

Nutrition Information

Savory Butter Roasted Turkey Breast

Nutrition Facts				
6 servings per container				
Serving size		1/6 recipe prepared (389 g unprepared)		
	As Packaged	As Prepared		
Calories	530	530		
	% Daily Value*	% Daily Value*		
Total Fat	22g	28%	22g	28%
Saturated Fat	8g	40%	8g	40%
Trans Fat	0g		0g	
Cholesterol	260mg	87%	260mg	87%
Sodium	180mg	8%	830mg	36%
Total Carbohydrate	1g	0%	2g	1%
Dietary Fiber	0g	0%	0g	0%
Total Sugars	0g		0g	
Includes Added Sugars	0g	0%	0g	0%
Protein	79g		79g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	50mg	4%	50mg	4%
Iron	4.2mg	25%	4.3mg	25%
Potassium	960mg	20%	970mg	20%
Vitamin A	70mg	8%	70mg	8%
Vitamin C	0mg	0%	0mg	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

Turkey, Cultured Butter (Cream, Cultures), Weeknight Hero Spice Blend (Onion Powder, Garlic Powder, Smoked Paprika, Parsley).

CONTAINS MILK.

Net Wt. 5 lbs (2.3 kg)

Homemade Garlic & Herb Gravy

Nutrition Facts				
6 servings per container				
Serving size		1/6 recipe prepared (50 g unprepared)		
	As Packaged	As Prepared		
Calories	90	80		
	% Daily Value*	% Daily Value*		
Total Fat	7g	9%	7g	9%
Saturated Fat	3.5g	18%	3.5g	18%
Trans Fat	0g		0g	
Cholesterol	25mg	8%	25mg	8%
Sodium	125mg	5%	125mg	5%
Total Carbohydrate	5g	2%	2g	1%
Dietary Fiber	0g	0%	0g	0%
Total Sugars	0g		0g	
Includes Added Sugars	0g	0%	0g	0%
Protein	2g		2g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	10mg	0%	10mg	0%
Iron	0.2mg	2%	0.2mg	2%
Potassium	70mg	2%	70mg	2%
Vitamin A	30mg	4%	30mg	4%
Vitamin C	1mg	2%	1mg	2%

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INGREDIENTS

Chicken Bone Broth (Water, Chicken Bones, Onions, Carrots, Celery, Sea Salt, Black Pepper, Bay Leaves), Garlic & Herb Butter (Butter [Pasteurized Cream, Lactic Acid], Roasted Garlic [Garlic, Citric Acid], Canola Oil, Parsley, Basil, Oregano, Chives, Onion Salt [Salt, Dehydrated Onion], Garlic Salt [Salt, Dehydrated Garlic], Black Pepper), Chicken Demi-Glace (Water, Chicken Stock Concentrate, Carrot Stock, Cane Sugar, Chicken Fat, Salt, Garlic Juice, Onion Stock, Sauteed Carrot Stock [Carrot Juice Concentrate, Sunflower Oil], Roasted Garlic Puree, Mushroom Stock, Extracts [Parsley, Thyme, Bay]), Cornstarch.

CONTAINS MILK.

Net Wt. 9 oz (0.6 lbs) 300 g

Fresh Cranberry Sauce

with Ginger & Spicy Maple Syrup

Nutrition Facts				
6 servings per container				
Serving size		1/6 recipe prepared (79 g unprepared)		
	As Packaged	As Prepared		
Calories	90	90		
	% Daily Value*	% Daily Value*		
Total Fat	0g	0%	0g	0%
Saturated Fat	0g	0%	0g	0%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	0mg	0%	75mg	3%
Total Carbohydrate	23g	8%	23g	8%
Dietary Fiber	2g	7%	2g	7%
Total Sugars	18g		18g	
Includes Added Sugars	15g	30%	15g	30%
Protein	0g		0g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	10mg	0%	10mg	0%
Iron	0.2mg	2%	0.2mg	2%
Potassium	70mg	2%	70mg	2%
Vitamin A	0mg	0%	0mg	0%
Vitamin C	9mg	10%	4mg	4%

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INGREDIENTS

Cranberries, Sugar, Spicy Maple Syrup (Maple Syrup, Habanero Pepper), Orange Marmalade (Sugar, Oranges, Water, Lemon Juice Concentrate, Fruit Pectin), Ginger.

Net Wt. 16 oz (1 lb) 474 g

As a result of our just-in-time sourcing model, on occasion we may be required to substitute an ingredient. Always check the ingredient packaging in your delivery to confirm allergen information. Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

Blue Apron, LLC New York, NY 10005

Nutrition Information

Roasted Brussels Sprouts

with Fried Rosemary & Pumpkin Seeds

Nutrition Facts				
6 servings per container				
Serving size		1/6 recipe prepared (188 g unprepared)		
	As Packaged	As Prepared		
Calories	130	150		
	% Daily Value*	% Daily Value*		
Total Fat	5g	6%	8g	10%
Saturated Fat	2g	10%	2.5g	13%
Trans Fat	0g		0g	
Cholesterol	5mg	2%	5mg	2%
Sodium	130mg	6%	350mg	15%
Total Carbohydrate	17g	6%	14g	5%
Dietary Fiber	7g	25%	6g	21%
Total Sugars	4g		3g	
Includes Added Sugars	0g	0%	0g	0%
Protein	9g		9g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	140mg	10%	130mg	10%
Iron	2.9mg	15%	2.6mg	15%
Potassium	680mg	15%	600mg	15%
Vitamin A	80mg	8%	70mg	8%
Vitamin C	141mg	160%	52mg	60%

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INGREDIENTS

Brussels Sprouts, Lemon, Grated Parmesan Cheese (Parmesan Cheese [Pasteurized Part-Skim Cow's Milk, Cheese Cultures, Salt, Enzymes], Powdered Cellulose [to prevent caking], Natamycin [as preservative]), Pepitas (Pumpkin Seed Kernels), Rosemary.

CONTAINS MILK.

Net Wt. 38 oz (2.4 lbs) 1.1 kg

Brown Butter & Fontina Mashed Potatoes

with Romano Cheese & Chives

Nutrition Facts				
6 servings per container				
Serving size		1/6 recipe prepared (240 g unprepared)		
	As Packaged	As Prepared		
Calories	410	410		
	% Daily Value*	% Daily Value*		
Total Fat	26g	33%	26g	33%
Saturated Fat	17g	85%	17g	85%
Trans Fat	0g		0g	
Cholesterol	75mg	25%	75mg	25%
Sodium	190mg	8%	550mg	24%
Total Carbohydrate	34g	12%	35g	13%
Dietary Fiber	4g	14%	4g	14%
Total Sugars	2g		2g	
Includes Added Sugars	0g	0%	0g	0%
Protein	9g		9g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	200mg	15%	200mg	15%
Iron	1.6mg	8%	1.6mg	8%
Potassium	820mg	15%	820mg	15%
Vitamin A	220mg	25%	220mg	25%
Vitamin C	38mg	40%	19mg	20%

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INGREDIENTS

Potatoes, Fontina Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Cultured Butter (Cream, Cultures), Pasteurized Heavy Cream, Grated Romano Cheese (Romano Cheese [Pasteurized Sheep's Milk, Pasteurized Cow's Milk, Cheese Cultures, Salt, Enzymes], Powdered Cellulose [to prevent caking], Natamycin [as preservative]), Chives.

CONTAINS MILK.

Net Wt. 48 oz (3 lbs) 1.4 kg

Apple Crumb Pie

with Warming Spices & Almonds

Nutrition Facts				
6 servings per container				
Serving size		1/6 recipe prepared (197 g unprepared)		
	As Packaged	As Prepared		
Calories	490	530		
	% Daily Value*	% Daily Value*		
Total Fat	26g	33%	31g	40%
Saturated Fat	12g	60%	13g	65%
Trans Fat	0g		0g	
Cholesterol	25mg	8%	25mg	8%
Sodium	150mg	7%	220mg	10%
Total Carbohydrate	59g	21%	58g	21%
Dietary Fiber	4g	14%	3g	11%
Total Sugars	30g		29g	
Includes Added Sugars	18g	36%	18g	36%
Protein	6g		6g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	60mg	4%	60mg	4%
Iron	1.9mg	10%	1.9mg	10%
Potassium	230mg	4%	220mg	4%
Vitamin A	60mg	6%	60mg	6%
Vitamin C	5mg	6%	2mg	2%

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INGREDIENTS

Apple, Pie Shell (Wheat Flour, Palm Oil, Water, Honey, Salt, Yeast, Enzymes), Enriched Wheat Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid) OR Enriched Wheat Flour (Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Malted Barley Flour), Light Brown Sugar (Sugar, Cane Syrup), Sour Cream (Cultured Pasteurized Skim Milk and Cream, Pectin), Cultured Butter (Cream, Cultures), Almond Flour (Blanched Almonds), Maple Syrup, Honey, Apple Cider Vinegar (diluted to 5% acidity with Water) OR Apple Cider Vinegar (diluted to 6% acidity with Water), Almonds, Warming Spice Blend (Cinnamon, Ginger, Cardamom, Allspice).

CONTAINS ALMOND, MILK, WHEAT.

Net Wt. 38 oz (2.4 lbs) 1.1 kg

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