

Diced Turkey Breast



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8681
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST CKD BRN 2-8.25AVG JENNO	1 Ounce		588572

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.740
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	33.58		
Fat	0.37g		
SaturatedFat	0.19g		
Trans Fat*	0.00g		
Cholesterol	14.93mg		
Sodium	194.03mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	6.34g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.13mg

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

Nutrition - Per 100g

Calories	118.46		
Fat	1.32g		
SaturatedFat	0.66g		
Trans Fat*	0.00g		
Cholesterol	52.65mg		
Sodium	684.42mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	22.38g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.47mg

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