

LOCALLY RAISED BBQ TURKEY CUTLET SANDWICH



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51408
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST FREN CUT	4 Ounce		494832
SEASONING POULTRY	1/4 Teaspoon		273996
SEASONING SALT NO MSG	1/16 Teaspoon		266566
SPICE PEPR BLK REST GRIND	0.03 Teaspoon		242179
White Wheat Hamburger Buns	1 Each		51022
Homemade BBQ Sauce	1 Fluid Ounce	In the 12-gallon steam kettle, cook the chicken base, water, and dehydrated onion until the chicken base is dissolved. Add ketchup, garlic powder, and packed brown sugar. Bring to a boil. Reduce the heat and simmer for 20 minutes. Pour into shallow pans and cool in refrigerator to 70 degrees within 2 hours. Cool to less than 41 degrees within 6 hours. Store in refrigerator. Yield: 1 Gallon	R-34642

Preparation Instructions

Place turkey cutlets on foil pan. Mix seasonings together and sprinkle over cutlets. Bake for approximately 10 minutes at 350 or until internal temperature is 165 degrees. Serve with Gravy.

Meal Components (SLE)

Amount Per Serving	
Meat	2.000
Grain	2.000
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 Each			
Amount Per Serving			
Calories		329.47	
Fat		7.97g	
SaturatedFat		1.82g	
Trans Fat*		0.01g	
Cholesterol		65.00mg	
Sodium		844.56mg	
Carbohydrates		37.61g	
Fiber		2.68g	
Sugar		12.83g	
Protein		26.32g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	52.41mg	Iron	2.52mg

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

Nutrition - Per 100g

No 100g Conversion Available	
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