



KOWALSKI'S THANKSGIVING RAW OVEN-READY TURKEY

Serves 12-14



HEATING INSTRUCTIONS/INGREDIENTS

LOCALLY RAISED RAW OVEN-READY FRESH WHOLE TURKEY

Remove raw turkey from vacuum package; drain cavity of any excess liquids and pat turkey dry with a paper towel. Place turkey in roasting bag and zip-tie to close; make four 1" punctures near the top of the bag to vent. Place bagged turkey in foil roasting pan; transfer pan to the bottom rack of a preheated **350°** oven (ensure that the roasting bag is not touching the sides of the oven or other oven racks). Roast turkey until the thickest part of the thigh reaches an internal temperature of 165° (**about 2 ½ hrs.**). Remove from oven; let rest for **at least 30 min.** before carving (45-60 min. is ideal).

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

WHOLE RAW TURKEY

Whole Turkey, Salt, Pepper, Butter (Sweet Cream, Salt). 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.

CONTAINS: Milk.

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.