

HOMEMADE UPSIDE DOWN TURKEY POT PIE OVER BISCUIT



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|---------------|------------------------|----------------|------------------|
| Servings: | 16.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-50344 |
| School: | Manchester High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|----------------------|---|------------|
| POTATO DCD | 1 Pint | | 118583 |
| CARROT DCD | 1 3/4 Cup | | 285640 |
| ONION DCD 1/4IN | 1/4 Cup | | 198307 |
| FLOUR A/P PASTRY | 1 Cup | | 260231 |
| SPICE THYME LEAF | 1 Teaspoon | | 513814 |
| Black Pepper | 3/4 Teaspoon | BAKE | 24108 |
| BROTH CHIX NO MSG | 1 Pint 1 Cup (3 Cup) | HEAT_AND_SERVE Convection: Place covered prepared product into 300°F oven for 30/u201340 minutes until center reaches 165°F. Conventional: Place covered prepared product into 350°F oven for 60 minutes until center reaches 165°F. Microwave: Place prepared product into microwave safe covered container. Heat on high approximately 2/u20133 minutes per portion or until center reaches 165°F. Stove Top: Place uncovered prepared product over medium heat for 10/u201315 minutes or until center reaches 165°F, stirring occasionally to prevent scorching. | 261564 |
| Frozen, Ready to cook Grade A turkey roast from breast, thigh meat & skin. | 5 Pound | CONVECTION | 100125 |

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------|-------------|--|------------|
| CORN CUT SUPER SWT | 1 Cup | | 851329 |
| PEAS GREEN | 1 Cup | <p>MICROWAVE Stove Top Cooking Instructions: 1. Place the desired amount of frozen vegetable in a small amount (1 2 to 1 cup) of boiling water. 2. Bring the water rapidly to a second boil. Cover the pan and reduce heat. 3. Cook gently for 3 to 5 minutes or until tender. Avoid overcooking. Microwave Oven Cooking Instructions: 1. To cook 16 ounces, place frozen vegetables in a 2-quart microwave safe casserole dish with good fitting cover. 2. Add two tablespoons of water and cook on high setting for three minutes. 3. Stir the vegetables and cook on high for an additional 4 to 5 minutes. 4. Allow the casserole to stand for 2 minutes after cooking before opening. Microwave cooking times vary with ovens - avoid over cooking. Cook to 165°F for quality and food safety.</p> | 610802 |
| DOUGH BISC HMSTYL | 16 Each | | 504076 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

| Amount Per Serving | |
|--------------------|-------|
| Meat | 3.000 |
| Grain | 2.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.250 |

Nutrition Facts

| Servings Per Recipe: 16.00 | | | |
|----------------------------|---------|-----------|--------|
| Serving Size: 1.00 Each | | | |
| Amount Per Serving | | | |
| Calories | | 379.23 | |
| Fat | | 16.08g | |
| SaturatedFat | | 6.99g | |
| Trans Fat* | | 0.00g | |
| Cholesterol | | 45.39mg | |
| Sodium | | 732.36mg | |
| Carbohydrates | | 40.40g | |
| Fiber | | 2.62g | |
| Sugar | | 3.68g | |
| Protein | | 19.70g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 45.71mg | Iron | 2.54mg |

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

Nutrition - Per 100g

No 100g Conversion Available
