

Roasted Turkey

Component: Meat

Recipe # KSU Developed

	50 Servings		_____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
Vegetable oil		2 Tbsp			1. Preheat oven to 325°F. 2. Lightly coat shallow baking dish with oil and place turkey in pan. 4. Sprinkle turkey with poultry seasoning, pepper, granulated garlic, and celery seed powder. 5. Lightly cover with foil. Roast approximately 20 minutes per pound. Insert a food thermometer into the thickest part of the turkey. Turkey is safe to eat when temperature reaches 165°F for 15 seconds, as measured with the food thermometer. 6. Remove turkey from pan and allow to cool prior to slicing. CCP: Hold for hot service at 135° F or higher.
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			

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Notes:

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

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