



**USDA Foods Fact Sheet for Schools & Child Nutrition Institutions**

(last updated, 03-12-14)

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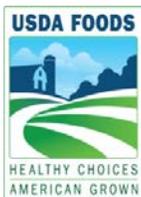
**100122 – TURKEY, BREAST, COOKED, DELI-STYLE, SMOKED, FROZEN,  
9-11 LB**

**Nutrition Information**

Turkey breast, deli-style, cooked, smoked

|  |  |
|--|--|
| <b>CATEGORY</b>                          | <ul style="list-style-type: none"> <li>Meat/Meat Alternates</li> </ul>   |
| <b>PRODUCT DESCRIPTION</b>               | <ul style="list-style-type: none"> <li>Frozen fully cooked deli-style smoked turkey breast, produced from non-basted, young ready-to-cook chunked and formed turkey breast meat. Each smoked 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 smoked turkey containers.</li> </ul> |
| <b>PACK/YIELD</b>                        | <ul style="list-style-type: none"> <li>4/9-11 lb turkey breasts per case.</li> <li>One lb AP provides about 10.0 1.6-oz servings of deli-style turkey breast.</li> <li>CN Crediting: 1.6 oz deli-style turkey breast provides 1 oz-equivalent meat/meat alternate.</li> </ul>  |
| <b>STORAGE</b>                           | <ul style="list-style-type: none"> <li>Store frozen turkey products in original shipping container off the floor at 0°F or below.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>  |
| <b>PREPARATION/ COOKING INSTRUCTIONS</b> | <ul style="list-style-type: none"> <li><b>TO THAW:</b> Remove turkey breasts from original bags or casings and place in single layer on sheet pans or trays. Thaw in the refrigerator at 41°F or lower for 24 hours. Use thawed turkey within 48 hours. Do not refreeze after thawing or heating.</li> </ul>   |

|               | 1.6 oz<br>(45 g) | 3.2 oz<br>(91 g) |
|---------------|------------------|------------------|
| Calories      | 56               | 112              |
| Protein       | 9.6 g            | 19.2 g           |
| Carbohydrate  | .8 g             | .16 g            |
| Dietary Fiber | 0 g              | 0 g              |
| Sugars        | 0 g              | 0 g              |
| Total Fat     | .8 g             | 1.6 g            |
| Saturated Fat | 0 g              | 0 g              |
| Trans Fat     | 0 g              | 0 g              |
| Cholesterol   | 24 mg            | 48 mg            |
| Iron          | 0.57 mg          | 1.15 mg          |
| Calcium       | 0 mg             | 0 mg             |
| Sodium        | 336 mg           | 672 mg           |
| Magnesium     | 9 mg             | 19 mg            |
| Potassium     | 95 mg            | 192 mg           |
| Vitamin A     | 0 IU             | 0 IU             |
| Vitamin A     | 0 RAE            | 0 RAE            |
| Vitamin C     | 0 mg             | 0 mg             |
| Vitamin E     | 0.4 mg           | 0.8 mg           |



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|                                 |  |
|---------------------------------|--|
| <b>USES AND TIPS</b>            | <ul style="list-style-type: none"> <li>• 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.</li> </ul>  |
| <b>FOOD SAFETY INFORMATION</b>  | <ul style="list-style-type: none"> <li>• Thaw frozen products in the refrigerator below fresh or ready-to-eat foods.</li> <li>• Keep meat and poultry separate from other foods, wash working surfaces (including cutting boards), utensils, and hands after touching meat or poultry.</li> </ul>  |
| <b>BEST IF USED BY GUIDANCE</b> | <ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA Foods, please refer to the policy memo on the FDD Website at: <a href="http://www.fns.usda.gov/fdd/policymemo/pmfd107_NSLP_CACF_SFSP_CSFP_FDPIR_TEFAP_CI-StorandInvMgmt.pdf">http://www.fns.usda.gov/fdd/policymemo/pmfd107_NSLP_CACF_SFSP_CSFP_FDPIR_TEFAP_CI-StorandInvMgmt.pdf</a>.</li> </ul> |

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.