

Turkey



Servings:	1.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-10775
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY RST	3 Ounce		110560

Preparation Instructions

BAKE

Thaw several days before cooking. Bake at 400 degrees until internal temp reaches 165 degrees or more.

CCP: Heat to 165° F or higher for at least 15 seconds.

CCP: Hold for hot service at 135° F or higher.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
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: 3.00 Ounce

Amount Per Serving			
Calories	112.50		
Fat	5.92g		
SaturatedFat	1.97g		
Trans Fat*	0.00g		
Cholesterol	45.39mg		
Sodium	382.89mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	15.79g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

Calories	132.28		
Fat	6.96g		
SaturatedFat	2.32g		
Trans Fat*	0.00g		
Cholesterol	53.38mg		
Sodium	450.21mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	18.57g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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