

# HelloFresh 2023 Thanksgiving Turkey Box Nutrition Facts

## Nutrition Facts

servings per container

**Serving size**

Amount per serving

**Calories**

**Total Fat**

Saturated Fat

Trans Fat

**Cholesterol**

**Sodium**

**Total Carbohydrate**

Dietary Fiber

Total Sugars

Includes Added Sugars

**Protein**

\*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.

Vitamin D

Calcium

Iron

Potassium

Turkey

40

4 oz (113g)

**170**

% Daily Value\*

11g

3.5g

0g

85mg

220mg

0g

0g

0g

0g

18g

0mcg

14mg

1mg

7mg

0%

2%

6%

0%

Mashed Potatoes

8-10

1 cup (269g)

**250**

% Daily Value\*

10g

6g

0g

30mg

65mg

35g

5g

5g

0g

6g

1mcg

96mg

1mg

906mg

6%

8%

6%

20%

Stuffing

8-10

1/2 cup (119g)

**350**

% Daily Value\*

16g

8g

1g

85mg

590mg

49g

2g

13g

9g

12g

6g

0mcg

42mg

1mg

157mg

0%

4%

6%

4%

Green Beans

8-10

1/2 cup (95g)

**160**

% Daily Value\*

13g

2g

0g

5mg

25mg

13g

3g

9g

3g

2g

0mcg

37mg

1mg

206mg

0%

2%

6%

4%

Apple Crisp

8-10

1 cup (259g)

**440**

% Daily Value\*

17g

8g

0g

30mg

0mg

71g

6g

47g

28g

3g

0mcg

20mg

1mg

260mg

0%

2%

6%

6%

Cranberry Sauce

8-10

4 oz (130g)

**170**

% Daily Value\*

0g

0g

0g

0mg

0mg

45g

3g

39g

34g

1g

0mcg

15mg

0mg

98mg

0%

2%

0%

2%

Gravy

8-10

1 oz (20g)

**70**

% Daily Value\*

5g

2.5g

0g

10mg

210mg

6g

1g

1g

1g

0mcg

19mg

1mg

40mg

0%

13%

0%

3%

9%

2%

4%

2%

0%

## INGREDIENTS:

**Turkey:** Whole Turkey (turkey containing up to 9.5% solution of turkey broth, salt, sodium phosphate, sugar, natural flavoring), Shallot, Roasted Garlic Herb Butter (butter (pasteurized CREAM, salt, lactic acid), roasted garlic (garlic, citric acid), garlic puree (roasted garlic), soybean oil or expeller pressed canola oil, parsley, basil, oregano, chives, spice, salt, onion salt, dehydrated onion, garlic salt, garlic, dehydrated chives, black pepper, food starch-modified), Garlic, Thyme. **Contains Milk.**

**Mashed Potatoes:** Potatoes, Milk (reduced fat MILK, vitamin a palmitate, vitamin d3), Butter\*\*, Sour Cream (cultured CREAM, modified corn starch, lactic acid, natural flavor, citric acid, sodium tripolyphosphate, carrageenan, calcium sulfate, potassium sorbate (preservative), locust bean gum, guar gum), Garlic. **Contains Milk.**

## INGREDIENTS, CONT.

**Stuffing:** Brioche Buns (WHEAT flour (bleached enriched WHEAT flour (bleached wheat flour, niacin, ferrous sulfate, iron, thiamin mononitrate, riboflavin, folic acid), malted barley flour, potassium bromate), water, hawaiian sweet roll concentrate (potato flour, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, trans fat-free shortening, palm oil, rye flour, potato flour, yeast, salt, canola oil, powdered MILK, BUTTER (CREAM, natural flavor), BUTTER flavor, cultured WHEAT flour, WHEAT GLUTEN, EGGS, sunflower lecithin, liquid EGGS (whole EGGS, citric acid, water), granulated sugar, turmeric, annatto, dextrose, dough conditioner (WHEAT flour, modified corn starch, monoglycerides, corn syrup solids, refined soybean oil, enzymes), pan spray (canola oil, mono & diglycerides, propellant), guar gum, fava bean flour, calcium diphosphate, ascorbic acid, gem 100 (enriched wheat flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid) enzymes, ascorbic acid), SOYBEAN oil, calcium propionate, xanthan gum, sodium stearoyl lactylate, monoglycerides, yellow corn flour, ammonium sulfate, malt extract, vegetable protein, starch, maltodextrin), Celery, EGGS (whole shell EGG, food grade wax (to preserve freshness)), Onion, Butter\*\*, Dried Cranberries (cranberries, sugar, sunflower oil), Chicken Stock Concentrate (chicken stock, maltodextrin, chicken fat, sugar, salt, natural flavor, yeast extract, xanthan gum), Veggie Stock Concentrate (vegetable juice concentrates (tomato, mushroom, onion, carrot, celery), sugar, maltodextrin, salt, yeast extract, natural flavor), Sage, Thyme, Garlic Powder. **Contains Egg, Milk, Soy, Wheat.**

**Green Beans:** Green Beans, PECANS (PECANS, peanut oil, sunflower oil, canola oil, and/or cottonseed oil), Brown Sugar, Roasted Garlic Herb Butter (butter (pasteurized CREAM, salt, lactic acid), roasted garlic (garlic, citric acid), garlic puree (roasted garlic), soybean oil or expeller pressed canola oil, parsley, basil, oregano, chives, spice, salt, onion salt, dehydrated onion, garlic salt, garlic, dehydrated chives, black pepper, food starch-modified), Olive Oil\*\*. **Contains Pecans, Milk.**

**Apple Crisp:** Apple, Sugar\*\*, Flour (bleached enriched WHEAT flour (WHEAT flour, enzyme, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), malted BARLEY flour), Butter\*\*, Lemon, PECANS (PECANS, peanut oil, sunflower oil, canola oil, and/or cottonseed oil), Ground Cinnamon. **Contains Pecans, Milk, Wheat.**

**Cranberry Sauce:** Cranberries, Sugar\*\*, Orange, Ground Cinnamon.

**Gravy:** Butter\*\*, Chicken Demi Glace (vegetable juice concentrates (tomato, onion, carrot, celery), maltodextrin, wine, sugar, CREAM, salt, chicken stock, natural flavor, chicken fat, yeast extract), Chicken Stock Concentrate (chicken stock, maltodextrin, chicken fat, sugar, salt, natural flavor, yeast extract, xanthan gum), Shallot, Flour (bleached enriched WHEAT flour (WHEAT flour, enzyme, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), malted BARLEY flour), Sage, Thyme, Garlic. **Contains Milk, Wheat.**