



KOWALSKI'S THANKSGIVING
LARGE TURKEY DINNER
 Serves 10-12
NUTRITION FACTS



WHOLE COOKED TURKEY

Nutrition Facts	
Serving size	8 oz. (227g)
Amount per serving	
Calories	380
<small>% Daily Value*</small>	
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.

MASHED POTATOES

Nutrition Facts	
Serving size	about 5 oz. (136g)
Amount per serving	
Calories	190
<small>% Daily Value*</small>	
Total Fat 10g	13%
Saturated Fat 7g	33%
Trans Fat 0g	
Cholesterol 30mg	9%
Sodium 480mg	21%
Total Carbohydrate 22g	8%
Dietary Fiber 2g	8%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1.2mg	6%
Potassium 0mg	0%

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SAGE AND ONION DRESSING

Nutrition Facts	
Serving size	4 oz. (113g)
Amount per serving	
Calories	190
<small>% Daily Value*</small>	
Total Fat 7g	9%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 740mg	32%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 4mg	20%
Potassium 0mg	0%

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ROASTED MAPLE SWEET POTATOES

Nutrition Facts	
Serving size	1/2 cup (77g)
Amount per serving	
Calories	60
<small>% Daily Value*</small>	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 14g	5%
Dietary Fiber 3g	11%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.5mg	2%
Potassium 330mg	8%

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POULTRY GRAVY

Nutrition Facts	
Serving size	1/4 cup (60g)
Amount per serving	
Calories	60
<small>% Daily Value*</small>	
Total Fat 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 180mg	8%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 8mg	0%
Iron 0mcg	0%
Potassium 31mg	0%

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GREEN BEANS WITH ALMONDS

Nutrition Facts	
Serving size	3 oz. (85g)
Amount per serving	
Calories	90
<small>% Daily Value*</small>	
Total Fat 6g	8%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	4%
Total Carbohydrate 8g	3%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 45mg	4%
Iron 1mg	6%
Potassium 200mg	6%

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KOWALSKI'S THANKSGIVING LARGE TURKEY DINNER

Serves 10-12



NUTRITION FACTS

CRANBERRY RELISH

Nutrition Facts	
Serving size	2 oz. (57g)
Amount per serving	
Calories	80
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 21g	8%
Dietary Fiber <1g	3%
Total Sugars 19g	
Includes 16g Added Sugars	32%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.1mg	0%
Potassium 40mg	0%

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CLUSTER DINNER ROLLS

Nutrition Facts	
Serving size	1 roll (37g)
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	1%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 16g	5%
Dietary Fiber 2g	9%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 0.9mg	6%
Potassium 95mg	2%

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9" PUMPKIN PIE

Nutrition Facts	
Serving size	1/8 pie (about 5 oz./136g)
Amount per serving	
Calories	290
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 5g	26%
<i>Trans Fat</i> 0g	
Cholesterol 80mg	27%
Sodium 460mg	20%
Total Carbohydrate 43g	16%
Dietary Fiber 2g	6%
Total Sugars 27g	
Includes 25g Added Sugars	49%
Protein 5g	
Vitamin D 0.7mcg	4%
Calcium 85mg	7%
Iron 1.7mg	10%
Potassium 180mg	4%

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9" PECAN PIE

Nutrition Facts	
Serving size	1/8 pie (about 5 oz./136g)
Amount per serving	
Calories	590
% Daily Value*	
Total Fat 34g	44%
Saturated Fat 11g	55%
<i>Trans Fat</i> 0g	
Cholesterol 80mg	26%
Sodium 480mg	21%
Total Carbohydrate 73g	26%
Dietary Fiber 2g	9%
Total Sugars 57g	
Includes 35g Added Sugars	69%
Protein 5g	
Vitamin D 0.3mcg	0%
Calcium 65mg	5%
Iron 1.6mg	10%
Potassium 150mg	4%

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