



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.

ROASTED TURKEY BREAST GF DF

Turkey Breast (Turkey Breast Roast containing up to 18% of a solution of Turkey Broth, Sugar, Salt, Sodium Phosphate, Flavoring), Kowalski's Signature Classic Garlic & Herb Rub (Salt, Pepper, Onion, Sugar, Garlic, Rosemary, Coriander, Basil, Paprika, Cayenne Pepper, Canola Oil, Turmeric), Sage, Marjoram, Thyme.

Nutrition Facts Servings: 4, **Serv. size:** **4 oz. (112g)**, Amount per serving: **Calories 130, Total Fat** 3.5g (4% DV), Sat. Fat 2g (10% DV), Trans Fat 0g, **Cholest.** 70mg (23% DV), **Sodium** 190mg (8% DV), **Total Carb.** 0g (0% DV), Fiber 0g (0% DV), Total Sugars 6g (Incl. 6g Added Sugars, 6% DV), **Protein** 24g, Vit. D (0% DV), Calcium (2% DV), Iron (0% DV), Potas. (0% DV).

MASHED POTATOES GF V

Potatoes, Whole Milk, Butter (Sweet Cream, Salt), Salt, Nisin Preparation (Salt, Nisin [a natural antimicrobial agent]).
CONTAINS: Milk.

Nutrition Facts Servings: About 3, **Serv. size:** **about 5 oz. (136g)**, Amount per serving: **Calories 190, Total Fat** 10g (13% DV), Sat. Fat 7g (33% DV), Trans Fat 0g, **Cholest.** 30mg (9% DV), **Sodium** 480mg (21% DV), **Total Carb.** 22g (8% DV), Fiber 2g (8% DV), Total Sugars 1g (Incl. 0g Added Sugars, 0% DV), **Protein** 3g, Vit. D (0% DV), Calcium (2% DV), Iron (6% DV), Potas. (0% DV).

GREEN BEANS WITH GF V VE DF SLIVERED ALMONDS

Green Beans, Almonds.

CONTAINS: Tree Nuts (Almonds).
Almonds packaged separately.

Nutrition Facts Servings: About 3, **Serv. size:** **3 oz. (85g)**, Amount per serving: **Calories 90, Total Fat** 6g (8% DV), Sat. Fat 1g (6% DV), Trans Fat 0g, **Cholest.** 0mg (0% DV), **Sodium** 105mg (4% DV), **Total Carb.** 8g (3% DV), Fiber 3g (11% DV), Total Sugars 3g (Incl. 0g Added Sugars, 0% DV), **Protein** 3g, Vit. D (0% DV), Calcium (4% DV), Iron (6% DV), Potas. (6% DV).

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.

Nutrition Facts Servings: 4, **Serv. size:** **1/4 cup (60g)**, Amount per serving: **Calories 60, Total Fat** 5g (6% DV), Sat. Fat 1g (5% DV), Trans Fat 0g, **Cholest.** 5mg (2% DV), **Sodium** 180mg (8% DV), **Total Carb.** 4g (1% DV), Fiber 0g (0% DV), Total Sugars 1g (Incl. 0g Added Sugars, 0% DV), **Protein** 2g, Vit. D (0% DV), Calcium (0% DV), Iron (0% DV), Potas. (0% DV).

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.

Nutrition Facts Servings: About 3, **Serv. size:** **4 oz. (113g)**, Amount per serving: **Calories 190, Total Fat** 7g (9% DV), Sat. Fat 3.5g (18% DV), Trans Fat 0g, **Cholest.** 15mg (5% DV), **Sodium** 740mg (32% DV), **Total Carb.** 26g (9% DV), Fiber 2g (7% DV), Total Sugars 3g (Incl. 0g Added Sugars, 0% DV), **Protein** 2g, Vit. D (0% DV), Calcium (4% DV), Iron (20% DV), Potas. (0% DV).

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.

Nutrition Facts Servings: 2, **Serv. size:** **1/4 cup (57g)**, Amount per serving: **Calories 80, Total Fat** 0g (0% DV), Sat. Fat 0g (0% DV), Trans Fat 0g, **Cholest.** 0mg (0% DV), **Sodium** 0mg (0% DV), **Total Carb.** 21g (8% DV), Fiber <1g (3% DV), Total Sugars 19g (Incl. 16g Added Sugars, 32% DV), **Protein** 0g, Vit. D (0% DV), Calcium (0% DV), Iron (0% DV), Potas. (0% DV).