

2019 UMASS FRESH SUPERBOWL MADE EASY

CHICKEN TIKKA MASALA BURGER (NO ROLL)

Nutrition Facts	Amount/Serving	% DV*	Amount/Serving	% DV*
Serving Size 1 each	Total Fat 5.7g	9%	Total Carb. 4.7g	
Calories 94	Sat. Fat 1.4g	7%	Dietary Fiber 1.2g	5%
Calories from Fat 51	Trans Fat 0g		Sugars 0.8g	
* Percent Daily Values (DV) are based on a 2,000 calorie diet.	Cholest. 28.1mg	9%	Protein 6.7g	
	Sodium 97.6mg	4%		

INGREDIENTS: Antibiotic Free Boneless, Skinless Chicken Thigh, Local Mushrooms, Green Lentils, Tomato Paste (Tomato Paste, Salt, Citric Acid), Ginger Root, Garlic Cloves, Serrano Chili Peppers, Extra Virgin Olive Oil, Fresh Cilantro, Spanish Paprika (Paprika and Silicon Dioxide [added to make free flowing]), Kosher Salt, Kosher Salt, Mild Chili Powder, Ground Cumin Seed, Ground Coriander, Ground Black Pepper

EGGPLANT RAITA

Nutrition Facts	Amount/Serving	% DV*	Amount/Serving	% DV*
Serving Size 1/2 oz	Total Fat 0.3g	0%	Total Carb. 0.7g	
Calories 8	Sat. Fat 0g	0%	Dietary Fiber 0.2g	1%
Calories from Fat 3	Trans Fat 0g		Sugars 0.5g	
* Percent Daily Values (DV) are based on a 2,000 calorie diet.	Cholest. 0.2mg	0%	Protein 0.8g	
	Sodium 40mg	2%		

INGREDIENTS: Eggplant Raita (DANNON Plain Greek Nonfat Yogurt (Cultured Grade A Non Fat Milk Contains Active Yogurt Cultures), Fresh Local Eggplant, Serrano Chili Peppers, Lemon Juice, Canola Oil, Kosher Salt, Asafoetida (Rice Flour, Anti-Caking Agent (Gum Arabic), Asafoetida (7%), Turmeric.), Whole Mustard Seeds)
ALLERGENS: Milk

MASALA SAUCE

Nutrition Facts	Amount/Serving	% DV*	Amount/Serving	% DV*
Serving Size 1 oz	Total Fat 2.3g	4%	Total Carb. 2.7g	
Calories 35	Sat. Fat 1.1g	6%	Dietary Fiber 0.5g	2%
Calories from Fat 21	Trans Fat 0.1g		Sugars 1.1g	
* Percent Daily Values (DV) are based on a 2,000 calorie diet.	Cholest. 5.5mg	2%	Protein 1.1g	
	Sodium 125.9mg	5%		

INGREDIENTS: HUNT'S Tomato Puree (Tomato Puree (Water, Tomato Paste), Citric Acid), DANNON Plain Greek Nonfat Yogurt (Cultured Grade A Non Fat Milk Contains Active Yogurt Cultures), Heavy Cream, Serrano Chili Peppers, Ginger Root, Garlic Cloves, Canola Oil, Garam Masala Powder (BRAND 1: Coriander, Red Chili, Cumin, Clove, Anistar, Mace, Fennel, Black Pepper, Bay Leaves, Cinnamon, Dry Mango, Salt, Clove Leaves BRAND 2: Coriander, Sichuan Pepper, Anistar, Fennel Seeds, Cumin Seeds, Cloves, Kalpasi, Pepper, Chili, Black Cardamom, Bay Leaves, Cinamon, Ginger), Kosher Salt, Mild Chili Powder
ALLERGENS: Milk

LOCAL ST. LOUIS BBQ SPARE RIBS

Nutrition Facts		Amount/Serving	% DV*	Amount/Serving	% DV*
Serving Size 3 oz		Total Fat 15.9g	25%	Total Carb. 10.4g	
Calories 226		Sat. Fat 5.1g	25%	Dietary Fiber 0.3g	1%
Calories from Fat 143		Trans Fat 0.2g		Sugars 8.9g	
		Cholest. 54mg	18%	Protein 10.6g	
		Sodium 271.1mg	11%		

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: Pork Spare Ribs, Bull's Eye Original BBQ Sauce (High Fructose Corn Syrup, Tomato Puree (Water, Tomato Paste), Vinegar, Molasses, Modified Food Starch, Apple Cider Vinegar, Contains Less than 2% of Salt, Honey, Natural Smoke Flavor, Mustard Flour, Spice, Dried Onions, Potassium Sorbate (To Preserve Freshness), Dried Garlic, Golden Brown Sugar (Brown Sugar), Apple Cider Vinegar (Apple Cider Vinegar, Water), Garlic Salt (Salt, Garlic, Calcium Silicate (added to make free flowing), and Garlic Oil), Mild Chili Powder, Smoked Paprika (Paprika and Silicon Dioxide (Added to Make Free Flowing)), Onion Powder, Ground Cinnamon, Ground Cumin Seed, Dry Mustard (Ground Mustard Seeds)

ALLERGENS: Corn

PT FARMS MEXICAN PULLED PORK

Nutrition Facts		Amount/Serving	% DV*	Amount/Serving	% DV*
Serving Size 2 oz		Total Fat 4.7g	7%	Total Carb. 1g	
Calories 80		Sat. Fat 1.6g	8%	Dietary Fiber 0.3g	1%
Calories from Fat 42		Trans Fat 0g		Sugars 0.3g	
		Cholest. 27.6mg	9%	Protein 8.2g	
		Sodium 133.1mg	6%		

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: PT FARMS Mexican Pulled Pork (Boneless Pork Butt, Water, ANGELINA MIA Diced Tomatoes (Vine-Ripened Tomatoes, Tomato Juice, Less Than 2% Of: Calcium Chloride, Citric Acid), Chorizo Sausage (Pork, Water, Cider Vinegar, Nonfat Dry Milk, Salt, Paprika, Spices (contains black pepper), Garlic, Sodium Nitrite. There is no sesame), Tomatillos (Green Tomatoes), Local Yellow Onions, Chipotle Peppers (Chipotle Peppers, Water, Vinegar, Sugar, Salt, Tomato Paste, Smoke Essence, Onion, Potassium Sorbate, Garlic), Low Sodium Chicken Broth (Chicken Broth, Less than 2% of: Salt, Sea Salt, Chicken Fat, Sugar, Yeast Extract, Maltodextrin [Corn], Flavorings, Canola Oil, Dextrose [Corn], Disodium Inosinate, Disodium Guanylate, Onion Powder, Oleoresin Turmeric), Garlic Cloves, Canola Oil, Fresh Thyme, Kosher Salt, Fresh Cilantro, Whole Bayleaves, Oregano Leaf)

ALLERGENS: Milk, Corn

LOCAL CILANTRO CABBAGE SLAW

Nutrition Facts		Amount/Serving	% DV*	Amount/Serving	% DV*
Serving Size 1/2 oz		Total Fat 0g	0%	Total Carb. 1.9g	
Calories 8		Sat. Fat 0g	0%	Dietary Fiber 0.2g	1%
Calories from Fat 0		Trans Fat 0g		Sugars 1.2g	
		Cholest. 0mg	0%	Protein 0.1g	
		Sodium 1.7mg	0%		

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: Mexican Style Slaw (Local Coleslaw Mix, Apple Cider Vinegar (Apple Cider Vinegar, Water), Fresh Red Onions, Fresh Red Peppers, Granulated Sugar, Fresh Cilantro, Crushed Red Pepper)

BRIOCHE SLIDER ROLL

(for Chicken Tikka Lentil Burger and Pork Sliders)

Nutrition Facts		Amount/Serving	% DV*	Amount/Serving	% DV*		
Serving Size	1 each	Total Fat	1g	2%	Total Carb.	19g	
Calories	100	Sat. Fat	0g	0%	Dietary Fiber	1g	4%
Calories from Fat	9	Trans Fat	0g		Sugars	1g	
		Cholest.	0mg	0%	Protein	3g	
		Sodium	200mg	8%			

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: Brioche Slider Roll (Enriched Unbleached Flour (wheat Flour, Malted Barley Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Contains 2% or Less of: Salt, Yeast, Soybean Oil, Dough Conditioners [Enzymes, Ascorbic Acid, Cornstarch], Calcium Propionate, Spice Base [Yellow Corn Flour, Turmeric Oleoresin & Paprika Oleoresin, paprika oleoresin, Imparts Color], Sweetener [Dextrose, Sucralose], Flavor [Natural Flavor, Less than 2% Silicon Dioxide] Glaze [Vegetable Proteins, Vegetable Oil, Maltodextrins, Starch], May Contain Sesame Seeds)

ALLERGENS: Gluten, Soy, Corn, Sesame

KOREAN BBQ SHORT RIBS

Nutrition Facts		Amount/Serving	% DV*	Amount/Serving	% DV*		
Serving Size	3 ribs	Total Fat	28.3g	44%	Total Carb.	8.7g	
Calories	340	Sat. Fat	11.7g	58%	Dietary Fiber	0.9g	4%
Calories from Fat	255	Trans Fat	0g		Sugars	4.6g	
		Cholest.	54.6mg	18%	Protein	12.3g	
		Sodium	698.9mg	29%			

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: Asian Short Ribs, Light Soy Sauce (KIKKOMAN: Water, Wheat, Soybeans, Salt, Lactic Acid, Sodium Benzoate (Less Than 1/10 Of 1% As A Preservative, Mixing Agent)), Local Yellow Onions, Water, Local Yellow Onions, Scallions, Golden Brown Sugar (Brown Sugar), Asian Toasted Sesame Seeds, Garlic Cloves, Sesame Oil, Ginger Root, Ground Black Pepper

ALLERGENS: Gluten, Soy, Sesame

NACHO CHIPS

Nutrition Facts		Amount/Serving	% DV*	Amount/Serving	% DV*		
Serving Size	1 1/2 oz	Total Fat	3.9g	6%	Total Carb.	25g	
Calories	161	Sat. Fat	0.3g	1%	Dietary Fiber	0g	0%
Calories from Fat	35	Trans Fat	0g		Sugars	0g	
		Cholest.	0mg	0%	Protein	2.5g	
		Sodium	12.5mg	1%			

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: Corn Tortillas (Yellow Corn (Yellow Corn Cooked With Lime-water, Cellulose Gum, Fumaric Acid, Sodium Propionate and Sorbic Acid), Water, Calcium Propionate (As Preservative), Potassium Sorbate (As Preservative)), Deep Frying Vegetable Oil (MEL FRY: Fully Refined High Oleic Canola Oil, TBHQ and Citric Acid Added to Help Preserve Freshness, Dimethyl-polysiloxane, (an anti-foaming agent added). No trans fatty acids. CANOLA OIL: Fully Refined High Oleic Canola Oil. TBHQ and Citric Acid added to preserve freshness. Dimethylpolysiloxane, an anti-foam agent added. Dairy, egg, soy, sesame, corn and/or wheat products may be fried in this oil.)

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

VERMONT CHEDDAR CHEESE FOR NACHOS

Nutrition Facts		Amount/Serving	% DV*	Amount/Serving	% DV*	
Serving Size	1/2 oz	Total Fat	4.6g	7%	Total Carb.	1g
Calories	56	Sat. Fat	2.5g	13%	Dietary Fiber	0g
Calories from Fat	41	Trans Fat	0g		Sugars	0g
		Cholest.	12.7mg	4%	Protein	3.5g
		Sodium	86.1mg	4%		

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: Vermont Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Potato Starch, Corn Starch, Calcium Sulfate (To Prevent Caking), Natamycin (Natural Mold Inhibitor))

ALLERGENS: Milk, Corn

WALDEN BEEF CHILI FOR NACHOS

Nutrition Facts		Amount/Serving	% DV*	Amount/Serving	% DV*	
Serving Size	2 1/2 oz	Total Fat	2.6g	4%	Total Carb.	5g
Calories	69	Sat. Fat	1g	5%	Dietary Fiber	1.2g
Calories from Fat	23	Trans Fat	0.1g		Sugars	0.7g
		Cholest.	18.1mg	6%	Protein	6.5g
		Sodium	265.8mg	11%		

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: Western Style Chili (Water, Local Walden Ground Beef (Local Lean Ground Beef), Low Sodium Canned Kidney Beans (Prepared Kidney Beans, Water, Sugar, Dextrose (Corn), Salt, Calcium Chloride (Firming Agent), Disodium EDTA (Promotes Color Retention)), Local Yellow Onions, Tomato Paste (Tomato Paste, Salt, Citric Acid), All Purpose Flour (Bleached Wheat Flour, Malted Barley Flour (Contains Wheat, May Contain Corn), Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Mild Chili Powder, Kosher Salt, Garlic Powder, Ground Black Pepper, Ground Cayenne Pepper, Ground Cumin Seed)

ALLERGENS: Gluten, Corn

BLACK BEAN AND CORN PICO DE GALLO FOR NACHOS

Nutrition Facts		Amount/Serving	% DV*	Amount/Serving	% DV*	
Serving Size	3 oz	Total Fat	0.5g	1%	Total Carb.	11.5g
Calories	55	Sat. Fat	0.1g	0%	Dietary Fiber	2.3g
Calories from Fat	4	Trans Fat	0g		Sugars	2.5g
		Cholest.	0mg	0%	Protein	2.6g
		Sodium	34.5mg	1%		

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: Local Heirloom Pico de Gallo (Heirloom Tomato, Local Yellow Onions, Local Jalapeno Peppers, Lime Juice (Lime Juice from Concentrate [Water, Concentrated Lime Juice], Lime Oil, Sodium Benzoate (Preservative), Sodium Metabisulfite (Preservative), Contains Sulfites), Fresh Cilantro), Corn Kernels, Low Sodium Black Turtle Beans (Prepared Black Beans, Water, Salt, Calcium Chloride [Firming Agent]), Local Jalapeno Peppers, Fresh Cilantro

ALLERGENS: Corn

GREEK LENTIL SALAD

Nutrition Facts		Amount/Serving	% DV*	Amount/Serving	% DV*	
Serving Size	2 1/2 oz	Total Fat	4.1g	6%	Total Carb.	5.2g
Calories	66	Sat. Fat	1g	5%	Dietary Fiber	1.6g
Calories from Fat	37	Trans Fat	0g		Sugars	0.8g
		Cholest.	3.9mg	1%	Protein	2.4g
		Sodium	168.4mg	7%		

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: Greek Lentil Salad (Brown Lentils (Lentils), Roasted Red Peppers (Fire Roasted Peppers, Water, Salt, Citric Acid), Feta Cheese, Zucchini, Pitted Kalamata Olives (Kalamata Olives, Water, Salt, Red Wine Vinegar, Extra Virgin Olive Oil), Fresh Red Onions, Extra Virgin Olive Oil, Red Wine Vinegar (Red Wine Vinegar, Potassium Metabisulfite (To Preserve Freshness), Diluted with Water To 5% Acidity, Contains Sulfites), Fresh Parsley, Kosher Salt, Ground Black Pepper, Oregano Leaf)
ALLERGENS: Milk

FOOTBALL BROWNIE (nutritional based on 8 portions/football)

Nutrition Facts		Amount/Serving	% DV*	Amount/Serving	% DV*	
Serving Size	1 piece	Total Fat	18.7g	29%	Total Carb.	45.8g
Calories	360	Sat. Fat	7.4g	37%	Dietary Fiber	2.3g
Calories from Fat	168	Trans Fat	0.1g		Sugars	32.4g
		Cholest.	25.3mg	8%	Protein	2.6g
		Sodium	156.9mg	7%		

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: Football Brownie (Fudge Drop Brownies (GHIRARDELLI Fudge Brownie Mix (Sugar, Bleached Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Bittersweet Chocolate Chips [Chocolate Liquor, Sugar, Cocoa Butter, Milk Fat, Soy Lecithin (Emulsifier), Vanilla (Corn)], Cocoa [Processed with Alkali], Canola or Soybean Oil, Wheat Starch, Salt, Artificial Flavor, Sodium Bicarbonate. This product is manufactured on equipment that makes products containing wheat, milk, eggs, soy and tree nuts), Water, HERSHEY'S Chocolate Chips (Semi-Sweet Chocolate [Sugar, Chocolate, Cocoa Butter, Milk Fat, Soy Lecithin, Vanillin, Artificial Flavor, Milk]), Canola Oil, Fresh Cage Free Eggs, Pan Grease (Canola Oil, Cake Flour [Bleached Wheat Flour, Iron, Niacin, Thiamine Mononitrate, Riboflavin, Folic Acid], CRISCO Shortening (Soybean Oil, Fully Hydrogenated Palm Oil, Mono and Diglycerides [Corn], TBHQ and Citric Acid [Antioxidants])), Chocolate Ganache (Dark Chocolate (Cocoa Kernel, Sugar, Cocoa Butter, Dextrose (Corn), Emulsifier (Soya Lecithin), Vanilla (Corn), Cacao. May contain Traces of Milk, Almonds and Hazelnuts), Heavy Cream), WHITE ICING (White Icing [Confectionary Sugar (Sugar and Cornstarch), Trans Fat Free Vegetable Shortening (Palm Oil, Vegetable Mono and Diglycerides (Corn), Polysorbate 60), Water, Vanilla Extract (Water, Alcohol, Extract of Vanilla, Cane or Corn Sugar), Salt)))
ALLERGENS: Milk, Eggs, Tree Nuts, Gluten, Soy, Corn