

Turkey, Mashed Potato, Roll



Servings:	107.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-48709
School:	Walton-Verona High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY CHNK & SHRDD IN GRVY	28 Pound	4 oz by weight	653171
POTATO PRLS EXCEL	5 1/2 Pound	RECONSTITUTE 1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes, stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.	613738
Whole Grain Dinner Roll	1 bun	READY_TO_EAT	1591

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.012
Grain	1.000
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: 107.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	417.60
Fat	8.33g
Saturated Fat	1.51g
Trans Fat	0.00g
Cholesterol	45.29mg
Sodium	1873.46mg
Carbohydrates	58.07g
Fiber	3.30g
Total Sugar	0.01g
Added Sugar	0.00g
Protein	24.72g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 32.90mg	Iron 1.35mg

Nutrition - Per 100g

Calories	294.06
Fat	5.87g
Saturated Fat	1.06g
Trans Fat	0.00g
Cholesterol	31.89mg
Sodium	1319.24mg
Carbohydrates	40.89g
Fiber	2.32g
Total Sugar	0.01g
Added Sugar	0.00g
Protein	17.41g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 23.17mg	Iron 0.95mg