



UMass Fresh[®]

UMASS FRESH 2022: THANKSGIVING MADE EASY

Misty Knoll Vermont Roasted Turkey

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.		
	Total Fat	4.8g	7%	Total Carb.		0.2g	0%
	Saturated Fat	1.2g	6%	Dietary Fiber		0g	0%
	Trans Fat	0.1g		Total Sugars		0.1g	
	Cholesterol	61.4mg	20%	Includes 0g Added Sugars			0%
Sodium	185.6mg	8%	Protein	18.5g			
1 servings per container							
Serving Size							
3 oz							
Calories	122						
per serving							

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

Turkey Gravy

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.		
	Total Fat	3.9g	6%	Total Carb.		3g	0%
	Saturated Fat	0.3g	1%	Dietary Fiber		0.1g	0%
	Trans Fat	0g		Total Sugars		0g	
	Cholesterol	0.5mg	0%	Includes 0g Added Sugars			0%
Sodium	173.2mg	7%	Protein	0.6g			
1 servings per container							
Serving Size							
1 oz							
Calories	53						
per serving							

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 [may contain Corn], Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid. SUB (ROMA): Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine 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 [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 (Salt. MORTON: Salt, Yellow Prussiate of Soda), Ground Black Pepper
ALLERGENS: Milk, Gluten, Soy, Corn, Wheat

Gluten Free Turkey Gravy

<h3 style="margin: 0;">Nutrition Facts</h3> <p style="margin: 0;">1 servings per container</p> <p style="margin: 0;">Serving Size 1 oz</p> <hr/> <p style="margin: 0;">Calories 49</p> <p style="margin: 0;">per serving</p>	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	<p>* 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.</p>		
	Total Fat	4.1g	6%	Total Carb.		1.7g	0%
	Saturated Fat	0.3g	2%	Dietary Fiber		0g	0%
	<i>Trans</i> Fat	0g		Total Sugars		0g	
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 [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 (Salt. MORTON: Salt, Yellow Prussiate of Soda), Ground Black Pepper

ALLERGENS: Milk, Soy, Corn

Cinnamon Orange Cranberry Sauce

<h3 style="margin: 0;">Nutrition Facts</h3> <p style="margin: 0;">16 servings per container</p> <p style="margin: 0;">Serving Size 1 oz</p> <hr/> <p style="margin: 0;">Calories 35</p> <p style="margin: 0;">per serving</p>	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	<p>* 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.</p>		
	Total Fat	0g	0%	Total Carb.		9.1g	0%
	Saturated Fat	0g	0%	Dietary Fiber		0.7g	3%
	<i>Trans</i> Fat	0g		Total Sugars		7.1g	
Cholesterol	0mg	0%	Includes 6.5g Added Sugars	13%			
Sodium	0.4mg	0%	Protein	0.1g			

INGREDIENTS: Fresh Cranberries, Granulated Sugar, 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]), Water, Corn Starch, Cinnamon Sticks

ALLERGENS: Corn

Local Chive Mashed Potato

<h3 style="margin: 0;">Nutrition Facts</h3> <p style="margin: 0;">1 servings per container</p> <p style="margin: 0;">Serving Size 3 oz</p> <hr/> <p style="margin: 0;">Calories 100</p> <p style="margin: 0;">per serving</p>	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	<p>* 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.</p>		
	Total Fat	4.2g	7%	Total Carb.		13.2g	0%
	Saturated Fat	2.7g	14%	Dietary Fiber		1g	4%
	<i>Trans</i> Fat	0g		Total Sugars		0.3g	
Cholesterol	12mg	4%	Includes 0g Added Sugars	0%			
Sodium	65.1mg	3%	Protein	1.7g			

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

ALLERGENS: Milk

Herbed Bread Dressing

<h3 style="margin: 0;">Nutrition Facts</h3> <p style="margin: 0;">1 servings per container</p> <p style="margin: 0;">Serving Size 3 oz</p> <hr/> <p style="margin: 0;">Calories 141</p> <p style="margin: 0;">per serving</p>	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	<p>* 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.</p>
	Total Fat 5.4g	8%	Total Carb. 19.7g	1%	
	Saturated Fat 1.8g	9%	Dietary Fiber 1.2g	5%	
	<i>Trans</i> Fat 0g		Total Sugars 1.8g		
Cholesterol 7.9mg	3%	Includes 0g Added Sugars	0%		
Sodium 507.1mg	21%	Protein 3.6g			

INGREDIENTS: Water, Herb Stuffing Mix (BREAD INGREDIENTS: Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Canola and/or Sunflower Oil (with Rosemary Extract and Ascorbic Acid), Sugar, Whole Wheat Flour, Yeast, Salt, Wheat Gluten, Honey, Caramel Color SEASONINGS: Onion*, Salt, Hydrolyzed Soy Wheat Gluten Protein, Celery*, Spices, Parsley*, Chicken Broth*, Sugar, Rendered Chicken Fat, Cooked Chicken*, Caramel Color, Turmeric, Disodium Inosinate, Disodium Guanylate, Natural Flavors, Citric Acid, Yeast Extract, Less Than 2% Silicon Dioxide. *Dehydrated), Local Yellow Onions, Fresh Celery, Local Unsalted Butter (Cream (Milk), Natural Flavoring), 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), Kosher Salt (Salt. MORTON: Salt, Yellow Prussiate of Soda), Ground Black Pepper

ALLERGENS: Milk, Gluten, Soy, Corn, Wheat

Cinnamon Maple Mashed Sweet Potatoes

<h3 style="margin: 0;">Nutrition Facts</h3> <p style="margin: 0;">1 servings per container</p> <p style="margin: 0;">Serving Size 3 oz</p> <hr/> <p style="margin: 0;">Calories 124</p> <p style="margin: 0;">per serving</p>	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	<p>* 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.</p>
	Total Fat 5.6g	9%	Total Carb. 17.6g	1%	
	Saturated Fat 3.5g	18%	Dietary Fiber 2.2g	9%	
	<i>Trans</i> Fat 0.1g		Total Sugars 5.8g		
Cholesterol 15.7mg	5%	Includes 2.7g Added Sugars	5%		
Sodium 167.8mg	7%	Protein 1.3g			

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

ALLERGENS: Milk

Broccolini with Garlic Confit

<h3 style="margin: 0;">Nutrition Facts</h3> <p style="margin: 0;">1 servings per container</p> <p style="margin: 0;">Serving Size 3 oz</p> <hr/> <p style="margin: 0;">Calories 83</p> <p style="margin: 0;">per serving</p>	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	<p>* 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.</p>
	Total Fat 5.2g	8%	Total Carb. 7.8g	0%	
	Saturated Fat 0.4g	2%	Dietary Fiber 2.8g	11%	
	<i>Trans</i> Fat 0g		Total Sugars 0.1g		
Cholesterol 0mg	0%	Includes 0g Added Sugars	0%		
Sodium 161mg	7%	Protein 3.1g			

INGREDIENTS: Broccolini, Garlic Cloves, Canola Oil, Kosher Salt, Ground Black Pepper, Crushed Red Pepper (Red 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 7.3g	11%	Total Carb. 26.5g	1%	
Serving Size 4 oz	Saturated Fat 3.4g	17%	Dietary Fiber 2.1g	8%	
	<i>Trans</i> Fat 0.1g		Total Sugars 2.2g		
	Cholesterol 30mg	10%	Includes 0.1g Added Sugars	0%	
	Sodium 108.1mg	5%	Protein 5.6g		
Calories per serving	192				

INGREDIENTS: Diced Local Butternut Squash, Lasagna Noodles (Semolina [Durum Wheat, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Pasteurized Liquid Eggs, Water, Rice Flour to prevent sticking), Half & Half (Milk, Cream, Disodium Phosphate, Sodium Citrate), CABOT Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Potato Starch, Corn Starch and Calcium Sulfate), All Purpose Flour (Bleached Wheat Flour, Malted Barley Flour [may contain Corn], 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 9.1g	14%	Total Carb. 27.5g	1%	
Serving Size 1 slice	Saturated Fat 4.4g	22%	Dietary Fiber 1g	4%	
	<i>Trans</i> Fat 0.1g		Total Sugars 17.2g		
	Cholesterol 38.8mg	13%	Includes 14.4g Added Sugars	29%	
	Sodium 267.1mg	11%	Protein 3.3g		
Calories per serving	199				

INGREDIENTS: Pumpkin Pie (Canned Pumpkin (100% Pumpkin), Pie Shells (Enriched Flour [Wheat Flour, Niacin, 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 (Heavy Cream, Milk, Contains less than 0.5% of: Carrageenan, Mono and Diglycerides, Polysorbate 80), Local Whole Milk, Golden Brown Sugar (Brown Sugar), Salt, Cinnamon, Ground Ginger (Ginger and Sulfur Dioxide (Added to Retain Color)), Ground Cloves)

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

Cranberry Grain Bread (36 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 0.4g	1%	Total Carb. 8.5g	0%	
Serving Size 1 slice	Saturated Fat 0.1g	0%	Dietary Fiber 0.8g	3%	
	<i>Trans</i> Fat 0g		Total Sugars 2g		
	Cholesterol 0mg	0%	Includes 0.7g Added Sugars	1%	
	Sodium 77.1mg	3%	Protein 1.4g		
Calories per serving	43				

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 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 (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 Sourced 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

2022 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								
Broccolini 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