

USDA Foods Product Information Sheet

For Child Nutrition Programs



100123—Turkey, Whole, Frozen

Category: **Meat/Meat Alternate**



PRODUCT DESCRIPTION

This item is Grade A whole young turkey without the neck and giblets that includes optional basting up to 3%. This product is shipped frozen in cases containing either two 14-22 pound turkeys or four 12-14 pound turkeys for a total case weight of 28-56 pounds.

CREDITING/YIELD

- One pound frozen turkey yields approximately 7.5 1-ounce servings of cooked turkey without skin. One case of whole turkeys will provide a variable number of servings, depending on the total case weight.
- CN Crediting: 1 ounce cooked turkey credits as 1 ounce equivalent meat/meat alternate.

CULINARY TIPS AND RECIPES

- Whole turkey can be cooked and served plain or the meat can be used in recipes such as soups, pasta dishes, sandwiches and casseroles.
- For more culinary techniques and recipe ideas visit [NFSMI](#) or [Team Nutrition](#).

FOOD SAFETY INFORMATION

- For more information on safe storage and cooking temperatures, and safe handling practices please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

NUTRITION FACTS

Serving size: 1 ounce (28 g)/1 MMA turkey, whole, cooked, roasted

Amount Per Serving

Calories 45

Total Fat 1g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 29mg

Sodium 29mg

Total Carbohydrate 0g

Dietary Fiber 0g

Sugars 0g

Protein 8g

Source: [USDA National Nutrient Database](#)

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, please contact the product manufacturer.

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.