

TODAY'S TURKEY:

TURKEY CUTS AND NUTRITION

Nutritional information based on 3 ounces of cooked, skinless turkey meat, trimmed of visible fat.

Today's
TURKEY
Serve up something unexpected

Visit ServeTurkey.org for more informational sheets, facts and recipes for everything turkey!

PRODUCT	TOTAL CAL	TOTAL FAT	SATURATED FAT	PROTEIN	SODIUM	CHOLESTEROL
TURKEY WING/ DRUMETTE	125	2g	.5g	26g	85mg	70mg
TURKEY THIGH	140	5g	1.5g	24g	90mg	110mg
TURKEY DRUMSTICK	120	2g	.5g	25g	85mg	70mg
TURKEY BREAST	125	2g	.5g	26g	85mg	70mg
TURKEY TENDERLOIN	110	2g	.5g	24g	160mg	65mg
WHOLE TURKEY	135	3g	1g	25g	85mg	85mg
GROUND TURKEY <i>(85% lean, 15% fat)</i>	210	14g	4g	22g	70mg	90mg
GROUND TURKEY <i>(93% lean, 7% fat)</i>	180	10g	3g	22g	75mg	90mg

