

UMASS FRESH SUPERBOWL MADE EASY

CHICKEN TIKKA MASALA BURGER (NO ROLL)

Nutrition Facts		Amount/Serving	% DV*	Amount/Serving	% DV*	
Serving Size	1 each	Total Fat	5.6g	9%	Total Carb.	2.8g
Calories	83	Sat. Fat	1.4g	7%	Dietary Fiber	0.7g
Calories from Fat	50	Trans Fat	0g		Sugars	0.7g
		Cholest.	28.1mg	9%	Protein	6g
		Sodium	95.1mg	4%		

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: Antibiotic Free Boneless, Skinless Chicken Thigh, Local Mushrooms, Green Lentils, Tomato Paste (Tomato Paste, Salt, Citric Acid), Ginger Root, Garlic Cloves (Raw Garlic), Serrano Chili Peppers, Extra Virgin Olive Oil, Local QUEENS GREENS Cilantro, Spanish Paprika (Paprika and Silicon Dioxide [added to make free flowing]), Kosher Salt, Kosher Salt, Mild Chili Powder, Ground Cumin Seed, Ground Coriander, Ground Black Pepper

EGGPLANT RAITA

Nutrition Facts		Amount/Serving	% DV*	Amount/Serving	% DV*	
Serving Size	1/2 oz	Total Fat	0.3g	0%	Total Carb.	0.7g
Calories	8	Sat. Fat	0g	0%	Dietary Fiber	0.2g
Calories from Fat	3	Trans Fat	0g		Sugars	0.5g
		Cholest.	0.2mg	0%	Protein	0.8g
		Sodium	40mg	2%		

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: Eggplant Raita (DANNON Plain Greek Nonfat Yogurt (Cultured Grade A Non Fat Milk), Fresh Local Eggplant, Serrano Chili Peppers, Lemon Juice (Lemon Juice from Concentrate, Less Than 2% of Sodium Benzoate), Canola Oil, Kosher Salt, Asafoetida (Rice Flour, Anti-Caking Agent (Gum Arabic), Asafoetida (7%), Turmeric), Whole Mustard Seeds)

ALLERGENS: Milk

MARSALA SAUCE

Nutrition Facts		Amount/Serving	% DV*	Amount/Serving	% DV*	
Serving Size	1/2 oz	Total Fat	1.2g	2%	Total Carb.	1.4g
Calories	18	Sat. Fat	0.6g	3%	Dietary Fiber	0.2g
Calories from Fat	11	Trans Fat	0g		Sugars	0.4g
		Cholest.	3.3mg	1%	Protein	0.6g
		Sodium	62mg	3%		

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: Masala Sauce (Tomato Puree (Tomato Puree, (Water, Tomato Paste), Citric Acid), DANNON Plain Greek Nonfat Yogurt (Cultured Grade A Non Fat Milk), Heavy Cream, Serrano Chili Peppers, Ginger Root, Garlic Cloves (Raw Garlic), Canola Oil, Garam Masala Powder (BRAND 1: Coriander, Red Chili, Cumin, Clove, Anistar, Mace, Fennel, Black Pepper, Bay Leaves, Cinnamon, Dry Mango, Salt, Clove Leaves BRAND 2: Coriander, Sichuan Pepper, Anistar, Fennel Seeds, Cumin Seeds, Cloves, Kalpasi, Pepper, Chili, Black Cardamom, Bay Leaves, Cinamon, Ginger), Kosher Salt, Mild Chili Powder)

ALLERGENS: Milk

LOCAL ST. LOUIS BBQ SPARE RIBS

Nutrition Facts		Amount/Serving	% DV*	Amount/Serving	% DV*
Serving Size	3 oz	Total Fat	15.9g	Total Carb.	10.4g
Calories	227	Sat. Fat	5.1g	Dietary Fiber	0.3g
Calories from Fat	143	Trans Fat	0.2g	Sugars	8.9g
		Cholest.	54mg	Protein	10.6g
		Sodium	267.1mg		

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: Pork Spare Ribs, Bull's Eye Original BBQ Sauce (High Fructose Corn Syrup, Tomato Puree (Water, Tomato Paste), Vinegar, Molasses, Modified Food Starch, Apple Cider Vinegar, Contains Less than 2% of Salt, Honey, Natural Smoke Flavor, Mustard Flour, Spice, Dried Onions, Potassium Sorbate (To Preserve Freshness), Dried Garlic), Golden Brown Sugar (Brown Sugar), Apple Cider Vinegar (Apple Cider Vinegar, Water), Garlic Salt (Salt, Garlic, Calcium Silicate (added to make free flowing), and Garlic Oil), Mild Chili Powder, Smoked Paprika (Paprika and Silicon Dioxide (Added to Make Free Flowing)), Onion Powder, Ground Cinnamon, Ground Cumin Seed, Dry Mustard (Ground Mustard Seeds)

ALLERGENS: Corn

PT FARMS MEXICAN PULLED PORK

Nutrition Facts		Amount/Serving	% DV*	Amount/Serving	% DV*
Serving Size	2 oz	Total Fat	5.1g	Total Carb.	0.9g
Calories	81	Sat. Fat	1.7g	Dietary Fiber	0.2g
Calories from Fat	46	Trans Fat	0g	Sugars	0.3g
		Cholest.	25.6mg	Protein	7.4g
		Sodium	110.2mg		

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: PT FARMS Mexican Pulled Pork (Boneless Pork Butt, Water, Angelica Mia Diced Tomatoes (Vine-Ripened Tomatoes, Tomato Juice, Less than 2% of Calcium Chloride, Citric Acid), Chorizo Sausage (Pork, Beef, Beef Tripe, Pork Hearts, Pork Fat, Salt, Water, Dry Milk, Spices, Sugar, Sodium Erythorbate, Flavorings, Sodium Nitrate), Tomatillos (Green Tomatoes), Local Yellow Onions, Chipotle Peppers (Chipotle Peppers, Water, Vinegar, Sugar, Salt, Tomato Paste, Smoke Essence, Onion, Garlic), Low Sodium Chicken Broth (Chicken Broth, Less than 2% of Salt, Sea Salt, Chicken Fat, Sugar, Yeast Extract, Maltodextrin [Corn], Flavorings, Dextrose [Corn], Disodium Inosinate, Disodium Guanylate, Onion Powder, Oleoresin Turmeric), Garlic Cloves (Raw Garlic), Canola Oil, Fresh Thyme, Kosher Salt, Local QUEENS GREENS Cilantro, Whole Bayleaves, Oregano Leaf)

ALLERGENS: Milk, Corn

LOCAL CILANTRO CABBAGE SLAW

Nutrition Facts		Amount/Serving	% DV*	Amount/Serving	% DV*
Serving Size	1/2 oz	Total Fat	0g	Total Carb.	2g
Calories	8	Sat. Fat	0g	Dietary Fiber	0.2g
Calories from Fat	0	Trans Fat	0g	Sugars	1.2g
		Cholest.	0mg	Protein	0.1g
		Sodium	1.8mg		

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: Mexican Style Slaw (Local Coleslaw Mix, Apple Cider Vinegar (Apple Cider Vinegar, Water), Fresh Red Onions, Fresh Red Peppers, Granulated Sugar (100% Cane Sugar), Fresh Cilantro, Red Crushed Pepper)

BRIOCHE SLIDER ROLL

(for Chicken Tikka Lentil Burger and Pork Sliders)

Nutrition Facts		Amount/Serving	% DV*	Amount/Serving	% DV*		
Serving Size	1 each	Total Fat	1g	2%	Total Carb.	18g	
Calories	300	Sat. Fat	0g	0%	Dietary Fiber	1g	4%
Calories from Fat	9	Trans Fat	0g		Sugars	1g	
		Cholest.	0mg	0%	Protein	3g	
		Sodium	200mg	8%			

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: Brioche Slider Roll (Enriched Unbleached Flour (Wheat Flour, Malted Barley Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Contains 2% or Less of: Calcium Propionate (To Retard Spoilage), Dough Conditioners (Sodium Stearoyl Lactylate, Calcium Sulfate, Enzymes, Ascorbic Acid, Silicone Dioxide (Anti-Caking Agent)), Flavor (Natural Flavor, Corn Starch), Maltodextrins (May Contain Corn), Salt, Soybean Oil, Spice Base (Yellow Corn Flour, Turmeric Oleoresin & Paprika Oleoresin, Imparts Color), Starch, Sugar, Sweetener (Dextrose, Sucralose), Vegetable Proteins, Vegetable Oil, Yeast May Contain Sesame Seeds)

ALLERGENS: Gluten, Soy, Corn, Sesame

KOREAN BBQ SHORT RIBS

Nutrition Facts		Amount/Serving	% DV*	Amount/Serving	% DV*		
Serving Size	3 pieces	Total Fat	28.4g	44%	Total Carb.	9.2g	
Calories	346	Sat. Fat	11.7g	58%	Dietary Fiber	0.9g	4%
Calories from Fat	256	Trans Fat	0g		Sugars	4g	
		Cholest.	54.6mg	18%	Protein	12.6g	
		Sodium	751.9mg	31%			

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: Asian Short Ribs, KIKKOMAN Light Soy Sauce (Water, Wheat, Soybeans, Salt, Lactic Acid (non-dairy), Sodium Benzoate), Local Yellow Onions, Water, Local Yellow Onions, Scallions, Golden Brown Sugar (Brown Sugar), Asian Toasted Sesame Seeds, Garlic Cloves (Raw Garlic), Sesame Oil (Roasted Sesame Seeds), Ginger Root, Ground Black Pepper

ALLERGENS: Gluten, Soy, Sesame

NACHO CHIPS

Nutrition Facts		Amount/Serving	% DV*	Amount/Serving	% DV*		
Serving Size	1 1/2 oz	Total Fat	3.9g	6%	Total Carb.	25g	
Calories	159	Sat. Fat	0.3g	1%	Dietary Fiber	0g	0%
Calories from Fat	35	Trans Fat	0g		Sugars	0g	
		Cholest.	0mg	0%	Protein	2.5g	
		Sodium	12.5mg	1%			

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: Corn Tortillas (Yellow Corn (Yellow Corn Cooked With Lime-water, Cellulose Gum, Fumaric Acid, Sodium Propionate and Sorbic Acid), Water, Calcium Propionate (As Preservative), Potassium Sorbate (As Preservative)), Deep Frying Vegetable Oil (MEL FRY: Canola Oil, TBHQ and Citric Acid Added to Protect Flavor, Dimethyl-polysiloxane, (an anti-foaming agent added), No trans fatty acids. CANOLA OIL: Fully Refined High Oleic Canola Oil. TBHQ and Citric Acid added to preserve freshness. Dimethylpolysiloxane, an anti-foam agent added. Dairy, egg, soy, sesame, corn and/or wheat products may be fried in this oil.)

ALLERGENS: Milk, Eggs, Gluten, Soy, Corn, Sesame

VERMONT CHEDDAR CHEESE FOR NACHOS

Nutrition Facts		Amount/Serving	% DV*	Amount/Serving	% DV*
Serving Size	1/2 oz	Total Fat	4.6g	7%	Total Carb. 0.5g
Calories	56	Sat. Fat	2.5g	13%	Dietary Fiber 0g
Calories from Fat	41	Trans Fat	---g		Sugars 0g
		Cholest.	15.2mg	5%	Protein 3.5g
		Sodium	96.2mg	4%	

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: Vermont Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Potato Starch and Powdered Cellulose Added to Prevent Caking. Contains no Animal Rennet)
ALLERGENS: Milk

WALDEN BEEF CHILI FOR NACHOS

Nutrition Facts		Amount/Serving	% DV*	Amount/Serving	% DV*
Serving Size	2 1/2 oz	Total Fat	2.6g	4%	Total Carb. 5g
Calories	69	Sat. Fat	1g	5%	Dietary Fiber 1.2g
Calories from Fat	23	Trans Fat	0.2g		Sugars 0.7g
		Cholest.	17.5mg	6%	Protein 6.5g
		Sodium	255.4mg	11%	

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: Western Style Chili (Water, Local Walden Ground Beef (Local Lean Ground Beef), Low Sodium Canned Kidney Beans (Prepared Kidney Beans, Water, Sugar, Dextrose (Corn), Salt, Calcium Chloride (Firming Agent), Disodium EDTA (Promotes Color Retention)), Local Yellow Onions, Tomato Paste (Tomato Paste, Salt, Citric Acid), All Purpose Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Mild Chili Powder, Kosher Salt, Garlic Powder, Ground Black Pepper, Ground Cayenne Pepper, Ground Cumin Seed)
ALLERGENS: Gluten, Corn

BLACK BEAN AND CORN PICO DE GALLO FOR NACHOS

Nutrition Facts		Amount/Serving	% DV*	Amount/Serving	% DV*
Serving Size	3 oz	Total Fat	0.6g	1%	Total Carb. 12.3g
Calories	59	Sat. Fat	0.1g	1%	Dietary Fiber 2.4g
Calories from Fat	5	Trans Fat	0g		Sugars 2.7g
		Cholest.	0mg	0%	Protein 2.8g
		Sodium	36.9mg	2%	

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: Local Heirloom Pico de Gallo (Heirloom Tomato, Local Yellow Onions, Local Jalapeno Peppers, Lime Juice (Lime Juice from Concentrate [Water, Concentrated Lime Juice], Lime Oil, Sodium Benzoate [Preservative], Sodium Metabisulfite [Preservative], Contains Sulfites), Local QUEENS GREENS Cilantro), Corn Kernels, Low Sodium Black Turtle Beans (Prepared Black Beans, Water, Salt, Calcium Chloride [Firming Agent]), Local Jalapeno Peppers, Fresh Cilantro
ALLERGENS: Corn

GREEK LENTIL SALAD

Nutrition Facts		Amount/Serving	% DV*	Amount/Serving	% DV*
Serving Size	2 1/2 oz	Total Fat 4.1g	6%	Total Carb. 5.3g	
Calories	67	Sat. Fat 1g	5%	Dietary Fiber 1.6g	6%
Calories from Fat	37	Trans Fat 0g		Sugars 0.9g	
		Cholest. 3.9mg	1%	Protein 2.5g	
		Sodium 200mg	8%		

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: Greek Lentil Salad (Brown Lentils, Roasted Red Peppers (Fire Roasted Peppers, Water, Salt, Citric Acid), Feta Cheese, Zucchini, Pitted Kalamata Olives (Kalamata Olives, Water, Salt, Red Wine Vinegar, Extra Virgin Olive Oil), Fresh Red Onions, Extra Virgin Olive Oil, Red Wine Vinegar (Red Wine Vinegar, Potassium Metabisulfite [added to Protect Color]), Fresh Parsley, Kosher Salt, Ground Black Pepper, Oregano Leaf)

ALLERGENS: Milk

FOOTBALL BROWNIE (nutritionals based on 8 portions/football)

Nutrition Facts		Amount/Serving	% DV*	Amount/Serving	% DV*
Serving Size	1 piece	Total Fat 18.7g	29%	Total Carb. 45.8g	
Calories	360	Sat. Fat 7.4g	37%	Dietary Fiber 2.3g	9%
Calories from Fat	168	Trans Fat 0.1g		Sugars 32.4g	
		Cholest. 25.3mg	8%	Protein 2.6g	
		Sodium 156.9mg	7%		

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: Football Brownie (Fudge Drop Brownies (GHIRARDELLI Fudge Brownie Mix (Sugar, Bleached Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Bittersweet Chocolate Chips [Chocolate Liquor, Sugar, Cocoa Butter, Milk Fat, Soy Lecithin (Emulsifier), Vanilla (Corn)], Cocoa [Processed with Alkali], Canola or Soybean Oil, Wheat Starch, Salt, Artificial Flavor, Sodium Bicarbonate. This product is manufactured on equipment that makes products containing wheat, milk, eggs, soy and tree nuts), Water, HERSHEY'S Chocolate Chips (Semi-Sweet Chocolate [Sugar, Chocolate, Cocoa Butter, Milk Fat, Soy Lecithin, Vanillin, Artificial Flavor, Milk]), Canola Oil, Fresh Cage Free Eggs, Pan Grease (Canola Oil, Cake Flour (Bleached Wheat Flour, Iron, Niacin, Thiamine Mononitrate, Riboflavin, Folic Acid), CRISCO Shortening (Soybean Oil, Fully Hydrogenated Palm Oil, Mono and Diglycerides [Corn], TBHQ and Citric Acid [Antioxidants])), Chocolate Ganache (Dark Chocolate (Cocoa Kernel, Sugar, Cocoa Butter, Dextrose (Corn), Emulsifier (Soya Lecithin), Vanilla (Corn), Cacao. May contain Traces of Milk, Almonds and Hazelnuts), Heavy Cream), WHITE ICING (White Icing (Confectionary Sugar (Sugar and Cornstarch), Trans Fat Free Vegetable Shortening (Palm Oil, Vegetable Mono and Diglycerides (Corn), Polysorbate 60), Water, Vanilla Extract (Water, Alcohol, Extract of Vanilla, Cane or Corn Sugar), Salt)))

ALLERGENS: Milk, Eggs, Tree Nuts, Gluten, Soy, Corn