



TASTY. VERSATILE. NUTRITIOUS.

Canadian Raised Turkey is THE Power Protein

HOW DOES *GROUND* TURKEY STACK UP?

Whether you're making a burger, a pasta dish, stuffed peppers, chili or tacos, ground turkey is the perfect choice for all your ground meat recipes!

	Turkey	Chicken	Beef	Pork
	<i>Turkey, all classes, ground, cooked</i>	<i>Chicken, ground, lean, cooked</i>	<i>Beef, ground, lean, patty, pan-fried</i>	<i>Pork, ground, lean, pan-fried</i>
Energy (kcal)	196.0	189.0	259.0	233.0
Protein (g)	27.6	23.3	29.7	25.8
Carbohydrate (g)	0.0	0.0	0.0	0.0
Total Fat (g)	8.7	10.9	14.7	14.3
Saturated Fat (g)	2.9	3.1	6.0	5.5
Mono-unsaturated Fat (g)	3.6	4.9	6.8	6.7
Poly-unsaturated Fat (g)	2.1	2.1	0.5	1.8
Cholesterol (mg)	127.0	107.0	85.0	80.0
Sodium (mg)	84.0	75.0	84.0	80.0

Nutrition Profile per 100 g serving Source: Canadian Nutrient File version 2015

What does this mean?

-  Ground turkey is extra lean yet full of flavour, so it boosts the tastiness of your ground meat recipes without a lot of fat.
-  The 28 grams of protein per serving of ground turkey is an ideal amount to help you stay satisfied long after your meal.
-  Ground turkey is nutrient-rich and an excellent source of phosphorus, zinc, B12 and niacin.
-  Ground turkey is versatile; swap it into any of your ground meat recipes. Need inspiration? For delicious and nutritious recipes featuring ground turkey, visit www.canadianturkey.ca.

