

# 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](http://ServeTurkey.org) for more informational sheets, facts and recipes for everything turkey!

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

