



**USDA Foods Fact Sheet for Schools & Child Nutrition Institutions**

(last updated, 05-17-12)

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**100121 – TURKEY, BREAST, COOKED, DELI-STYLE, REGULAR, FROZEN,  
9-11 LB**

**Nutrition Information**

Turkey breast, deli-style, cooked

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Meat/Meat Alternates</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>Frozen fully cooked deli-style turkey breast, produced from nonbasted, young ready-to-cook chunked and formed turkey breast meat. Each deli turkey breast must be vacuum packaged in a shrinkable oxygen and moisture proof bag or casing, and be packed in four 9- to 11-pound (4.08 to 4.99 kg) deli turkey breasts containers.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>4/9-11 lb turkey breasts per case.</li> <li>One lb AP provides about 10.0 1.6-oz servings of deli style turkey breast.</li> <li>CN Crediting: 1.6 oz deli-style turkey breast provides 1 oz-equivalent meat/meat alternate.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store frozen turkey products in original shipping container off the floor at 0°F or below.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li><b>TO THAW:</b> Remove turkey breasts from original bags or casings and place in single layer on sheet pans or trays. Thaw in the refrigerator at 41°F or lower for 24 hours. Use thawed turkey within 48 hours. <b>DO NOT REFREEZE</b> after thawing or heating.</li> </ul>

	1.6 oz (45 g)	3.2 oz (91 g)
Calories	56	112
Protein	9.6 g	19.2 g
Carbohydrate	.8 g	.16 g
Dietary Fiber	0 g	0 g
Sugars	0 g	0 g
Total Fat	.8 g	1.6 g
Saturated Fat	0 g	0 g
Trans Fat	0 g	0 g
Cholesterol	24 mg	48 mg
Iron	0.576 mg	1.152 mg
Calcium	0 mg	0 mg
Sodium	336 mg	672 mg
Magnesium	9 mg	19 mg
Potassium	95 mg	192 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.4 mg	0.8 mg



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<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Serve turkey breast hot or cold, sliced in hoagie or hero sandwiches, as an entree, diced in salads, or in any recipe specifying cooked turkey.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• Thaw frozen products in the refrigerator below fresh or ready-to-eat foods.</li> <li>• Reheat turkey products until they reach an internal temperature of 165°F for at least 15 seconds as measured by a thermometer.</li> <li>• Keep meat and poultry separate from other foods, wash working surfaces (including cutting boards), utensils, and hands after touching meat or poultry.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA Foods, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 13 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf">http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf</a>.</li> </ul>

Nutrient values in the nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product’s Nutrition Facts label or ingredient list for product-specific information.