

TURKEY NUGGETS

Yield 100

Portion 3-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
284 cal	23 g	25 g	9 g	65 mg	1631 mg	68 mg

Ingredient

TURKEY,BNLS,WHITE AND DARK MEAT
 FLOUR,WHEAT,GENERAL PURPOSE
 SALT
 GARLIC POWDER
 SEASONING,POULTRY
 PEPPER,BLACK,GROUND
 PAPRIKA,GROUND
 MILK,NONFAT,DRY
 WATER,WARM
 EGG WHITES
 SALT
 PARSLEY,DEHYDRATED,FLAKED
 BREADCRUMBS
 COOKING SPRAY,NONSTICK

Weight

26 lbs
 3-1/3 lbs
 5-1/8 oz
 1-5/8 oz
 1/3 oz
 1/3 oz
 1/3 oz
 1-3/4 oz
 2 lbs
 1-5/8 lbs
 2-1/2 oz
 1/8 oz
 3-5/8 lbs
 1 oz

Measure

3 qts
 1/2 cup
 1/4 cup 1-2/3 tbsp
 2-2/3 tbsp
 1 tbsp
 1 tbsp
 3/4 cup
 3-3/4 cup
 3 cup
 1/4 cup 1/3 tbsp
 1/4 cup 1/3 tbsp
 3 qts 3 cup
 2 tbsp

Issue**Method**

- 1 Cut turkey into 1-1/2 to 2-inch strips.
- 2 Dredge turkey in mixture of flour, salt, garlic powder, poultry seasoning, pepper and paprika.
- 3 Reconstitute milk; add egg whites; mix well.
- 4 Dip floured turkey in milk and egg white mixture. Drain well.
- 5 Blend second salt, parsley and breadcrumbs to create breadcrumb mixture. Roll turkey in bread crumb mixture until well coated; shake off excess.
- 6 Lightly spray sheet pans with non-stick cooking spray. Place turkey nuggets onto sprayed sheet pans.
- 7 Spray turkey nuggets with cooking spray to ensure even browning.
- 8 Using a convection oven, bake 10 to 12 minutes at 375 F. on high fan, closed vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold at 140 F. or higher for service. Serve with sweet and sour sauce, barbecue sauce or mustard sauce.