



UMass Fresh®

UMASS FRESH 2023: THANKSGIVING MADE EASY

Misty Knoll Vermont Roasted Turkey

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

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

Turkey Gravy

Nutrition Facts 1 servings per container Serving Size 1 oz Calories per serving	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 5% Saturated Fat 0.3g <i>Trans</i> Fat 0g Cholesterol 0.5mg Sodium 173.2mg 8%	Total Carb. 3g 2% Dietary Fiber 0g 0% Total Sugars 0g Includes 0g Added Sugars Protein 0.6g	

INGREDIENTS: Water, Gluten Free Chicken Stock (Chicken Stock, Chicken Fat, Maltodextrin, Modified Cornstarch, Salt, Sugar, 2% Or Less Of Vegetable Oil (Corn and/or Canola Oil), Natural Flavors), 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, Autolyzed Yeast Extract, 2% or Less of Potato Starch, Disodium Inosinate, Caramel Color, Disodium Guanylate, Dried Turkey Broth, Lactic Acid SUB (GOLD LABEL): Roasted Turkey, Salt, Hydrolyzed Corn Protein, Sugar, Maltodextrin, Turkey Broth, Turkey Fat, Yeast Extract, Flavors, Contains 2% or Less of Food Starch - Modified, Torula Yeast, Caramel Color, Disodium Inosinate, Disodium Guanylate), Browning Seasoning Sauce (Caramel Color (Sulfites), Water, Vegetable Base (Water, Carrots, Celery, Cabbage, Onion, Parsley, Turnips, Parsnips), Less Than 2% Of: Spices, Salt, Sodium Benzoate), Local Unsalted Butter (Cream (Milk), Natural Flavoring), Kosher Salt, Ground Black Pepper

ALLERGENS: Milk, Gluten, Soy, Corn, Wheat

Gluten Free Turkey Gravy

<h3 style="margin: 0;">Nutrition Facts</h3> <p style="margin: 0; font-size: small;">1 servings per container</p> <p style="margin: 0; font-size: small;">Serving Size 1 oz</p> <p style="margin: 0; font-size: x-large; font-weight: bold;">Calories 49 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	5%	Total Carb. 1.7g	1%	
	Saturated Fat 0.3g		Dietary Fiber 0g	0%	
	Trans Fat 0g		Total Sugars 0g		
Cholesterol 0.6mg		Includes 0g Added Sugars			
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, Autolyzed Yeast Extract, 2% or Less of Potato Starch, Disodium Inosinate, Caramel Color, Disodium Guanylate, Dried Turkey Broth, Lactic Acid SUB (GOLD LABEL): Roasted Turkey, Salt, Hydrolyzed Corn Protein, Sugar, Maltodextrin, Turkey Broth, Turkey Fat, Yeast Extract, Flavors, Contains 2% or Less of Food Starch - Modified, Torula Yeast, Caramel Color, Disodium Inosinate, Disodium Guanylate), Browning Seasoning Sauce (Caramel Color (Sulfites), Water, Vegetable Base (Water, Carrots, Celery, Cabbage, Onion, Parsley, Turnips, Parsnips), Less Than 2% Of: Spices, Salt, Sodium Benzoate), Local Unsalted Butter (Cream (Milk), Natural Flavoring), Kosher Salt, Ground Black Pepper

ALLERGENS: Milk, Soy, Corn

Cinnamon Orange Cranberry Sauce

<h3 style="margin: 0;">Nutrition Facts</h3> <p style="margin: 0; font-size: small;">16 servings per container</p> <p style="margin: 0; font-size: small;">Serving Size 1 oz</p> <p style="margin: 0; font-size: x-large; font-weight: bold;">Calories 35 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	7%	
	Saturated Fat 0g		Dietary Fiber 0.7g	2%	
	Trans Fat 0g		Total Sugars 7.1g		
Cholesterol 0mg		Includes 6.5g Added Sugars			
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

Cinnamon Maple Mashed Sweet Potatoes

<h3 style="margin: 0;">Nutrition Facts</h3> <p style="margin: 0; font-size: small;">1 servings per container</p> <p style="margin: 0; font-size: small;">Serving Size 3 oz</p> <p style="margin: 0; font-size: x-large; font-weight: bold;">Calories 124 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%	
	Trans 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

Green Beans with Garlic Confit

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INGREDIENTS: Snipped Green Beans, Extra Virgin Olive Oil, Garlic Cloves, Kosher Salt, Ground Black Pepper

Local Chive Mashed Potato

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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 per serving</p>																										
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INGREDIENTS: Water, Pepperidge Farms Herb Stuffing (Pepperidge Farms: 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 To Extend Freshness, Malted Barley Flour, Rosemary Extract And Ascorbic Acid To Protect Flavor, Soy Lecithin), Local Yellow Onions, Fresh Celery, Local Unsalted Butter (Cream (Milk), Natural Flavoring), Herb Blend (Italian Parsley, Fresh Chives, Fresh Thyme), Chicken Base (Chicken Meat, Salt, Chicken Broth, Chicken Fat, Sugar, Canola Oil, Corn Starch, 2% or Less of Natural Flavors, Potato Starch, Turmeric (Color), Kosher Salt, Ground Black Pepper

ALLERGENS: Milk, Gluten, Soy, Corn, Wheat

Butternut Squash Lasagna w/Sage Cream

<h3 style="margin: 0;">Nutrition Facts</h3> <p style="margin: 0;">1 servings per container</p> <p style="margin: 0;">Serving Size 4 oz</p> <p style="margin: 0;">Calories 192 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	7.3g	9%	Total Carb.		26.5g	20%
	Saturated Fat	3.4g		Dietary Fiber		1.1g	3%
	<i>Trans</i> Fat	0.1g		Total Sugars		2.2g	
Cholesterol	30mg		Includes 0.1g Added Sugars				
Sodium	108.1mg	5%	Protein	5.6g			

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 (Fresh Pasteurized Milk, Cheese Culture, Salt, Enzymes, Potato Starch, Powdered Cellulose), 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), 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)

<h3 style="margin: 0;">Nutrition Facts</h3> <p style="margin: 0;">1 servings per container</p> <p style="margin: 0;">Serving Size 1 slice</p> <p style="margin: 0;">Calories 199 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	9.1g	14%	Total Carb.		27.5g	1%
	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			

INGREDIENTS: 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, Cinnamon, Ground Ginger (Ginger, Sulfur Dioxide), Ground Cloves

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

Potato Rosemary Roll

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 2.1g	3%	Total Carb. 18.3g	14%	
	Saturated Fat 0.9g		Dietary Fiber 1g	3%	
	<i>Trans</i> Fat 0g		Total Sugars 0.5g		
	Cholesterol 3.2mg		Includes 0.4g Added Sugars		
	Sodium 211.6mg	9%	Protein 4.1g		
1 servings per container					
Serving Size					
1 each					
Calories	110				
per serving					

INGREDIENTS: High Gluten Bread Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Potassium Bromate, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Mashed Potatoes (Potatoes, Water, Margarine (Liquid and Hydrogenated Soybean Oil, Water, Salt, Contains Less than 2% of Vegetable Mono and Diglycerides, Soy Lecithin, Citric Acid, Natural and Artificial Flavor, Vitamin A Palmitate added), Nonfat Milk and Nonfat Milk Solids, Salt, Potassium Sorbate (preservative), Titanium Dioxide (color), Disodium Pyrophosphate to maintain color, Modified Corn Starch, Glucono Delta Lactone, Xanthan Gum), Grated Parmesan Cheese (Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose (Anti-Caking Agent)), California Sourdough Conditioner (Wheat Flour, Salt, Fumaric Acid with Partially Hydrogenated Soybean Oil, Sodium Diacetate, DATEM (May Contain Corn and/or Soy), Lactic Acid, Soybean Oil, Silicon Dioxide, Ascorbic Acid, L-Cysteine, Azodicarbonamide (ADA), Enzymes), Active Dry Yeast (Yeast, Sorbitan Monostearate, Ascorbic Acid), Local Unsalted Butter (Cream (Milk), Natural Flavoring), Extra Virgin Olive Oil, Granulated Sugar, Rosemary Leaf, Salt, Ground Black Pepper, Pan Spray (Canola Oil, Caprylic/Capric Triglycerides, Phosphated Mono and Diglycerides [Corn], Silicon Dioxide, Calcium Stearate, Propellant. SUB A (Vegalene): Canola Oil, Canola Lecithin, Mono and Diglycerides, Natural Flavor, and Propellant)

ALLERGENS: Milk, Gluten, Soy, Corn, Wheat

2023 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								
Green Beans w/Garlic Confit									
Butternut Squash Lasagna	X	X	X		X				
Pumpkin Pie	X	X	X	X	X				
Potato Rosemary Roll	X		X	X	X				

*X indicates allergen is present in product