

# Roasted Turkey

Component: Meat

Recipe # KSU Developed

	50 Servings		_____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
Vegetable oil		2 Tbsp			<p>1. Preheat oven to 325°F.</p> <p>2. Lightly coat shallow baking dish with oil and place turkey in pan.</p> <p>3. Sprinkle turkey with poultry seasoning, pepper, granulated garlic, and celery seed powder.</p> <p><i>Thoroughly wash, rinse, and sanitize surfaces and equipment immediately after handling potentially hazardous foods, and before proceeding to the next recipe step.</i></p> <p>4. Lightly cover with foil. Roast approximately 20 minutes per pound.</p> <p><i>Internal temperature taken at the center of the thickest part of the food must reach 165°F for 15 seconds.</i></p> <p>5. Remove turkey from pan and allow to cool prior to slicing.</p> <p><i>Hot foods must be held under temperature control at 135°F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135°F.</i></p>
Turkey, boneless, fresh or frozen with skin	6 lb 13 oz				
Poultry seasoning		2 tsp			
Ground black or white pepper		1 tsp			
Granulated garlic (optional)		2 tsp			
Celery powder		1 tsp			

**Notes:**

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Nutrient information calculated using Food Processor.

**Serving:** 1½ oz cooked turkey

1-2 years: ⅔ serving (1 oz)

3-5 years: 1 serving (1.5 oz)

6-18 years: 1 ⅓ serving (2 oz)

## Nutrients Per Serving

<b>Calories</b>	68.38	<b>Saturated Fat</b>	0.30 g	<b>Iron</b>	0.35 mg
<b>Protein</b>	12.85 g	<b>Cholesterol</b>	34.02 mg	<b>Calcium</b>	5.41 mg
<b>Carbohydrate</b>	0.18 g	<b>Vitamin A</b>	1.37 RAE mcg	<b>Sodium</b>	42.28 mg
<b>Total Fat</b>	1.46 g	<b>Vitamin C</b>	0.01	<b>Dietary Fiber (2016)</b>	0.05 g