



KOWALSKI'S THANKSGIVING TURKEY DINNER FOR 2



NUTRITION FACTS

ROASTED TURKEY BREAST

| Nutrition Facts | |
|-------------------------------|---------------------|
| Serving size | 4 oz. (112g) |
| Amount per serving | |
| Calories | 130 |
| <small>% Daily Value*</small> | |
| Total Fat 3.5g | 4% |
| Saturated Fat 2g | 10% |
| Trans Fat 0g | |
| Cholesterol 70mg | 23% |
| Sodium 190mg | 8% |
| Total Carbohydrate 0g | 0% |
| Dietary Fiber 0g | 0% |
| Total Sugars 6g | |
| Includes 6g Added Sugars | 6% |
| Protein 24g | |
| Vitamin D 0mcg | 0% |
| Calcium 26mg | 2% |
| Iron 0mg | 0% |
| 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.

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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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% |

* 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.

CRANBERRY RELISH

| Nutrition Facts | |
|-------------------------------|--------------------|
| Serving size | 2 oz. (57g) |
| Amount per serving | |
| Calories | 80 |
| <small>% Daily Value*</small> | |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 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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