

19 GRAMS OF PROTEIN  
*per serving*

**NO PRESERVATIVES**  
**† NO ADDED HORMONES\***  
**OR STEROIDS\***

KEEP REFRIGERATED • SEALED FOR FRESHNESS. TURKEYS PAISED WITH NO ADDED HORMONES OR STEROIDS. \*FEDERAL REGULATIONS DO NOT PERMIT THE USE OF HORMONES OR STEROIDS IN POULTRY.

**85% LEAN • 15% FAT**



**Fresh**

**GROUND TURKEY**

NET WT 48 OZ (3 LB) 1.36kg

309367 R

**3 LB**





## Nutrition Facts

Serving Size 4 oz (112g)  
Servings Per Container 12

Amount Per Serving	
<b>Calories 230</b>	<b>Calories from Fat 150</b>
	<b>% Daily Value*</b>
<b>Total Fat 17g</b>	<b>25%</b>
<b>Saturated Fat 5g</b>	<b>26%</b>
<b>Cholesterol 80mg</b>	<b>26%</b>
<b>Sodium 80mg</b>	<b>3%</b>
<b>Total Carbohydrate 0g</b>	<b>0%</b>
<b>Protein 19g</b>	<b>38%</b>
<b>Iron 8%</b>	

Not a significant source of trans fat, dietary fiber, sugars, vitamin A, vitamin C and calcium.

\*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: TURKEY, NATURAL FLAVORING.  
DISTRIBUTED BY THE KROGER CO.  
CINCINNATI, OHIO 45202

PRODUCT OF USA • GLUTEN FREE

### SAFE HANDLING INSTRUCTIONS

THIS PRODUCT WAS PREPARED FROM INSPECTED AND PASSED MEAT AND/OR POULTRY. SOME FOOD PRODUCTS MAY CONTAIN BACTERIA THAT COULD CAUSE ILLNESS IF THE PRODUCT IS MISHANDLED OR COOKED IMPROPERLY. FOR YOUR PROTECTION, FOLLOW THESE SAFE HANDLING INSTRUCTIONS:



KEEP REFRIGERATED OR FROZEN. THAW IN REFRIGERATOR OR MICROWAVE.



KEEP RAW MEAT AND POULTRY SEPARATE FROM OTHER FOODS. WASH WORKING SURFACES, UTENSILS AND HANDS AFTER TOUCHING RAW MEAT OR POULTRY.



COOK THOROUGHLY. KEEP HOT FOODS HOT. REFRIGERATE LEFTOVERS IMMEDIATELY OR DISCARD.

85% LEAN • 15% FAT - 4.8 OZ

### COOKING INSTRUCTIONS

**SKILLET (CRUMBLE):** Lightly spray skillet with cooking spray. Preheat skillet over medium-high heat. Add ground turkey and separate into crumbles; cook and stir 5 to 6 minutes. Cook until turkey is well done, reaching 165°F as measured with a meat thermometer.

**PATTIES:** Season turkey as desired and shape into 1/4 lb (4 oz) patties, 4 inches in diameter. Lightly spray skillet with cooking spray. Preheat skillet over medium to medium-high heat. Add patties; cook 8 - 10 minutes, turning 2 or 3 times. Cook until center is well done, reaching 165°F as measured with a meat thermometer.

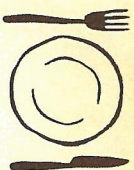
### QUALITY GUARANTEE

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farm to family.®

BUTTERBALL

• all natural\* •

# Ground Turkey



TURKEY WAS RAISED WITH:

✓ **NO** Antibiotics Ever

✓ **NO** Added Hormones or Steroids†

NET WT 40 OZ (2.5 LBS)

93% Lean / 7% Fat

MAKE YOUR MEALS

**GOOD GOOD**

Scan to meet some of the farmers  
who raise our turkey



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**Keep Refrigerated**  
**Good To Eat**

[www.farmtofamilyturkey.com](http://www.farmtofamilyturkey.com)



ALL NATURAL\*  
93% lean/7% fat ground turkey

At Farm to Family, we know that the best quality ground turkey isn't about what we add, it's about what we leave out. That's why our turkey is raised

- on a vegetarian diet
- without antibiotics
- without added hormones or steroids.<sup>1</sup>

**COOKING DIRECTIONS**

**Crumbled:** Lightly spray skillet with cooking spray. Preheat skillet over medium-high heat. Add ground turkey and separate into crumbles; cook and stir 5 to 6 minutes. \*\*

**Patties:** Lightly spray skillet or grill with cooking spray. Preheat skillet or grill over medium to medium-high heat. Add patties and cook 8 to 10 minutes, turning 2 or 3 times. \*\*

\*\*Cook until center is well done, reaching 165 F as measured with a meat thermometer.



**SAFE HANDLING INSTRUCTIONS**

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KEEP REFRIGERATED OR FROZEN, THAW IN REFRIGERATOR OR MICROWAVE.

KEEP RAW MEAT AND POULTRY SEPARATE FROM OTHER FOODS. WASH

WORKING SURFACES (INCLUDING CUTTING BOARDS, UTENSILS, AND HANDS AFTER TOUCHING RAW MEAT OR POULTRY.

COOK THOROUGHLY.

KEEP HOT FOODS HOT. REFRIGERATE LEFTOVERS IMMEDIATELY OR DISCARD.

**Nutrition Facts**

Serving Size 4 oz. (112g)  
Servings Per Container 10

Amount Per Serving

Calories 150 Calories from Fat 80

% Daily Value\*

Total Fat 8g 13%

Saturated Fat 3.5g 16%

Trans Fat 0g

Cholesterol 80mg 26%

Sodium 95mg 4%

Total Carbohydrate 0g 0%

Protein 22g 44%

Fiber 0g 0%

Not a significant source of dietary fiber, sugars, vitamin A, vitamin C and calcium.

\*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: TURKEY, ROSEMARY EXTRACT.

DISTRIBUTED BY:

BUTTERBALL, LLC  
GARNER, NC 27529.

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Questions or Comments? Visit <http://butterball.com> or call 1-800-BUTTERBALL (1-800-288-8372).

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