

# Turkey



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Ounce	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10775
<b>School:</b>	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

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 3.00 Ounce

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

## Nutrition - Per 100g

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