

# NUTRITIONAL FACTS

THE PERFECT GOURMET

## 2.44-lb Turkey Roulade



### Turkey Breast Roulade

Stuffed with Apples and Cranberries

FULLY COOKED - KEEP FROZEN

#### HEATING DIRECTIONS

**Conventional Oven Preparation:** Preheat oven to 375°F. Remove product from plastic pouch and place in an oven safe dish, discard plastic pouch. Bake for 60-65 minutes if heated from frozen. Bake for 40-50 minutes if heated from thawed.

**Microwave Preparation:** Remove product from plastic pouch and place on microwave safe dish. Discard plastic pouch. Microwave on high for 12 to 14 minutes if heated from frozen. Microwave on high for 7 to 9 minutes if heated from thawed.

Equipment varies, adjust cooking times accordingly.

**Caution:** Baking dish and content will be hot.

**Ingredients:** Turkey Pieces, Water, Apples (ascorbic acid treatment), Apple Cider (apple juice, ascorbic acid), Blanched Sliced Almonds, Croutons (enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), canola and/or sunflower oil, yeast, high fructose corn syrup, 2% or less of salt, calcium propionate (preservative), sodium stearoyl lactylate, calcium sulfate, enzymes, ascorbic acid, TBHQ (to preserve freshness)), Onions, Celery, Raisins (sunflower oil), Cranberries (cranberries, sugar, sunflower oil), Unsalted Butter (pasteurized cream, natural flavors), Egg Whites (egg whites, guar gum and triethyl citrate), Vegetable Oil (canola oil, extra virgin olive oil), Precooked Rice Flour, Modified Corn Starch, Salt, Nonfat Dry Milk, Unbleached Wheat Flour (may contain traces of soy), Sodium Phosphates, Seasoning (salt, sugar, onion powder, spices, garlic powder, paprika), Seasoning (sesame seeds, salt, dehydrated garlic, dehydrated onion, poppy seeds, roasted sesame seeds, black sesame seeds, expeller pressed canola oil (as a processing aid)), Chicken Base (chicken and chicken stock, salt, cane sugar, rendered chicken fat, onion powder, potato flour, turmeric, spice extractives (contains celery)), Cinnamon, White Pepper, Parsley.

**Contains:** Wheat, Milk, Tree Nut, Egg, Soy

### Nutrition Facts

Serving Size 3 oz (84g)  
Servings Per Container About 13

Amount Per Serving

Calories 130      Calories from Fat 30

% Daily Value\*

Total Fat 3g      5%

Saturated Fat 1g      5%

Trans Fat 0g

Cholesterol 25mg      9%

Sodium 370mg      16%

Total Carbohydrate 9g      3%

Dietary Fiber 1g      3%

Sugars 4g

Protein 13g

Vitamin A 2%      • Vitamin C 2%

Calcium 2%      • Iron 4%

\*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

Saturated 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

Manufactured by The Perfect Gourmet,  
Towson, Maryland  
[www.ThePerfectGourmet.com](http://www.ThePerfectGourmet.com)

NET WT. 39 OZ. (2 lbs 7oz)