

TURKEY BREAST

SMALL, BONE-IN, READY-TO-COOK, FROZEN

for use in the USDA Household
Commodity Food Distribution Programs

10/28/03

Product Description

Turkey breasts are U.S. Grade A, frozen young turkey breasts. Basting or other ingredients are optional.

Yield

Each turkey breast will weigh 4 to 10 pounds. One pound of raw turkey yields approximately 10 ounces of cooked turkey.

Storage

- Keep turkey breasts frozen at 0°F or below until ready to use.
- Do not hold thawed turkey breasts for more than 24 hours before cooking. Cooked turkey breasts should be refrigerated and used within 3 days.

Preparation

- Handle Turkey Breasts properly to avoid spoilage or food poisoning. Breasts may be cooked frozen or thawed.
- To thaw, keep turkey breasts in original bag or casing and place on a tray in the refrigerator for 24 hours. **DO NOT** thaw at room temperature or in warm water. Do not refreeze after the turkey has been thawed.

Cooking

- Remove wrapping, season as desired. Place turkey breast, thawed or unthawed, in a shallow roasting pan.



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Cooking

- Bake at 325°F until meat thermometer, inserted in the center of the breast, registers an internal temperature of 165°F. Thawed breasts require approximately 30 minutes cooking time per pound; frozen breasts will require 45 minutes cooking time per pound.

(See Uses and Tips on reverse side)

Nutrition Information

- 2-3 ounces of cooked turkey breast provides 1 serving from the **MEAT, POULTRY, FISH, DRY BEANS, EGGS, AND NUTS GROUP** of the Food Guide Pyramid.

Nutrition Facts	
Serving size 3 ounces (85 g) cooked turkey breast	
Amount Per Serving	
Calories 110	Fat Cal 30
% Daily Value*	
Total Fat 3 g	5 %
Saturated Fat 1 g	3 %
Cholesterol 40 mg	13 %
Sodium 340 mg	15 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	0 %
Protein 19 g	
Vitamin A * %	Vitamin C * %
Calcium * %	Iron * %
*Contains less than 2% of the Daily Value of these nutrients	
*Percent Daily Values are based on a 2,000 calorie diet.	

Note: The above nutritional information represents the average nutritional values of the different brands of turkey breasts offered by the commodity food program.

Uses and Tips

- Turkey roasts can be sliced and served immediately after baking. However, when cooked from the frozen state, the breasts may be more difficult to slice. Allow cooked breasts to stand 15 minutes before attempting to slice.
- Serve turkey breast as a main entrée, sliced in sandwiches, diced in salads, soups, casseroles, or any recipe specifying cooked turkey.
- If reheating the sliced turkey breasts, reheat to an internal temperature of 165°F.

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