

Holiday Meals
Heating Guide

Small Ham or Turkey

Conventional Oven:
1. Heat oven to 325°F.
2. Remove lid from pan.
3. Cover pan with aluminum foil and heat for 1 hour or until internal temperature reaches 165°F.

Microwave:
1. Remove lid from pan.
2. Heat on high for 3-5 minutes or until internal temperature reaches 165°F.
3. Rotate if necessary.

Large Turkey

Conventional Oven:
1. Heat oven to 350°F.
2. Remove whole turkey from wrapper and do not stuff it.
3. Place turkey breast side up on a flat roasting rack in a 2 to 2 1/4" roasting pan.
Do not add water to the pan.
4. Brush or spray turkey skin with vegetable oil.
5. Place whole turkey in oven and heat for 45-90 minutes or until the internal temperature reaches 165°F in the thigh.
6. Carve and serve immediately.

Large Ham

Conventional Oven:
1. Heat oven to 325°F.
2. Remove lid from pan and cover with parchment paper and aluminum foil.
3. Heat covered for approximately 1 1/2 hours or until internal temperature reaches 165°F.

Gravy

Stovetop:
1. Place in a saucepan.
2. Cook over medium heat for 8-10 minutes or until gravy reaches 165°F.

Cranberry Orange Relish

Serve Cold.

*Cooking times may vary. Use an accurate thermometer to check the internal temperature of the food before removing from the oven.



Holiday Meals
Heating Guide

Stuffing, Mashed Potatoes and Green Bean Casserole

Conventional Oven:
1. Heat oven to 325°F.
2. Remove lid from pan.
3. Cover pan with aluminum foil and heat for 20-30 minutes or until internal temperature reaches 165°F.

Microwave:
(Mashed potatoes and green bean casserole only)
1. Remove lid from pan.
2. Heat on high for 2-3 minutes or until internal temperature reaches 165°F.

Smoked Brisket

Conventional Oven:
1. Heat oven to 325°F.
2. Remove lid from pan.
3. Cover pan with aluminum foil and heat 20-30 minutes or until internal temperature reaches 165°F.

Microwave:
1. Remove lid from pan.
2. Heat on high for 3-5 minutes or until internal temperature reaches 165°F.
3. Rotate if necessary.

Macaroni & Cheese and Baked Beans

Conventional Oven:
1. Heat oven to 325°F.
2. Remove lid from pan.
3. Heat for 30-45 minutes or until internal temperature reaches 165°F.

Microwave:
1. Remove lid from pan.
2. Heat on high for 2-3 minutes or until internal temperature reaches 165°F.
3. Stir if necessary.

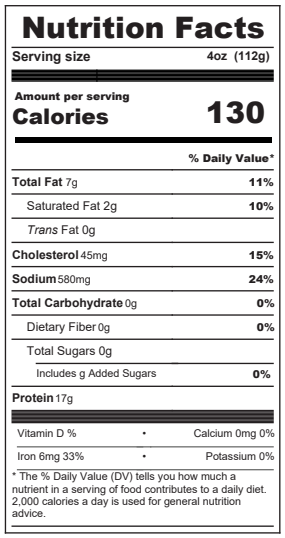
Creamy Coleslaw

Serve Cold.

*Cooking times may vary. Use an accurate thermometer to check the internal temperature of the food before removing from the oven.

Ingredients and Nutrition Facts

Butterball Turkey - Large Dinner



Nutrition Facts

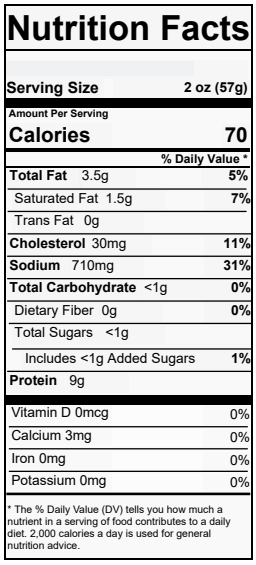
Serving size	**4oz (112g)**
Amount per serving	
Calories	**130**
	% Daily Value*
Total Fat 7g	**11%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 45mg	**15%**
Sodium 580mg	**24%**
Total Carbohydrate 0g	**0%**
Dietary Fiber 0g	**0%**
Total Sugars 0g	
Includes g Added Sugars	**0%**
Protein 17g	
Vitamin D % •	Calcium 0mg 0%
Iron 6mg 33% •	Potassium 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.

Nutritional/Diet Claims: Gluten Free, No MSG, Zero Trans Fat, Not Kosher

Ingredients: Injected And Baked Whole Turkey, Water, Salt, Dextrose, Sodium Phoshate, Carrageenan, Natural Flavors.

Sunday Ham



Nutrition Facts

Serving Size	**2 oz (57g)**
Amount Per Serving	
Calories	**70**
	% Daily Value *
Total Fat 3.5g	**5%**
Saturated Fat 1.5g	**7%**
Trans Fat 0g	
Cholesterol 30mg	**11%**
Sodium 710mg	**31%**
Total Carbohydrate <1g	**0%**
Dietary Fiber 0g	**0%**
Total Sugars <1g	
Includes <1g Added Sugars	**1%**
Protein 9g	
Vitamin D 0mcg	0%
Calcium 3mg	0%
Iron 0mg	0%
Potassium 0mg	0%

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Ingredients: Fresh Pork Hams, Cured With Water, Salt, Dextrose, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite.

Mashed Potatoes



Nutrition Facts

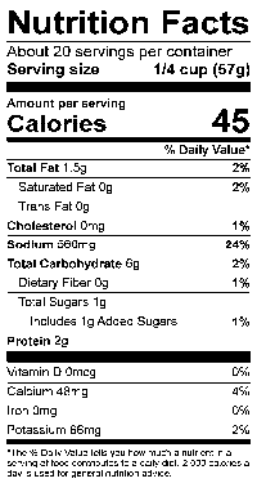
Serving size	**2/3 cup (147g)**
Amount per serving	
Calories	**180**
	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 4.5g	**24%**
Trans Fat 0g	
Cholesterol 25mg	**9%**
Sodium 470mg	**20%**
Total Carbohydrate 25g	**9%**
Dietary Fiber 2g	**8%**
Total Sugars 2g	
Includes 0g Added Sugars	**0%**
Protein 3g	
Vitamin D 0mcg	0%
Calcium 28mg	2%
Iron 0mg	2%
Potassium 423mg	10%

*The % Daily Value 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.

Ingredients: Russet potatoes, whole milk, butter (cream, salt), salt, potassium sorbate (preservative), monoglycerides,

Contains: Milk

Turkey Gravy



Nutrition Facts

About 20 servings per container

Serving size	**1/4 cup (57g)**
Amount per serving	
Calories	**45**
	% Daily Value*
Total Fat 1.5g	**2%**
Saturated Fat 0g	**2%**
Trans Fat 0g	
Cholesterol 0mg	**1%**
Sodium 560mg	**24%**
Total Carbohydrate 6g	**2%**
Dietary Fiber 0g	**1%**
Total Sugars 1g	
Includes 1g Added Sugars	**1%**
Protein 2g	
Vitamin D 0mcg	0%
Calcium 48mg	4%
Iron 0mg	0%
Potassium 66mg	2%

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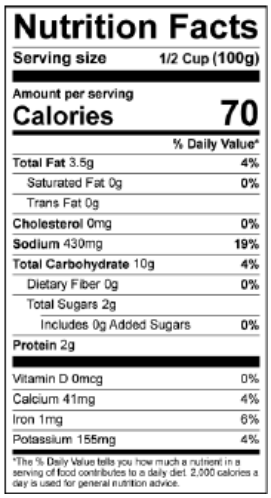
Ingredients: Water, Modified Food Starch, Autolyzed Yeast Extract, Chicken Fat, Chicken Broth, Salt, Onion Powder, Sugar, Turkey Broth, Natural Turkey Powder, Natural Flavors, Turkey Stock, Maltodextrin, Hydrolyzed Soy Protein, Caramel Color, Guar Gum, Spice, Turmeric, Sodium Benzoate And Potassium Sorbate (Preservatives), Tricalcium Phosphate Added To Prevent Caking.

Contains: Soy.

Contains a Bioengineered Food Ingredient.

Green Bean Casserole



Nutrition Facts

Serving size	**1/2 Cup (100g)**
Amount per serving	
Calories	**70**
	% Daily Value*
Total Fat 3.5g	**4%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 430mg	**19%**
Total Carbohydrate 10g	**4%**
Dietary Fiber 0g	**0%**
Total Sugars 2g	
Includes 0g Added Sugars	**0%**
Protein 2g	
Vitamin D 0mcg	0%
Calcium 41mg	4%
Iron 1mg	6%
Potassium 155mg	4%

*The % Daily Value 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.

Ingredients: Green beans, cream of mushroom soup (water, mushrooms, cream, enriched wheat flour [wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, and folic acid], modified food starch, corn oil, salt, palm oil, flavor [canola oil, nonfat dry milk, yeast extract, hydrolyzed corn protein, hydrolyzed soy protein, salt, cultured whey, disodium inosinate, disodium guanylate, lecithin], hydrolyzed wheat protein, sugar, maltodextrin, onion powder, disodium inosinate, disodium guanylate, flavor), cream of celery soup (water, celery, cream, modified food starch, enriched wheat flour [wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], salt, onion powder, yeast extract, maltodextrin, flavoring, disodium inosinate, disodium guanylate, lactic acid powder [lactic acid, calcium lactate]), water, crispy fried onions (onions, enriched flour [wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid], sunflower, safflower and/or canola oil, salt), nonfat dry milk, salt, garlic powder, black pepper, potassium sorbate & sodium benzoate (preservatives).
Contains: Milk, Wheat, Soy.

Old-Fashioned Stuffing



Nutrition Facts

Serving size	**1/2 Cup (100g)**
Amount per serving	
Calories	**230**
	% Daily Value*
Total Fat 16g	**21%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 690mg	**30%**
Total Carbohydrate 22g	**8%**
Dietary Fiber 0g	**0%**
Total Sugars 1g	
Includes 0g Added Sugars	**0%**
Protein 4g	
Vitamin D 0mcg	0%
Calcium 25mg	2%
Iron 0mg	0%
Potassium 111mg	2%

*The % Daily Value 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.

Ingredients: Chicken broth (water, salt, chicken flavoring [maltodextrin, autolyzed yeast extract, natural flavors, torula yeast, disodium inosinate and disodium guanylate], hydrolyzed corn protein, dextrose, onion powder, autolyzed yeast, modified food starch, dried parsley, spice extractives, less than 2% silicon dioxide [anti-caking agent]), croutons (enriched flour [wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid], canola and/or sunflower oil [with rosemary extract and ascorbic acid {to preserve freshness}], whey, salt, sugar, yeast, 2% or less of spices, dehydrated parsley, onion powder, paprika [color], turmeric [color], extractive of paprika [color], spice extractive, enzymes), liquid butter alternative oil (liquid and hydrogenated soybean oil, salt, soy lecithin, natural & artificial flavor, beta carotene [color], TBHQ and citric acid added to protect flavor, dimethylpolysiloxane [anti-foaming agent]), celery, onions, cooked sausage (pork, water, salt, spices, sugar, flavoring), black pepper, potassium sorbate & sodium benzoate (preservatives).

Contains: Milk, Wheat, Soy.

Ingredients and Nutrition Facts

Cranberry Orange Relish

Nutrition Facts

Serving size	1/4 cup (64g)
Amount per serving	
Calories	**90**
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 23g	9%
Dietary Fiber 2g	6%
Total Sugars 20g	
Includes 18g Added Sugars	36%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 7mg	0%
Iron 0mg	0%
Potassium 44mg	0%

*The % Daily Value 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.

Ingredients: Cranberries, Sugar, Oranges.

Smoked Brisket

Nutrition Facts

Serving size	4 oz
Amount per serving	
Calories	**180**
	% Daily Value*
Total Fat 14g	22%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 400mg	17%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 0mcg	2%
Calcium 0g	0%
Iron 0g	6%
Potassium 0mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

Ingredients: Beef, Water, Cultured Corn Sugar and Vinegar, Salt, Sugar, Sodium Phosphate, and Natural Flavorings. Rubbed With: Salt, Natural Flavorings, Sugar, Minced Onion, and Sodium Carbonate.

Creamy Macaroni & Cheese

Nutrition Facts

Serving size 1 cup (225g)	
Amount per serving	
Calories	**320**
	% Daily Value*
Total Fat 16g	21%
Saturated Fat 8g	41%
Trans Fat 0.5g	
Cholesterol 40mg	14%
Sodium 1140mg	50%
Total Carbohydrate 32g	12%
Dietary Fiber 2g	5%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 0mcg	2%
Calcium 219mg	15%
Iron 1mg	6%
Potassium 225mg	4%

* 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.

Ingredients: Macaroni (Enriched Durum Wheat Semolina [Durum Wheat, Iron, Niacin, Thiamine Mononitrate, Riboflavin, Folic Acid], Egg Whites), Water, Milk, American Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes), Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes), Salt, Butter (Cream, Salt), Soybean Oil, Modified Corn Starch, Whey, Whey Protein Concentrate, Skim Milk, Milk Fat, Hydrogenated Cottonseed Oil, Vegetable Mono & Diglycerides, Lecithin, Citric Acid, Sodium Phosphate, Annatto (added for color), Potassium Sorbate and Sodium Benzoate (preservatives), Artificial Color, Artificial Flavor, Vitamin A Palmitate.

Contains: Milk, Wheat, Eggs and Soy.

Creamy Coleslaw

Nutrition Facts

Serving Size	100 g
Amount Per Serving	
Calories	**140**
	% Daily Value *
Total Fat 9g	11%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 20mg	6%
Sodium 360mg	16%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	5%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein <1g	
Vitamin D 0mcg	0%
Calcium 27mg	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.

Ingredients: Cabbage, Carrots, (Salad Dressing (Water, Soybean Oil, High Fructose Corn Syrup, Vinegar, Modified Food Starch, Egg Yolk, Salt, Natural Flavor, Garlic, Paprika, Calcium Disodium EDTA [To Protect Flavor], Lemon Juice), Sugar, Salt, Onions, Stabilizer (Xanthan Gum, Maltodextrin))

Contains: Egg, Soy

Baked Beans

Nutrition Facts

Varied servings per container **Serving size 4 oz (113g)**	
Amount per serving	
Calories	**470**
	% Daily Value*
Total Fat g	8%
Saturated Fat 2g	8%
Fat 0g	
Cholesterol 10mg	3%
Sodium 1, 0mg	62%
Total Carbohydrate 1g	30%
ietary Fiber 12g	48%
Total Sugars g	
Includes 0g Added Sugars	0%
Protein 1 g	38%
Vitamin 0mcg	0
Calcium mg	
Iron 2mg	1
otassium 20mg	

The aily Value V tells you ho much a nutrient in a serving o ood contributes to a daily diet. 2,000 calories a day is used or general nutrition advice.

Ingredients: Baked Beans Bacon Brown Sugar (prepared Navy Beans, Water, Brown Sugar. Contains 2% Or Less of: Cured Bacon, Salt, Mustard (Water, Vinegar, Mustard Seed, Salt, Paprika, Turmeric, Modified Corn Starch, Onion Powder, Caramel Color, Spice, Garlic Powder, Natural Flavor), Ketchup (Tomato Concentrate, High Fructose Corn Syrup, Distilled Vinegar, Corn Syrup, Salt, Less Than 2% of: Spice, Onion Powder, Natural Flavors), Brown Sugar (Cane Sugar, Molasses), Molasses Golden (Cane Molasses), Bacon Bits (Bacon Cured With Water, Less Than 2% Of Salt, Sugar, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite), Sauce Browning & Seasoning (Caramel, Vegetable Base (water, Carrots, Onions. Celery, Parsnips, Turnips, Salt, Parsley, Spices), Sodium Benzoate, Andsulfiting Agents), Dehydrated Onion (Onion).

Ingredients and Nutrition Facts

Turkey Breast - Small Dinner

Nutrition Facts

Serving Size 4 OZ (112g)

Amount Per Serving

Calories 130	**Calories from Fat** 60
	% Daily Value*
Total Fat 7 g	11%
Saturated Fat 2 g	10%
Trans Fat 0 g	
Cholesterol 45 mg	15%
Sodium 580 mg	24%
Total Carbohydrate 0 g	0%
Dietary Fiber 0 g	0%
Sugars 0 g	
Protein 17 g	

Vitamin A 0 %	•	Vitamin C 0 %	
Calcium 0 %	•	Iron 6 %	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Injected And Baked Whole Turkey, Water, Salt, Dextrose, Sodium Phoshate, Carrageenan, Natural Flavors.

Dinner Rolls

Nutrition Facts

Serving Size **1 Roll (37g)**

Amount Per Serving

Calories	**90**
	% Daily Value *
Total Fat 1g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 150mg	**6%**
Total Carbohydrate 18g	**6%**
Dietary Fiber 0g	**1%**
Total Sugars 2g	
Includes 2g Added Sugars	**4%**
Protein 3g	
Vitamin D 0mcg	0%
Calcium 22mg	0%
Iron 0mg	0%
Potassium 20mg	0%

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Ingredients: Enriched Bromated Bleached Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Potassium Bromate, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Palm and Soybean Oil, Salt, DATEM. Contains 2% or less of: Yeast, Dextrose, Mono- and Diglycerides, Potato Flour, Vital Wheat Gluten, Sodium Acid Pyrophosphate, Wheat Starch, Sodium Bicarbonate, Ascorbic Acid, L-Cysteine, Enzymes, Sodium Stearoyl Lactylate, Monocalcium Phosphate, Sodium Propionate (Preservative), Beta Carotene (Color).

Contains: Wheat

FOOD SAFETY: Keep all items refrigerated at or below 41°F. For maximum quality and freshness, enjoy your dinner within two days of purchase. Must be used within four days of purchase. Reheat until a minimum internal temperature of 165°F is reached. All foods produced in a facility that also processes soy, wheat, milk, sesame, eggs, fish, shellfish, tree nuts and peanuts.



Holiday Meals
Heating Guide

Lasagna

Conventional Oven:
1. Heat oven to 350°F.
2. Bake covered for 30-35 minutes or until internal temperature reaches 165°F.
3. Remove cover and bake for an additional 8-10 minutes until cheese is golden brown.
4. Let rest 5-8 minutes and serve.

*Cooking times may vary. Use an accurate thermometer to check the internal temperature of the food before removing from the oven.

Timeline

Approximately 1 hour from start to finish.

12:00
• Preheat oven to 350°F.

12:15
• Cover lasagna and place in oven.

12:45
• Check lasagna. Remove cover and place back in oven.

12:55
• Remove lasagna from oven when done. Cut bread.

1:00
• Place all food on table. Enjoy!

Ingredients and Nutrition Facts

Lasagna

Nutrition Facts

Serving Size	**128 g**
Amount Per Serving	
Calories	**200**
	% Daily Value *
Total Fat 10g	**13%**
Saturated Fat 5g	**26%**
Trans Fat 0g	
Cholesterol 40mg	**14%**
Sodium 480mg	**21%**
Total Carbohydrate 15g	**5%**
Dietary Fiber 1g	**4%**
Total Sugars 4g	
Includes 0g Added Sugars	**0%**
Protein 13g	
Vitamin D 0mcg	0%
Calcium 302mg	25%
Iron 2mg	8%
Potassium 210mg	4%

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Ingredients: Spaghetti Sauce (Tomato Puree, Water, Tomato Paste, Diced Tomatoes, Less Than 2% Of: Soybean Oil, Salt, Sugar, Spice, Dried Garlic, Dried Onion, Natural Flavor, Olive Oil, Citric Acid), Mozzarella Cheese (Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose Added To Prevent Caking, Natamycin [A Natural Mold Inhibitor]), Lasagna Sheets (Enriched Semolina Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Whole Eggs), Ricotta Cheese (Pasteurized Whey, Cream And Milk, Vinegar, Salt), Cooked Beef Crumbles (Ground Beef, Water, Textured Vegetable Protein Product [Soy Protein Concentrate, Caramel Color, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate, Pyridoxine Hydrochloride, Riboflavin, Cyanocobalamin], Salt, Flavorings, Sodium Phosphate), Sugar, Garlic Powder, Seasoned Salt (Salt, Sugar, Spices [Including Paprika, Celery Seed, Turmeric], Onion, Corn Starch, Garlic, Tricalcium Phosphate [To Make Free-Flowing], Extractives Of Paprika, Natural Flavor), Salt-Free Seasoning Blend (Dried Onion, Spices [Black Pepper, Parsley, Celery Seed, Basil, Bay, Marjoram, Oregano, Savory, Thyme, Mustard, Cumin, Rosemary, Cayenne Pepper, Coriander], Dried Garlic, Dried Carrots, Dried Orange Peel, Dried Tomato, Lemon Juice Powder, Citric Acid, Oil Of Lemon), Italian Seasoning (Marjoram, Thyme, Rosemary, Savory, Sage, Oregano, Basil), Sunflower Oil, Carrot Puree, Garlic Puree, Red Pepper, Granulated Sugar, Lemon Juice Solids, Tomato Powder, Bay Leaves, Mustard Flour, Parsley.

Contains: Egg, Soy, Wheat, Milk.

Italian Bread

Nutrition Facts

Serving Size	**1 Slice (57g)**
Amount Per Serving	
Calories	**130**
	% Daily Value *
Total Fat 1g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 240mg	**10%**
Total Carbohydrate 26g	**9%**
Dietary Fiber 0g	**0%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 5g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0mg	0%
Potassium 35mg	0%

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Ingredients: Enriched Bleached Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Yeast, Salt, Sugar, Vegetable Shortening (Soybean Oil, Palm Oil). Contains 2% or less of: DATEM, Sodium Stearoyl Lactylate, Ascorbic Acid, Potassium Bromate, L-Cysteine, Calcium Peroxide, Enzymes, BHT (to preserve freshness).

Contains: Wheat

FOOD SAFETY: Keep all items refrigerated at or below 41°F. For maximum quality and freshness, enjoy your dinner within two days of purchase. Must be used within four days of purchase. Reheat until a minimum internal temperature of 165°F is reached. All foods produced in a facility that also processes soy, wheat, milk, eggs, fish, shellfish, sesame, tree nuts and peanuts.