



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 03-12-14)

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**100121 – TURKEY, BREAST, COOKED, DELI-STYLE, REGULAR, FROZEN,
9-11 LB**

Nutrition Information

Turkey breast, deli-style, cooked

CATEGORY	<ul style="list-style-type: none"> Meat/Meat Alternates
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> Frozen fully cooked deli-style turkey breast, produced from nonbasted, young ready-to-cook chunked and formed turkey breast meat. Each deli turkey breast must be vacuum packaged in a shrinkable oxygen and moisture proof bag or casing, and be packed in four 9- to 11-pound deli turkey breasts per fiberboard shipping containers.
PACK/YIELD	<ul style="list-style-type: none"> 4/9-11 lb turkey breasts per case. One lb AP provides about 10.0 1.6-oz servings of deli style turkey breast. CN Crediting: 1.6 oz deli-style turkey breast provides 1 oz-equivalent meat/meat alternate.
STORAGE	<ul style="list-style-type: none"> Store frozen turkey products in original shipping container off the floor at 0°F or below. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> TO THAW: Remove turkey breasts from original bags or casings and place in single layer on sheet pans or trays. Thaw in refrigerator only the amount needed for one day's use and use within 3 days. Do not hold thawed turkey breasts longer than 24 hours before heating or serving. DO NOT REFREEZE after thawing or heating.

	1.6 oz (45 g)	3.2 oz (91 g)
Calories	56	112
Protein	7.2 g	14.4 g
Carbohydrate	.8 g	.16 g
Dietary Fiber	0 g	0 g
Sugars	0.8 g	1.6 g
Total Fat	2 g	4.8 g
Saturated Fat	0.4 g	.8 g
Trans Fat	0 g	0 g
Cholesterol	24 mg	48 mg
Iron	0.016 mg	0.032 mg
Calcium	0 mg	0 mg
Sodium	248 mg	496 mg
Magnesium	10 mg	19 mg
Potassium	112 mg	226 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.04 mg	0.08 mg



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USES AND TIPS	<ul style="list-style-type: none"> • Serve turkey breast hot or cold, sliced in hoagie or hero sandwiches, as an entree, diced in salads, or in any recipe specifying cooked turkey.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> • Thaw frozen products in the refrigerator below fresh or ready-to-eat foods. • Keep meat and poultry separate from other foods, wash working surfaces (including cutting boards), utensils, and hands after touching meat or poultry.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> • For guidance on how to effectively manage, store, and maintain USDA Foods, please refer to the policy memo on the FDD Website at: http://www.fns.usda.gov/fdd/policymemo/pmfd107_NSLP_CACF_SFSP_CSFP_FDPIR_TEFAP_CI-StorandInvMgmt.pdf.

Nutrient values in the nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product’s Nutrition Facts label or ingredient list for product-specific information.