Whole Grain Blend (Sunflower Seeds, Pumpkin Seeds, Flaxseed, Whole Grain Rye Kernal, 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 (may contain corn), Niacin, Iron, Potassium Bromate, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Yeast), 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, Enzymes), Granulated Sugar, Local Honey, Local Cornmeal, Orange Zest (Chopped Orange Peels, Cane Sugar, Natural Orange Flavor), Yeast (Yeast, Sorbitan Monostearate, Ascorbic Acid))
ALLERGENS: Gluten, Corn, Wheat



2020 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				
Sweet Potatoes w/Walnuts	X						X		
Green Beans w/Garlic Confit									
Butternut Squash Lasagna	X	X	X		X				
Pumpkin Pie	X	X	X	X	X				
Cranberry Grain Bread			X		X				

*X indicates allergen is present in product