



KOWALSKI'S THANKSGIVING FULLY COOKED WHOLE TURKEY

Serves 4-6



REHEATING INSTRUCTIONS

LOCALLY RAISED FULLY COOKED WHOLE TURKEY

Keep turkey refrigerated until ready to prepare. Melt 8 tbsp. butter.* Remove turkey from packaging; place in a foil roasting pan. Brush turkey with ½ of the melted butter; roast in a preheated **350°** oven, covered, for **1 hr.** Uncover turkey; brush with remaining butter. Continue roasting until internal temperature reaches 135° and skin is golden-brown. Remove from oven; cover loosely with foil and let rest for **at least 10 min.**

**For a dairy-free turkey, substitute 6 tbsp. olive oil for the butter.*

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

WHOLE FULLY COOKED TURKEY

Whole Turkey, Salt, Pepper, Olive Oil.
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.

NOTE: To prepare a dairy-free turkey, substitute 6 tbsp. olive oil for the butter called for in the heating instructions.

Nutrition Facts

Servings per container varies

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.