

Lunchable -Turkey and GOgurt Lunch Pack



| | | | |
|----------------------|--------------|-----------------------|---------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-44327 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------|-------------|------------------------------|------------|
| TURKEY BRST SLCD OVN RSTD | 2 Slice | Rolled Up | 344120 |
| YOGURT STRAWB TUBE 2Z | 1 Each | READY_TO_EAT Ready to Eat | 895090 |
| CRACKER CHEEZ-IT WGRAIN | 1 Package | | 512342 |

Preparation Instructions

Place all items in hinged container. Chill at 41 until serving.

Meal Components

Amount Per Serving

| | |
|---------------------------------|-------|
| Meat/Meat Alternate | 1.833 |
| Grain | 1.500 |
| 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: 1.00 Serving

| Amount Per Serving | |
|------------------------------|-------------------------|
| Calories | 210.03 |
| Fat | 5.53g |
| Saturated Fat | 1.30g |
| Trans Fat | 0.00g |
| Cholesterol | 26.67mg |
| Sodium | 663.33mg |
| Carbohydrates | 27.67g |
| Fiber | 2.00g |
| Total Sugar | 5.67g |
| Added Sugar | 3.00g |
| Protein | 12.63g |
| Vitamin A 0.00mcg RAE | Vitamin C 0.00mg |
| Calcium 146.73mg | Iron 1.44mg |

Nutrition - Per 100g

| | |
|------------------------------|-------------------------|
| Calories | 330.76 |
| Fat | 8.71g |
| Saturated Fat | 2.05g |
| Trans Fat | 0.00g |
| Cholesterol | 41.99mg |
| Sodium | 1044.62mg |
| Carbohydrates | 43.57g |
| Fiber | 3.15g |
| Total Sugar | 8.92g |
| Added Sugar | 4.72g |
| Protein | 19.90g |
| Vitamin A 0.00mcg RAE | Vitamin C 0.00mg |
| Calcium 231.07mg | Iron 2.27mg |