Fresh

GROUND TURKEY

85% LEAN • 15% FAT

NO PRESERVATIVES
NO ADDED HORMONES OR STEROIDS

19 GRAMS OF PROTEIN
per serving

3 LB

NET WT 48 OZ (3 LB 1.36 oz)
**Nutrition Facts**

- **Servings Per Container:** 12
- **Servings Size (1.1 oz/31g)**

<table>
<thead>
<tr>
<th>Nutrition Information</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>170</td>
</tr>
<tr>
<td>Total Fat</td>
<td>9 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>3 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>10 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>65 mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>10 g</td>
</tr>
<tr>
<td>Sugars</td>
<td>2 g</td>
</tr>
<tr>
<td>Protein</td>
<td>9 g</td>
</tr>
</tbody>
</table>

**Ingredients:** Whole Grain Flour, Water, Rye Flour, Honey, Olive Oil, Salt, Cinnamon, Baking Powder.

**Cooking Instructions:**
1. Preheat oven to 350°F (180°C).
2. Line a cookie sheet with parchment paper.
3. In a large bowl, combine flour, rye flour, honey, olive oil, salt, and cinnamon.
4. Mix well until a dough forms. Knead dough lightly on a floured surface.
5. Roll dough into small balls and place on prepared cookie sheet.
6. Bake for 15-20 minutes or until cookies are golden brown.

**Handling Instructions:** Store in a cool, dry place. Once opened, store in an airtight container. Do not refrigerate.
GOOD
GOOD
MAKE YOUR MEALS

Turkey
Ground

93% Lean / 7% Fat

NET WT 40 OZ (2.5 LBS)

NO Addeds Hormones

NO Ever

NO Antibiotics

Turkry was raised with:

Farm to Family

WWW.LAMONTMeadows.com

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