

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

Amount Per Serving

Meat/Meat Alternate	3.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Ounce

Amount Per Serving			
Calories	112.50		
Fat	5.92g		
Saturated Fat	1.97g		
Trans Fat	0.00g		
Cholesterol	45.39mg		
Sodium	382.89mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Total Sugar	0.00g		
Added Sugar	0.00g		
Protein	15.79g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

Calories	132.28		
Fat	6.96g		
Saturated Fat	2.32g		
Trans Fat	0.00g		
Cholesterol	53.38mg		
Sodium	450.21mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Total Sugar	0.00g		
Added Sugar	0.00g		
Protein	18.57g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg