

# UMass Fresh Spring Dinner 2021

## Ingredients, Allergens and Nutritionals

### Citrus Honey Glaze for the Ham

<b>Nutrition Facts</b> 20 servings per container <b>Serving Size</b> 3/4 oz <b>Calories</b> per serving	<b>Amount/serving</b>	<b>% Daily</b>	<b>Amount/serving</b>	<b>% Daily</b>	* 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.
	<b>Total Fat</b> 0g	<b>0%</b>	<b>Total Carb.</b> 3.1g	<b>1%</b>	
	Saturated Fat 0g	<b>0%</b>	Dietary Fiber 0g	<b>0%</b>	
	<i>Trans</i> Fat 0g		Total Sugars 2.4g		
	<b>Cholesterol</b> 0mg	<b>0%</b>	Includes 1.3g Added Sugars	<b>3%</b>	
<b>Sodium</b> 14.4mg	<b>1%</b>	<b>Protein</b> 0.2g			

**INGREDIENTS:** Min Maid Orange Juice Concentrate (100% Pure Squeezed Frozen Orange Juice Concentrate), Water, Local Honey, Water, Grey Poupon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Corn Starch, Cinnamon Sticks  
**ALLERGENS:** Corn

### North County Ham

<b>Nutrition Facts</b> 20 servings per container <b>Serving Size</b> 4 oz <b>Calories</b> per serving	<b>Amount/serving</b>	<b>% Daily</b>	<b>Amount/serving</b>	<b>% Daily</b>	* 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.
	<b>Total Fat</b> 2.1g	<b>3%</b>	<b>Total Carb.</b> 2.1g	<b>1%</b>	
	Saturated Fat 1g	<b>5%</b>	Dietary Fiber 0g	<b>0%</b>	
	<i>Trans</i> Fat 0g		Total Sugars 0g		
	<b>Cholesterol</b> 92.7mg	<b>31%</b>	Includes 0g Added Sugars	<b>0%</b>	
<b>Sodium</b> 1359.9mg	<b>57%</b>	<b>Protein</b> 35g			

**INGREDIENTS:** North County Boneless Ham (Pork, Cured with Water, Salt, Cane and Maple Sugars, Maple Syrup, Dextrose [Corn], Sodium Phosphate, Vinegar, Sodium Erythorbate, Sodium Nitrite, Spice Extractives)  
**ALLERGENS:** Corn

### Gruyere & Chive Potato Gratin

<b>Nutrition Facts</b> 8 servings per container <b>Serving Size</b> 5 1/4 oz <b>Calories</b> per serving	<b>Amount/serving</b>	<b>% Daily</b>	<b>Amount/serving</b>	<b>% Daily</b>	* 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.
	<b>Total Fat</b> 19.2g	<b>29%</b>	<b>Total Carb.</b> 14.9g	<b>5%</b>	
	Saturated Fat 11.7g	<b>58%</b>	Dietary Fiber 2.3g	<b>9%</b>	
	<i>Trans</i> Fat 0.4g		Total Sugars 1.8g		
	<b>Cholesterol</b> 57.9mg	<b>19%</b>	Includes 0g Added Sugars	<b>0%</b>	
<b>Sodium</b> 310.9mg	<b>13%</b>	<b>Protein</b> 7.8g			

**INGREDIENTS:** White Potatoes, Heavy Cream, Local Yellow Onions, Gruyere Cheese (Pasteurized Cultured Milk, Salt, Enzymes), Shredded Parmesan Cheese (Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose), Fresh Chives, Local Unsalted Butter (Cream (Milk), Natural Flavoring), Kosher Salt, Ground Black Pepper, Pan Spray (Canola Oil, Caprylic/Capric Triglycerides, Phosphated Mono and Diglycerides [Corn], Silicon Dioxide, Calcium Stearate, Propellant)  
**ALLERGENS:** Milk, Corn

# Czajkowski Farm's Roasted Carrots w/Maple Herb Butter

<b>Nutrition Facts</b> 8 servings per container <b>Serving Size</b> 5 oz <b>Calories</b> per serving <b>146</b>	<b>Amount/serving</b> <b>% Daily</b>	<b>Amount/serving</b> <b>% Daily</b>	* 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.	
	<b>Total Fat</b> 9g <b>14%</b> Saturated Fat 4g <b>20%</b> <i>Trans</i> Fat 0g	<b>Total Carb.</b> 16.5g <b>6%</b> Dietary Fiber 3.5g <b>14%</b> Total Sugars 10.1g Includes 4.5g Added Sugars <b>9%</b>		
	<b>Cholesterol</b> 15.2mg <b>5%</b> <b>Sodium</b> 222.6mg <b>9%</b>	<b>Protein</b> 1.2g		

**INGREDIENTS:** Carrots, Local Pure Maple Syrup, Local Unsalted Butter (Cream (Milk), Natural Flavoring), Extra Virgin Olive Oil, Fresh Chives, Fresh Thyme, Kosher Salt, Ground Black Pepper  
**ALLERGENS:** Milk

# Asparagus & Roasted Shallots

<b>Nutrition Facts</b> 8 servings per container <b>Serving Size</b> 3 3/4 oz <b>Calories</b> per serving <b>56</b>	<b>Amount/serving</b> <b>% Daily</b>	<b>Amount/serving</b> <b>% Daily</b>	* 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.	
	<b>Total Fat</b> 1.2g <b>2%</b> Saturated Fat 0.2g <b>1%</b> <i>Trans</i> Fat 0g	<b>Total Carb.</b> 10.4g <b>3%</b> Dietary Fiber 2.3g <b>9%</b> Total Sugars 5g Includes 0g Added Sugars <b>0%</b>		
	<b>Cholesterol</b> 0mg <b>0%</b> <b>Sodium</b> 355.7mg <b>15%</b>	<b>Protein</b> 2.2g		

**INGREDIENTS:** Thin Asparagus, Shallots, Balsamic Glaze (Balsamic Vinegar of Modena "Aceto Balsamico Di Modena IGP" 70% [Wine Vinegar, Concentrated Grape Must, Caramel Color], Glucose Syrup, Sugar, Modified Corn Starch, Xanthan Gum, Contains Sulfites), Extra Virgin Olive Oil, Kosher Salt, Kosher Salt, Ground Black Pepper  
**ALLERGENS:** Corn

# Balsamic Glaze for the Asparagus

<b>Nutrition Facts</b> 8 servings per container <b>Serving Size</b> 1/4 oz <b>Calories</b> per serving <b>16</b>	<b>Amount/serving</b> <b>% Daily</b>	<b>Amount/serving</b> <b>% Daily</b>	* 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.	
	<b>Total Fat</b> 0g <b>0%</b> Saturated Fat 0g <b>0%</b> <i>Trans</i> Fat 0g	<b>Total Carb.</b> 3.8g <b>1%</b> Dietary Fiber 0g <b>0%</b> Total Sugars 1.9g Includes 0g Added Sugars <b>0%</b>		
	<b>Cholesterol</b> 0mg <b>0%</b> <b>Sodium</b> 0mg <b>0%</b>	<b>Protein</b> 0g		

**INGREDIENTS:** Balsamic Glaze (Balsamic Vinegar of Modena "Aceto Balsamico Di Modena IGP" [Wine Vinegar, Concentrated Grape Must, Caramel Color], Glucose Syrup, Sugar, Modified Corn Starch, Xanthan Gum, Contains Sulfites)  
**ALLERGENS:** Corn

## Lemon Parmesan Cauliflower w/Almond Crust

<b>Nutrition Facts</b>	<b>Amount/serving</b>	<b>% Daily</b>	<b>Amount/serving</b>	<b>% Daily</b>	* 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.
	<b>Total Fat</b> 8.2g	<b>13%</b>	<b>Total Carb.</b> 5.9g	<b>2%</b>	
	Saturated Fat 3.3g	<b>16%</b>	Dietary Fiber 2.6g	<b>10%</b>	
	<i>Trans</i> Fat 0g		Total Sugars 1.9g		
8 servings per container	<b>Cholesterol</b> 8.9mg	<b>3%</b>	Includes 0g Added Sugars	<b>0%</b>	
<b>Serving Size</b> 3 3/4 oz	<b>Sodium</b> 280.9mg	<b>12%</b>	<b>Protein</b> 4.9g		
<b>Calories</b> per serving	<b>122</b>				

**INGREDIENTS:** Fresh Cauliflower Florets, Sliced Almonds (Blanched Almonds), Grated Parmesan (Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose (Anti-Caking Agent)), Grated Parmesan (Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose (Anti-Caking Agent)), Local Parsley, Extra Virgin Olive Oil, Lemon Juice, Kosher Salt, Canola Oil, Ground Black Pepper, Kosher Salt  
**ALLERGENS:** Milk, Tree Nuts

## LILLY'S Artichoke & Goat Cheese Ravioli w/Roasted Pepper Cream & Basil Pesto

<b>Nutrition Facts</b>	<b>Amount/serving</b>	<b>% Daily</b>	<b>Amount/serving</b>	<b>% Daily</b>	* 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.
	<b>Total Fat</b> 16g	<b>25%</b>	<b>Total Carb.</b> 13.8g	<b>5%</b>	
	Saturated Fat 8.2g	<b>41%</b>	Dietary Fiber 1.6g	<b>6%</b>	
	<i>Trans</i> Fat 0.3g		Total Sugars 1.1g		
8 servings per container	<b>Cholesterol</b> 43.7mg	<b>15%</b>	Includes 0g Added Sugars	<b>0%</b>	
<b>Serving Size</b> 4 oz	<b>Sodium</b> 183mg	<b>8%</b>	<b>Protein</b> 5.6g		
<b>Calories</b> per serving	<b>228</b>				

**INGREDIENTS:** LILLY'S Artichoke & Goat Cheese Ravioli (DOUGH: Semolina [Durum Wheat, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid], Pasteurized Liquid Eggs, Water; FILLING: Goat Cheese [Pasteurized Cultured Goats Milk, Salt, Enzymes], Artichokes, Ricotta Cheese [Pasteurized Whey, Milk, Cream], Mozzarella Cheese [Pasteurized Milk Cheese Culture, Salt, Enzymes, Powdered Cellulose], Salt, White Pepper, Pecorino Cheese [Pasteurized Sheep's Milk, Cheese Culture, Salt, Rennet, Anti Caking Agents]), Heavy Cream, Local Parsley, Roasted Red Peppers (Fire Roasted Peppers, Water, Salt, Citric Acid), Basil Pesto Sauce (CARLA'S: Basil, Canola Oil, Extra Virgin Olive Oil, Romano Cheese [Pasteurized Sheep's Milk, Cultures, Rennet, Salt], Chopped Garlic, Salt; ROMA: Fresh Basil, Olive Oil, Imported Romano Cheese [Pasteurized Sheep Milk, Enzymes, Salt], Fresh Garlic, Water, Spices, Citric Acid), Grated Parmesan (Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose (Anti-Caking Agent)), Canola Oil  
**ALLERGENS:** Milk, Eggs, Gluten, Wheat

## LITTLE LEAF Salad w/Pepitas, Beets & Oranges

<b>Nutrition Facts</b>	<b>Amount/serving</b>	<b>% Daily</b>	<b>Amount/serving</b>	<b>% Daily</b>	* 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.
	<b>Total Fat</b> 5.6g	<b>9%</b>	<b>Total Carb.</b> 8.1g	<b>3%</b>	
	Saturated Fat 1.6g	<b>8%</b>	Dietary Fiber 2.5g	<b>10%</b>	
	<i>Trans</i> Fat 0g		Total Sugars 5.8g		
8 servings per container	<b>Cholesterol</b> 0mg	<b>0%</b>	Includes 0g Added Sugars	<b>0%</b>	
<b>Serving Size</b> 3 1/2 oz	<b>Sodium</b> 62.8mg	<b>3%</b>	<b>Protein</b> 4.5g		
<b>Calories</b> per serving	<b>102</b>				

**INGREDIENTS:** Fresh Oranges, LITTLE LEAF Local Spring Mix (Arugula, Green Leaf Lettuce, Multiblend Lettuce, Red Chard, Red Leaf Lettuce), Local Beets, Pumpkin Seeds (Organic Pumpkin Seeds), Extra Virgin Olive Oil, Kosher Salt

## Citrus Honey Vinaigrette

### Nutrition Facts

8 servings per container  
**Serving Size**  
**1 oz**

**Calories** 138  
 per serving

Amount/serving	% Daily
<b>Total Fat</b> 15.1g	<b>23%</b>
Saturated Fat 1.8g	<b>9%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 89.7mg	<b>4%</b>

Amount/serving	% Daily
<b>Total Carb.</b> 2.1g	<b>1%</b>
Dietary Fiber 0.1g	<b>0%</b>
Total Sugars 1.5g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 0.1g	

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**INGREDIENTS:** Lemon Vinaigrette (Extra Virgin Olive Oil, Lemon Juice, Canola Oil, Granulated Sugar, Kosher Salt, Grey Poupon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Ground Black Pepper), Fresh Oranges, Local Honey

## Tiramisu

### Nutrition Facts

8 servings per container  
**Serving Size**  
**2 1/2 oz**

**Calories** 178  
 per serving

Amount/serving	% Daily
<b>Total Fat</b> 8.7g	<b>13%</b>
Saturated Fat 5g	<b>25%</b>
<i>Trans</i> Fat 0.2g	
<b>Cholesterol</b> 57.5mg	<b>19%</b>
<b>Sodium</b> 105.5mg	<b>4%</b>

Amount/serving	% Daily
<b>Total Carb.</b> 22.5g	<b>7%</b>
Dietary Fiber 0.3g	<b>1%</b>
Total Sugars 16.7g	
Includes 8.5g Added Sugars	<b>17%</b>
<b>Protein</b> 2.9g	

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**INGREDIENTS:** Tiramisu Cake (Tiramisu Mousse (Heavy Cream, Water, Alaska Tiramisu Cream Stabilizer (Sugar, Powdered Mascarpone [Milk Components], Gelatin [Animal based], Dextrose [Corn], Artificial Flavor (Milk Constituents), Natural Coloring Food (Carrot Extract) This product was processed on machinery used to make products containing allergen: Gluten, Wheat, Egg, Tree Nuts, Soy. This product was processed in a facility that uses or processes the allergen: Peanuts.)), Sponge Cake (Sponge Cake Mix (Bleached Enriched Wheat Flour [Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Sugar, Emulsifier Blend [Rice Starch, Glucose Syrup Solids, Mono- and Diglycerides (Corn), Nonfat Dry Milk, Polyglycerol Esters, Tetrasodium Pyrophosphate], Wheat Starch, Contains 2% or less of the following: Leavening [Sodium Bicarbonate, Sodium Aluminum Phosphate], Soy Protein, Cellulose Gum, Soybean Oil, Artificial Flavor, Beta Carotene), Fresh Cage Free Eggs, Water), Coffee Syrup (Granulated Sugar, Water, Nescafe Instant Coffee, Espresso Powder (Coffee)), Cocoa Powder (Alkalized Cocoa Powder, may contain traces of soy), Pan Grease (Cake Flour (Enriched Flour Bleached (Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid)), Canola Oil, CRISCO Shortening (Soybean Oil, Fully Hydrogenated Palm Oil, Mono and Diglycerides [Corn], TBHQ and Citric Acid [Antioxidants]))))  
**ALLERGENS:** Milk, Eggs, Gluten, Soy, Corn, Wheat

## Oatmeal Rolls

### Nutrition Facts

12 servings per container  
**Serving Size**  
**1 each**

**Calories** 111  
 per serving

Amount/serving	% Daily
<b>Total Fat</b> 2.8g	<b>4%</b>
Saturated Fat 1.7g	<b>8%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 6.9mg	<b>2%</b>
<b>Sodium</b> 88.7mg	<b>4%</b>

Amount/serving	% Daily
<b>Total Carb.</b> 18.1g	<b>6%</b>
Dietary Fiber 0.9g	<b>3%</b>
Total Sugars 3g	
Includes 2.8g Added Sugars	<b>6%</b>
<b>Protein</b> 2.9g	

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**INGREDIENTS:** Oatmeal Roll (Full Strength Bread Flour (Bleached Wheat Flour, Malted Barley Flour (may contain corn), Niacin, Iron, Potassium Bromate, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Local Unsalted Butter (Cream (Milk), Natural Flavoring), Local Honey, Rolled Oats (May Contain Gluten), Golden Molasses (Cane Molasses), Yeast (Yeast, Sorbitan Monostearate, Ascorbic Acid), Salt)  
**ALLERGENS:** Milk, Gluten, Corn, Wheat

## Allergens in Spring Dinner Box Meal

Item	Milk	Egg	Gluten/ Wheat	Soy	Corn	Peanut	Tree Nuts	Fish/ Shellfish	Sesame
Citrus Honey Glaze for Ham					x				
North Country Ham					x				
Gruyere and Chive Potato Gratin	x				x				
Roasted Carrots w/Maple Herb Butter	x								
Asparagus and Shallots					x				
Balsamic Glaze for Asparagus					x				
Lemon Parmesan Cauliflower w/Almond Crust	x						x		
Artichoke & Goat Cheese Ravioli	x	x	x						
Salad w/Pepitas , Oranges & Beets									
Citrus Honey Vinaigrette									
Tiramisu Cake	x	x	x	x	x				
Oatmeal Roll	x		x		x				

\*X indicates allergen is present in product