UMASS FRESH: THANKSGIVING MADE EASY

Misty Knoll Vermont Roasted Turkey

Nutrition Facts

1 servings per container
Serving Size
3 oz

Calories per serving 122

Amount/serving	% Daily Value*
Total Fat 4.8g	7%
Saturated Fat 1.2g	6%
Trans Fat 0.1g	
Cholesterol 61.4mg	20%
Sodium 185.6mg	8%

Amount/serving	% Daily Value*
Total Carb. 0.2g	0%
Dietary Fiber 0g	0%
Total Sugars 0.1g	
Includes 0g Added Sugars	0%
Protein 18.5g	

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

Turkey Gravy

Nutrition Facts

1 servings per container
Serving Size
1 oz

Calories per serving 53

Amount/serving	% Daily Value*
Total Fat 3.9g	6%
Saturated Fat 0.3g	1%
Trans Fat 0g	
Cholesterol 0.5mg	0%
Sodium 173.3mg	7%

Amount/serving	% Daily Value*
Total Carb. 3.1g	1%
Dietary Fiber 0.1g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0.6g	

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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, All Purpose Flour (Bleached Wheat Flour, Malted Barley Flour (Contains Wheat, May Contain Corn), Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Turkey Base (Turkey and Natural Turkey Juices, 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

1 servings per container
Serving Size
1 oz

Calories per serving 49

Amount/serving	% Daily Value*
Total Fat 4.1g	6%
Saturated Fat 0.3g	2%
Trans Fat 0g	
Cholesterol 0.6mg	0%
Sodium 187mg	8%

Amount/serving	% Daily Value*
Total Carb. 1.7g	1%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0.4g	

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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 (Turkey and Natural Turkey Juices, 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

1 servings per container
Serving Size
1 oz

Calories per serving 35

Amount/serving	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0.6mg	0%

Amount/serving	% Daily Value*
Total Carb. 9.2g	3%
Dietary Fiber 0.6g	2%
Total Sugars 7.7g	
Includes 6.3g Added Sugars	13%
Protein 0.1g	

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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

NUTRITION

UMassAmherst | UMass Dining

Garlic Chive Mashed Potato

Nutrition Facts

1 servings per container
Serving Size
3 oz

Calories per serving 96

Amount/serving	% Daily Value*
Total Fat 3.8g	6%
Saturated Fat 2.4g	12%
Trans Fat 0g	
Cholesterol 10.9mg	4%
Sodium 66mg	3%

Amount/serving	% Daily Value*
Total Carb. 13.2g	4%
Dietary Fiber 1g	4%
Total Sugars 0.3g	
Includes 0g Added Sugars	0%
Protein 1.8g	

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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

1 servings per container
Serving Size
3 oz

Calories per serving 150

Amount/serving	% Daily Value*
Total Fat 4.5g	7%
Saturated Fat 2.1g	11%
Trans Fat 0g	
Cholesterol 9.3mg	3%
Sodium 480.4mg	20%

Amount/serving	% Daily Value*
Total Carb. 24.8g	8%
Dietary Fiber 1.1g	5%
Total Sugars 2.3g	
Includes 0g Added Sugars	0%
Protein 2.4g	

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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 Stock (Chicken Meat Including Natural Chicken Juices, Salt, Sugar, Chicken Fat, Hydrolyzed Wheat, Corn and Soy Proteins, Whey, Maltodextrin [Corn], Less than 2% of Onion Powder, Hydrogenated Cottonseed Oil, Disodium Inosinate and Disodium Guanylate, Corn Oil, Autolyzed Yeast Extract, Natural Extractives of Turmeric and Annatto, Natural Flavors, Dextrose, Lactic Acid)
ALLERGENS: Milk, Gluten, Soy, Corn, Wheat

Maple Mashed Sweet Potatoes w/Walnuts

Nutrition Facts

1 servings per container
Serving Size
3 oz

Calories per serving 144

Amount/serving	% Daily Value*
Total Fat 8g	12%
Saturated Fat 3.5g	18%
Trans Fat 0.1g	
Cholesterol 14.5mg	5%
Sodium 164.3mg	7%

Amount/serving	% Daily Value*
Total Carb. 17.2g	6%
Dietary Fiber 2.5g	10%
Total Sugars 5.2g	
Includes 2.1g Added Sugars	4%
Protein 1.9g	

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

Green Beans with Garlic Confit

Nutrition Facts

1 servings per container
Serving Size
3 oz

Calories per serving 85

Amount/serving	% Daily Value*
Total Fat 5.6g	9%
Saturated Fat 0.4g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 108.3mg	5%

Amount/serving	% Daily Value*
Total Carb. 8.4g	3%
Dietary Fiber 2.2g	9%
Total Sugars 2.4g	
Includes 0g Added Sugars	0%
Protein 2g	

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

Butternut Squash Lasagna w/Sage Cream

Nutrition Facts

1 servings per container
Serving Size
4 oz

Calories per serving **161**

Amount/serving	% Daily Value*
Total Fat 7g	**11%**
Saturated Fat 3.4g	**17%**
Trans Fat 0.1g	
Cholesterol 25.3mg	**8%**
Sodium 106.6mg	**4%**

Amount/serving	% Daily Value*
Total Carb. 21.1g	**7%**
Dietary Fiber 1.8g	**7%**
Total Sugars 2g	
Includes 0.1g Added Sugars	**0%**
Protein 4.4g	

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INGREDIENTS: Diced Local Butternut Squash, Lasagna Noodles (Extra Fancy Enriched Durum Wheat Flour [Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Liquid Pasteurized Whole Eggs), Half & Half (Milk, Cream, Disodium Phosphate, Sodium Citrate), Sharp White Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes and Annatto if colored), All Purpose Flour (Bleached Wheat Flour, Malted Barley Flour (Contains Wheat, 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

Apple Crumb Pie Slice (10/pie)

Nutrition Facts

1 servings per container
Serving Size
1 piece

Calories per serving **428**

Amount/serving	% Daily Value*
Total Fat 14.8g	**23%**
Saturated Fat 8.3g	**41%**
Trans Fat 0g	
Cholesterol 31.7mg	**11%**
Sodium 30.9mg	**1%**

Amount/serving	% Daily Value*
Total Carb. 68.9g	**23%**
Dietary Fiber 3.9g	**15%**
Total Sugars 27.3g	
Includes 16.8g Added Sugars	**34%**
Protein 5.9g	

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INGREDIENTS: Apple Crumb Pie (Granny Smith Apples, Golden Delicious Apples (peeled), Pie Dough (Full Strength Bread Flour (Bleached Wheat Flour, Malted Barley Flour (may contain corn), Niacin, Iron, Potassium Bromate, Thiamin Mononitrate, Riboflavin, Folic Acid), Cake Flour (Enriched Flour Bleached (Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid)), CRISCO Shortening (Soybean Oil, Fully Hydrogenated Palm Oil, Mono and Diglycerides [Corn], TBHQ and Citric Acid [Antioxidants]), Water, Granulated Sugar, Salt), Local All Purpose Flour, Local Unsalted Butter (Cream (Milk), Natural Flavoring), Golden Brown Sugar, Granulated Sugar, White Whole Wheat Flour, Granulated Sugar, Full Strength Bread Flour (Bleached Wheat Flour, Malted Barley Flour (may contain corn), Niacin, Iron, Potassium Bromate, Thiamin Mononitrate, Riboflavin, Folic Acid), Ground Cinnamon, Ground Cardomom, Ground Nutmeg)
ALLERGENS: Milk, Gluten, Soy, Corn, Wheat

Cranberry Grain Bread (18 slices/loaf)

Nutrition Facts

1 servings per container
Serving Size
1 slice

Calories per serving **88**

Amount/serving	% Daily Value*
Total Fat 0.8g	**1%**
Saturated Fat 0.1g	**1%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 164.8mg	**7%**

Amount/serving	% Daily Value*
Total Carb. 17.5g	**6%**
Dietary Fiber 1.7g	**7%**
Total Sugars 4.3g	
Includes 1.5g Added Sugars	**3%**
Protein 2.9g	

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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 soured with sour dough bacteria], Salt, Rye Flour, Wheat Gluten, Malted Barley Flour, Sunflower Lecithin, Ascorbic Acid, Enzymes), Granulated Sugar, Local Honey, Local Cornmeal, Yeast, Orange Zest (Chopped Orange Peels, Cane Sugar, Natural Orange Flavor))
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				
Apple Crumb Pie	X		X	X	X				
Cranberry Grain Bread			X		X				

*X indicates allergen is present in product