

Diced Turkey Ham



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8680
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM DCD	1 Ounce		202150

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.660
Grain	0.000
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	36.54		
Fat	1.66g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	18.27mg		
Sodium	159.47mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	4.65g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.24mg

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

Nutrition - Per 100g

Calories	128.91		
Fat	5.86g		
SaturatedFat	1.76g		
Trans Fat	0.00g		
Cholesterol	64.45mg		
Sodium	562.51mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	16.41g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.84mg

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