

## Grind Your Own Poultry or Meat



If you have a recipe that calls for ground poultry or meat and all you have on hand is a solid piece of poultry or meat, there is no need to rush out to the store or to choose another recipe. You can grind any poultry or meat using the Saladmaster Machine! Simply freeze the poultry or meat - if not already frozen - and use Cone #2 of your Saladmaster Machine to grind your own.

### Ground Turkey vs. Ground Beef

- A 3.5 ounce (99g) serving size, approximately ½ cup, of lean ground turkey has 180 calories, 12.5 grams of fat, 1.5 grams of iron and 17 grams of protein.
- A serving of the same amount of lean ground beef contains 215 calories, 18 grams of fat, 2 grams of iron, and 19 grams of protein.
- Turkey is lower in saturated fat than beef

For more tips on using the Saladmaster Machine, click [here](#).

For more information about Saladmaster Healthy Solutions 316 Ti Cookware, please visit [www.saladmaster.com](http://www.saladmaster.com).

Sources:

*USDA Nutrient Database*

*Livestrong.com*

### Related Recipes:

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