

A537 – TURKEY, ROASTS, BONELESS, READY TO COOK, FROZEN, 8-12 LB



Nutrition Information

Turkey roast, boneless, light and dark meat, roasted

CATEGORY	<ul style="list-style-type: none"> Meat/Meat Alternates
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> U.S. Grade A frozen roasts prepared from breast meat, thigh meat and skin of young ready-to-cook turkeys with water, salt, and sodium phosphates added. Roasts are at least 47% breast meat, with a maximum of 34% thigh meat and 12.5% skin. The roasts in one container will not vary more than 2 lb per roast. Each roast will be 9 to 17 inch in length and 4 to 7 inch in diameter and will be tied or placed in cotton netting.
PACK/YIELD	<ul style="list-style-type: none"> 4/8-12 lb roasts per case. One lb AP yields 0.66 lb cooked turkey with skin and provides about 10.5 1-oz servings cooked turkey. CN Crediting: 1 oz cooked turkey 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"> Sort roasts by weight and diameter to facilitate thawing and/or cooking. Roasts may be cooked frozen or thawed. When cooked from the frozen state, the roasts may be more difficult to slice; allow roasts to stand 15 minutes, after roasting, to firm-up, before removing netting and slicing. TO THAW: Thaw only the amount needed for one day's use in netting in refrigerator for 24 hours. Place in single layers on sheet pans or trays and space on shelves so that air can circulate around wrapped poultry.

	1 oz, cooked (28 g)
Calories	44
Protein	6.04 g
Carbohydrate	0.87 g
Dietary Fiber	0 g
Sugars	0.00 g
Total Fat	1.64 g
Saturated Fat	0.54 g
Trans Fat	N/A
Cholesterol	15 mg
Iron	0.46 mg
Calcium	1 mg
Sodium	193 mg
Magnesium	6 mg
Potassium	84 mg
Vitamin A	0 IU
Vitamin A	0 RAE
Vitamin C	0 mg
Vitamin E	0.11 mg



USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

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<p>PREPARATION/ COOKING INSTRUCTIONS (cont'd)</p>	<p>TO THAW (cont'd): Cook within 24 hours after thawing. Do not partially cook one day finish the next. Do not refreeze after thawing or heating. Do not wash before cooking.</p> <ul style="list-style-type: none"> • TO COOK: Cook with or without netting. Place roasts of similar sizes, thawed or frozen, in shallow roasting pans. Insert a meat thermometer into the center of one roast in each pan. Bake at 325 °F in either a convection oven or a conventional oven for 3-5 hours. Cook turkey products to an internal temperature of 165 °F for 15 seconds. Judge doneness by temperature, not the color or texture of the food. Roasts with greater diameter need to cook longer. • Serve promptly or refrigerate leftovers; use within 2 days. Reheat to internal temperature of 165 °F for 15 seconds.
<p>USES AND TIPS</p>	<ul style="list-style-type: none"> • Ready-to-cook turkey roasts may be roasted or braised. • Roasts can be sliced and served immediately after baking.
<p>FOOD SAFETY INFORMATION</p>	<ul style="list-style-type: none"> • Thaw frozen products in the refrigerator below fresh or ready-to-eat foods. • Cook turkey products to an internal temperature of 165 °F for 15 seconds. The pink color in safely cooked turkey is due to hemoglobin in tissues which can form a heat stable color. Smoking or grilling may also cause this reaction, which occurs more in young turkeys. • Keep raw meat and poultry separate from other foods. After touching or cutting raw meats and poultry, wash working surfaces (countertops and cutting boards), utensils, and hands with hot, soapy water. • Sanitize cutting boards, utensils, and countertops by using a solution of 1 Tbsp unscented, liquid chlorine bleach in 1 gallon water.
<p>BEST IF USED BY GUIDANCE</p>	<ul style="list-style-type: none"> • For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.