



KOWALSKI'S THANKSGIVING
FULLY COOKED WHOLE TURKEY

Serves 6-4



REHEATING INSTRUCTIONS/INGREDIENTS

LOCALLY RAISED WHOLE FULLY COOKED TURKEY

Keep turkey refrigerated until ready to prepare. Melt 8 tbsp. butter.* Remove turkey from packaging; place in foil roasting pan. Brush turkey with ½ of the melted butter; roast in a preheated **350°** oven, covered, for **1 hr.** Uncover turkey; brush with remaining butter. Continue roasting until internal temperature reaches 135° and skin is golden-brown. Remove from oven; cover loosely with foil and let rest for **at least 10 min.**

**For a dairy-free turkey, substitute 6 tbsp. olive oil for the butter.*

Cooking times are approximate. You may need to increase cooking time for a full oven or to account for differences in kitchen equipment.

WHOLE FULLY COOKED TURKEY  

Whole Turkey, Salt, Pepper, Olive Oil.
 Minimally processed and made with no artificial ingredients. Naturally raised by Ferndale Market in Cannon Falls, Minnesota, with no growth stimulants or antibiotics – ever! Fed a diet of vegetarian grains with no animal byproducts.

NOTE: To prepare a dairy-free turkey, substitute 6 tbsp. olive oil for the butter called for in the heating instructions.

Nutrition Facts	
Serving size	8 oz. (227g)
Amount per serving	
Calories	380
% Daily Value*	
Total Fat 18g	22%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 170mg	56%
Sodium 840mg	34%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 51g	
Vitamin D 0.7mcg	4%
Calcium 25mg	2%
Iron 2.1mg	10%
Potassium 530mg	15%

* 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.