



# KOWALSKI'S THANKSGIVING SMALL TURKEY DINNER

Serves 4-6

## NUTRITION FACTS



### WHOLE COOKED TURKEY

Nutrition Facts	
<b>Serving size</b>	<b>8 oz. (227g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>380</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 18g	<b>22%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 0g	
<b>Cholesterol</b> 170mg	<b>56%</b>
<b>Sodium</b> 840mg	<b>34%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 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	
<b>Serving size</b>	<b>about 5 oz. (136g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>190</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 7g	<b>33%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>9%</b>
<b>Sodium</b> 480mg	<b>21%</b>
<b>Total Carbohydrate</b> 22g	<b>8%</b>
Dietary Fiber 2g	<b>8%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1.2mg	6%
Potassium 0mg	0%

\* 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.

### SAGE AND ONION DRESSING

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

\* 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.

### ROASTED MAPLE SWEET POTATOES

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

\* 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.

### POULTRY GRAVY

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

\* 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.

### GREEN BEANS WITH ALMONDS

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

\* 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.



# KOWALSKI'S THANKSGIVING SMALL TURKEY DINNER

Serves 4-6



## NUTRITION FACTS

### CRANBERRY RELISH

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

\* 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.

### CLUSTER DINNER ROLLS

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

\* 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.

### 9" PUMPKIN PIE

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

\* 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.