



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

(last updated, 10-21-13)

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**100126 – TURKEY HAM, WATER ADDED, FULLY COOKED, FROZEN, 40 LB**

**Nutrition Information**

<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 smoked turkey hams, with 12% water added, produced from non-basted, young ready-to-cook turkey thigh meat. The product is fully cooked and ready to eat without further cooking. The product is 95% fat free. Hams are individually wrapped and vacuum packaged in shrinkable oxygen and moisture proof bags or casings.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>4/9-11 lb hams case.</li> <li>One lb AP yields 0.59 lb cooked turkey and provides about 9.4 1.7-oz servings turkey ham water added.</li> <li>CN Crediting: 1.7 oz turkey ham water added 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 hams from original bags or casings and place in single layer on sheet pans or trays. Thaw in refrigerator only the amount needed for one day's use. Do not hold thawed hams longer than 24 hours before heating or serving.</li> </ul>

Turkey ham, dark meat, smoked, frozen

	1.7 oz = 1oz meat cooked (48 g)
Calories	57
Protein	7.86 g
Carbohydrate	1.49 g
Dietary Fiber	0 g
Sugars	0.58 g
Total Fat	1.93 g
Saturated Fat	0.578 g
Trans Fat	0 g
Cholesterol	31 mg
Iron	0.48 mg
Calcium	3 mg
Sodium	438 mg
Magnesium	8 mg
Potassium	122 mg
Vitamin A	26 IU
Vitamin A	8 RAE
Vitamin C	0 mg
Vitamin E	0 mg



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<b>PREPARATION/ COOKING INSTRUCTIONS</b> (cont'd)	<ul style="list-style-type: none"> <li>• TO HEAT: Remove bag or casing. Place hams, thawed or frozen, in pan and cover. If frozen, cook in a deck oven for 3½-4 hours or in a convection oven for 3-3½ hours at 325 °F. If thawed, cook in a deck or convection oven for 75-90 minutes at 325 °F. Cook turkey products to an internal temperature of 165°F for 15 seconds. Judge doneness by temperature, not the color or texture of the food.</li> </ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Use sliced, diced, and chopped for sandwiches, salads, casseroles, and entree items.</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 cooked turkey ham to an internal temperature of 165 °F for 15 seconds. The pink color in safely cooked turkey is due to hemoglobin in tissues which can form a heat stable color. Smoking or grilling may also cause this reaction, which occurs more in young turkeys.</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> <li>• Sanitize cutting boards, utensils, and countertops by using a solution of 1 Tbsp unscented, liquid chlorine bleach in 1 gallon of water.</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 refer to the policy memo on the FDD Website at: <a href="http://www.fns.usda.gov/fdd/policymemo/pmfd107_NSLP_CACF_SFSP_CSFP_FDPIR_TEFAP_CI-StorandInvMgmt.pdf">http://www.fns.usda.gov/fdd/policymemo/pmfd107_NSLP_CACF_SFSP_CSFP_FDPIR_TEFAP_CI-StorandInvMgmt.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.

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