

Lunchable Turkey, Cheese and Crax

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-44346

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SMKD COIN 1.75IN SLCD	1 3/4 Ounce	SLICE	394123
CRACKER GLDFSH WGRAIN COLOR	1 Package	READY TO EAT Ready to Enjoy	112702
CHEESE COLBY JK CUBE IW 200-1Z LOL	1 Ounce	READY TO EAT	680130

Preparation Instructions

Place ingredients in boat

Meal Components (SLE)

Amount Per Serving

Meat	2.003
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Ounce

Amount Per Serving	
Calories	240.15
Fat	11.25g
SaturatedFat	4.75g
Trans Fat	0.00g
Cholesterol	45.08mg
Sodium	595.74mg
Carbohydrates	15.00g
Fiber	1.00g
Sugar	0.00g
Protein	19.53g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 194.00mg	Iron 0.90mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

Calories	847.11
Fat	39.69g
SaturatedFat	16.76g
Trans Fat	0.00g
Cholesterol	159.00mg
Sodium	2101.43mg
Carbohydrates	52.91g
Fiber	3.53g
Sugar	0.00g
Protein	68.90g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 684.31mg	Iron 3.18mg

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