

TURKEY CUTLET

Yield 100

Portion 4-1/2 Ounces

| Calories | Carbohydrates | Protein | Fat | Cholesterol | Sodium | Calcium |
|----------|---------------|---------|------|-------------|--------|---------|
| 319 cal | 21 g | 30 g | 12 g | 81 mg | 987 mg | 73 mg |

Ingredient

TURKEY,BNLS,WHITE AND DARK MEAT
 FLOUR,WHEAT,GENERAL PURPOSE
 SEASONING,POULTRY
 PEPPER,BLACK,GROUND
 BREADCRUMBS,DRY,GROUND,FINE
 PAPRIKA,GROUND
 EGG WHITES,FROZEN,THAWED
 COOKING SPRAY,NONSTICK

Weight

32-1/2 lbs
 2-1/4 lbs
 1/2 oz
 1/8 oz
 4-1/4 lbs
 1 oz
 2-1/2 lbs
 2 oz

Measure

2 qts
 1/4 cup 1/3 tbsp
 1/3 tsp
 1 gal 1/2 qts
 1/4 cup 1/3 tbsp
 1 qts 5/8 cup
 1/4 cup 1/3 tbsp

Issue**Method**

- 1 Thaw turkey under refrigeration at 41 F. or lower.
- 2 Dredge slices in mixture of flour, pepper and poultry seasoning; shake off excess.
- 3 Combine bread crumbs and paprika.
- 4 Dip floured slices into egg whites. Dredge in seasoned bread crumbs until well coated; shake off excess.
- 5 Lightly spray sheet pans with non-stick cooking spray. Place 17 cutlets in a single layer on each pan, spray breasts lightly with cooking spray.
- 6 Using a convection oven, bake at 325 F. on high fan, closed vent for 15 minutes. Turn cutlets, bake 15 minutes more or until golden brown. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.