

# Turkey & Gravy



<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 ounce spoodle	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10300

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey, Roast, Frozen	7 Pound	7# of cooked, diced turkey roast	100125
FLOUR WHOLE WHEAT STONE GROUND	2 Cup		330094
STARCH CORN	1/4 Cup		108413
Tap Water for Recipes	8 Cup	UNPREPARED	000001WTR
BASE CHIX LO SOD	8 Teaspoon	The amount of this product will be different every time you make this recipe.	130869

## Preparation Instructions

You will need turkey juices from when the turkey roasts were steamed.

In a bowl, whisk together the corn starch and the flour. Set aside.

Heat the diced turkey, preferably in the combi but could be heated in the oven.

CCP: Heat turkey to 165 degrees F. or higher for 15 seconds.

While the turkey is heating:

The goal is to create 1 gallon of liquid and it will most likely be a combination of turkey juices and chicken stock.

In a gallon measuring cup, measure the turkey juices. Remember the amount you have for the turkey juices.

Pour the turkey juices into a stock pot on the stove top over medium heat and begin to heat the liquid.

Now make the chicken stock that would complete your 1 gallon of liquid.

(So say you had 1/2 gallon of turkey juices, you now need a 1/2 gallon of chicken stock.)

Once you've made the chicken stock with cold water, whisk in the dry ingredients (cornstarch and flour).

Whisk until smooth.

Add this mixture into the heated turkey juices.

Whisk to combine all of the ingredients.

Bring to a boil, whisking occasionally.

As the mixture heats, it will begin to thicken.

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Fold in the heated turkey.

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Serve over mashed potatoes or a whole grain biscuit.

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CCP: Hold turkey gravy for hot service at 135 degrees F. or higher.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	1.250
<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: 50.00

Serving Size: 6.00 ounce spoodle

Amount Per Serving	
<b>Calories</b>	105.41
<b>Fat</b>	4.65g
<b>Saturated Fat</b>	1.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	34.84mg
<b>Sodium</b>	306.46mg
<b>Carbohydrates</b>	4.24g
<b>Fiber</b>	0.51g
<b>Total Sugar</b>	0.16g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	12.70g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 1.63mg	<b>Iron</b> 0.18mg

## Nutrition - Per 100g

<b>Calories</b>	166.00
<b>Fat</b>	7.32g
<b>Saturated Fat</b>	2.36g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	54.86mg
<b>Sodium</b>	482.62mg
<b>Carbohydrates</b>	6.68g
<b>Fiber</b>	0.81g
<b>Total Sugar</b>	0.25g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	20.01g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 2.57mg	<b>Iron</b> 0.28mg