

27 Turkey Osso Buco



Thematic

Potatoes	8		840 g
Carrots	1 L	4 cups	555 g
White chocolate, chopped	30 ml	2 tablespoons	40 g
Milk	60 ml	¼ cup	60 g
Salt and pepper	To taste		
Turkey osso buco, fully cooked (97112)	10	5 lbs.	2.25 kg

- : 10
- : 10 minutes
- : 20 minutes
- : no

Nutrition Facts	
For 1 portion (390 g)	
Amount	% Daily Value
Calories 200	
Fat 3.5 g	5%
Saturated 1.5 g	
+ trans 0 g	8%
Polysaturated 0.1 g	
Omega-6 0.1 g	
Omega-3 0 g	
Monounsaturated 0 g	
Cholesterol 60 mg	20%
Sodium 440 mg	18%
Potassium 510 mg	14%
Carbohydrates 23 g	8%
Fibre 5 g	20%
Sugar 6 g	
Protein 18 g	
Vitamin A 603 RE	60%
Vitamin C 18 mg	30%
Calcium 84 mg	8%
Iron 4.6 mg	35%
Phosphorus 54.4 mg	4%

- 1 Steam potatoes and carrots and puree them in a food processor while adding chopped chocolate.
- 2 Add milk and season to taste.
- 3 Serve with heated osso buco.

Chef's Remarks

replacement product : you may also serve with our turkey tenderloin, Tuscan-style, fully cooked (97111). Just like the osso buco, the tenderloin is individually cooked in a bag, with tomato sauce.

Canada's Food Guide Portions

2 servings of vegetables and fruit + 1 ¼ servings of meat and alternatives.



Olymel Product Allergens

***Contains : gluten (wheat)**

Food Exchange System

1 serving of starch + 1 ½ servings of vegetables + 1 ½ servings of meat and alternatives.

*Verified allergens : peanuts, nuts, sesame seeds, milk, egg, grain containing gluten (wheat, barley, rye, oats, spelt, Kamut, triticale), soy (excluding refined soybean oil), fish, crustacea, mollusks, sulfite (max. 10 ppm). (Source: CFIA)