Turkey Sliders

- 12 Hawaiian rolls - 1 package - 1,080 calories
- ¾ pound sliced turkey - 384 calories
- ¾ pound thin sliced pepper jack cheese - 800 calories
- ½ cup unsalted butter - 800 calories
- ½ tablespoon Dijon mustard - 7.5 calories
- ½ tablespoon Worcestershire sauce - 0 Calories
- ½ tablespoon everything bagel seasoning - 0 calories

Total Calories - 3,071.5 calories
Calories per Serving/Slider - 256 calories

Steps

- Preheat the oven to 350°. Line a 9x13 inch casserole dish with foil and spray the bottom with nonstick spray.
- Without pulling the rolls apart, slice them in half horizontally. Place the bottom half of the rolls into the prepared dish.
- Layer the turkey onto the rolls. Then do the same with the cheese.
- Place the top of the rolls on top.
- Microwave the butter and stir in the Dijon mustard, Worcestershire, and everything bagel seasoning.
- Brush the mixture over the top of the rolls, Let the rolls sit for 5 minutes to soak up the butter.
- Cover up the rolls with foil and bake until they're warm throughout and the cheese is melted, about 30-35 minutes, removing the foil for the last 5 minutes.
- Serve warm.
**Serving size for Turkey:** 1 1/2 pounds per guest or boneless 8 ounces

**Nutrients From Turkey:** Protein, B vitamins, selenium, zinc, and phosphorus

**Turkey Total Calories:** 3 oz of Turkey breast is 135 calories and 3.26 g of fat

**Storage and Handling:** Cook to 350 °F then store in an airtight container, refrigerated for up to 3-4 days.

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**Nutrition Facts**

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<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
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<td>384</td>
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<table>
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<tr>
<th>% Daily Value*</th>
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<tr>
<td>Total Fat</td>
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<td>Saturated Fat</td>
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<td>Polyunsaturated Fat</td>
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<td>Cholesterol</td>
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<td>Total Carbohydrates</td>
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<td>Potassium</td>
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<td>Caffeine</td>
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*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.*

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**Cost Analysis**

Cost per recipe - $18.92
Cost per serving (2 sliders) - $3.15

Link for work - [Cost Analysis for the Gobbler.pdf](#)

Profit Margin - $0.67 per slider & 4.02 per box
Sell boxes of 6 for $13.50, per roll $1.58

Final Decision - Sell boxes of 2 sliders for $5 each, profit $1.85 per sale.

**Market Analysis**

Marketing to high schoolers
Socially economic = not much money
Like easy food that is quick to get and not much time to cook.

Their interest is usually something on social media that is quick and catches their attention fast.
   - TikTok link for social media: [https://www.tiktok.com/t/ZPRvgYc3s/](https://www.tiktok.com/t/ZPRvgYc3s/)
Sell at a la carte at school and concession stands during activities.

They would look for something cheap that is very accessible to get.
Is a healthier option than the competitor that is low cal in high protein.