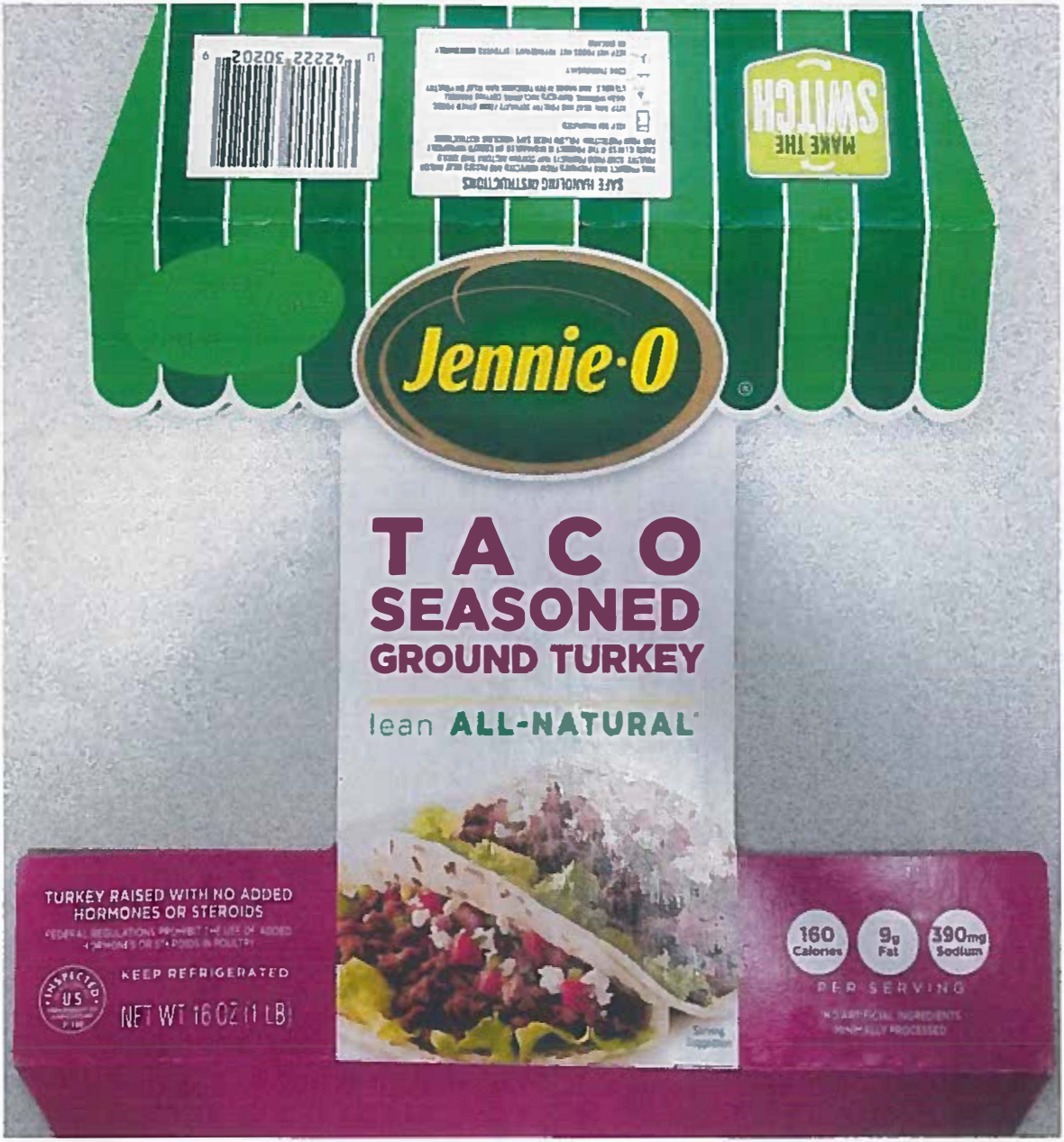
MAKE THE SWITCH
Jennie·O
TACO SEASONED GROUND TURKEY
lean ALL-NATURAL
TURKEY RAISED WITH NO ADDED HORMONES OR STEROIDS
KEEP REFRIGERATED
NET WT 16 OZ (1 LB)
160 Calories
9g Fat
390mg Sodium
PER SERVING


Jennie-O
ITALIAN
SEASONED
GROUND TURKEY
BHA, BHT, Citric Acid added for flavor protection
LEAN
TURKEY RAISED WITH NO ADDED HORMONES OR STEROIDS
KEEP REFRIGERATED
NET WT 16 OZ (1 LB)
160 Calories
5g Fat
620mg Sodium
PER SERVING
MAKE THE SWITCH

Jennie-O

GROUND TURKEY

85% LEAN | 15% FAT

ALL-NATURAL

220 Calories

95mg Sodium

19g Protein

PER SERVING

NO ARTIFICIAL INGREDIENTS
MINIMALLY PROCESSED

MAKE THE SWITCH

Jennie-O

GROUND TURKEY

93% LEAN | 7% FAT

ALL-NATURAL

TURKEY RAISED WITH NO ADDED HORMONES OR STEROIDS

FEDERAL REGULATIONS PROHIBIT THE USE OF ADDED HORMONES OR STEROIDS IN POULTRY.

KEEP REFRIGERATED

NET WT 16 OZ (1 LB)

170 Calories | 80mg Sodium | 21g Protein

PER SERVING

NO ARTIFICIAL INGREDIENTS
MINIMALLY PROCESSED


Jennie-O
GROUND
TURKEY
USE OR FREEZE BY
10/12/2015
2436 126

Nutrition Facts

Serving Size 4 oz (112g)
Servings Per Container 4

Amount Per Serving	
Calories 160	Calories from Fat 80
	% Daily Value
Total Fat 9g	13%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 80mg	26%
Sodium 95mg	4%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 20g	
Vitamin A 0% •	Vitamin C 4%
Calcium 8% •	Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet

INGREDIENTS: TURKEY, ROSEMARY EXTRACT

Dist. by Jennie-O Turkey Store Sales LLC
Willmar, MN 56201 U.S.A.
© Jennie-O Turkey Store, LLC

jennieo.com

GLUTEN FREE

0100-30 CA-2 02-0109

QUICK 'N EASY TURKEY NACHOS

- 1 tablespoon canola oil
- 1 onion, chopped
- 8 ounces Ground Turkey
- 1 (1-ounce) packet taco seasoning
- 4 ounces tortilla chips
- 1/2 cup sour cream
- 1 medium tomato, seeded and diced

In large skillet, heat oil and sauté onion until translucent, 4 to 5 minutes. Add the ground turkey and cook as specified on the package. Always cook to well-done, 165°F as measured by a meat thermometer. Stir in taco seasoning and remove from heat. Spoon ground turkey mixture over tortilla chips. Top with sour cream and tomatoes.

The Safe Way to Cook Your Ground Turkey

Completely cook your ground turkey until it is well-done and reaches a uniform, internal temperature of 165°F. Always use a meat thermometer inserted into the center of the ground turkey.

Quick and Easy Cooking Methods

STOVETOP METHOD:

Spray skillet with nonstick cooking spray. Preheat skillet over medium-high heat. Add ground turkey to hot skillet. Stir to crumble, approximately 14-16 minutes. Always cook to well-done, 165°F as measured by a meat thermometer.

Use ground turkey as a replacement for ground beef in all of your favorite recipes.

SAFE HANDLING INSTRUCTIONS

THIS PRODUCT WAS PREPARED FROM INSPECTED AND PASSED MEAT AND/OR POULTRY. SOME FOOD PRODUCTS MAY CONTAIN BACTERIA THAT COULD CAUSE ILLNESS IF THE PRODUCT IS MISHANDLED OR COOKED IMPROPERLY. FOR YOUR PROTECTION, FOLLOW THESE SAFE HANDLING INSTRUCTIONS.

KEEP REFRIGERATED

KEEP RAW MEAT AND POULTRY SEPARATE FROM OTHER FOODS. WASH WORKING SURFACES (INCLUDING CUTTING BOARDS), UTENSILS, AND HANDS AFTER TOUCHING RAW MEAT OR POULTRY.

COOK THOROUGHLY

KEEP HOT FOODS HOT. REFRIGERATE LEFTOVERS IMMEDIATELY OR DISCARD.

GROUND TURKEY

USE OR FREEZE BY

02 18 / 20155 1 / A B C D

21734 F1


GROUND
TURKEY
90% Lean/10% Fat
NET WT 16 OZ (1 LB)
US