



KOWALSKI'S THANKSGIVING TURKEY DINNER FOR 2



REHEATING INSTRUCTIONS/INGREDIENTS

KOWALSKI'S TURKEY DINNER FOR 2

Keep refrigerated until ready to prepare. Remove lid; remove cranberry sauce and gravy cups (heat gravy separately or add before heating). Cover pan with foil; place pan in a preheated **350°** oven for approx. 40-45 min. Remove from oven; let rest for 5 min. before serving.

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

ALL NATURAL ANTIBIOTIC-FREE **GF** **DF** ROASTED TURKEY BREAST

All Natural Antibiotic-Free Turkey Breast (Turkey Breast, Water, Sea Salt, Vinegar), Seasoning (Salt, Sugar, Spices, Onion Powder, Garlic Powder, Paprika, Lemon Peel, Citric Acid, Natural Flavor, Turmeric).

MASHED POTATOES

Potatoes, Whole Milk, Butter (Sweet Cream, Salt), Salt, Nisin **GF** **V** **VE** **DF**ration (Salt, Nisin [a natural antimicrobial agent]).

CONTAINS: Milk.

GREEN BEANS WITH SLIVERED ALMONDS **GF** **V** **VE** **DF**

Green Beans, Almonds.
CONTAINS: Tree Nuts (Almonds).
Almonds packaged separately.

KOWALSKI'S SIGNATURE **DF** POULTRY GRAVY

Water, Chicken Stock, Onion, Bleached Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Chicken Fat, Modified Food Starch, Chicken Base (Cooked Chicken [Chicken Meat, Rendered Chicken Fat, Chicken Broth], Sugar, Salt, Natural Flavor, Modified Cornstarch, Maltodextrin, Potassium Chloride, Beef Fat, Soy Sauce [Fermented Soybeans, Salt], Autolyzed Yeast Extract, Dehydrated Onion, Chicken Type Flavor [Whole Egg Solids], Citric Acid, Turmeric), Sugar, Salt, Mono- and Diglycerides (emulsifiers), Spices, Xanthan Gum, Gravy Flavoring (Caramelized Sugar, Vegetable Extractives, Flavorings).

CONTAINS: Wheat, Soy, Egg.

SAGE AND ONION DRESSING

Water, Bread Cubes (Enriched Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Partially Hydrogenated Soybean Oil, Whole-Wheat Flour, High-Fructose Corn Syrup, contains 2% or less of each of the following: Yeast, Spices, Salt, Dehydrated Onion, Sage, Wheat Gluten, Ascorbic Acid, Autolyzed Yeast Extract, Distilled Vinegar, TBHQ [to preserve freshness], Soy Protein), Seasoning (Salt, Dehydrated Onion, Spices [including Sage and Garlic], Autolyzed Yeast Extract, contains 2% or less of Silicon Dioxide [an anticaking agent]), Butter (Cream, Salt), Dried Parsley, Dried Onion Flakes, Chicken Base (Roasted Chicken Meat with Natural Juices, Salt, Chicken Fat, Corn Syrup, Yeast Extract, Whey, Natural Flavor, Wine, Turmeric).
CONTAINS: Wheat, Milk, Soy.

KOWALSKI'S SIGNATURE **GF** **V** **VE** **DF** CRANBERRY RELISH

Granulated Sugar, Cranberries, Pineapple (Pineapple, Pineapple Juice, Citric Acid), Granny Smith Apple, Pear, Red Delicious Apple, Lemon Juice, Orange Zest (Chopped Orange Peel, Cane Sugar, Natural Orange Flavor), Cinnamon Sticks, Whole Cloves.



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%

* 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	
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%

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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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