

1 lb 93/7 ground turkey nutrition

1 lb 93/7 ground turkey nutrition is an essential topic for those seeking a healthy, lean protein source for their meals. This article provides an in-depth look at the nutritional profile of 1 pound of 93/7 ground turkey, highlighting its macronutrients such as protein, fat, and calories, as well as micronutrients like vitamins and minerals. Understanding the nutritional content can help in meal planning, weight management, and maintaining a balanced diet. Additionally, this comprehensive guide will compare 93/7 ground turkey with other common ground meats, discuss its health benefits, and offer tips on selecting and cooking this nutritious ingredient. Whether for athletes, health-conscious individuals, or home cooks, grasping the details of 1 lb 93/7 ground turkey nutrition is valuable knowledge for optimizing diet quality.

- Nutritional Breakdown of 1 lb 93/7 Ground Turkey
- Macronutrients in 93/7 Ground Turkey
- Micronutrients Found in 93/7 Ground Turkey
- Health Benefits of Consuming Ground Turkey
- Comparison with Other Ground Meats
- Tips for Choosing and Preparing 93/7 Ground Turkey

Nutritional Breakdown of 1 lb 93/7 Ground Turkey

Understanding the comprehensive nutritional makeup of 1 lb 93/7 ground turkey is the foundation for utilizing it effectively in diets. The "93/7" label indicates that this ground turkey contains 93% lean meat and 7% fat, making it a leaner alternative to many other ground meats. The nutrition values are generally based on raw turkey and will differ slightly when cooked due to moisture loss and fat rendering. This section details the calorie content, protein, fat, and other nutrients present in a single pound serving.

Calories and Energy Content

One pound of 93/7 ground turkey contains approximately 600 to 650 calories. This moderate calorie count makes it suitable for calorie-conscious meal plans. The calories primarily come from protein and fat, with minimal carbohydrates.

Protein Content

Protein is the predominant macronutrient in 93/7 ground turkey. One pound provides roughly 90 to 100 grams of high-quality protein, which supports muscle repair, growth, and overall bodily

functions. The protein in turkey is complete, containing all essential amino acids.

Fat Content

The 7% fat ratio in this ground turkey translates to about 40 to 45 grams of total fat per pound. This includes both saturated and unsaturated fats, with a relatively low saturated fat content compared to higher-fat meat options.

Macronutrients in 93/7 Ground Turkey

Macronutrients such as protein, fat, and carbohydrates define the energy and functional value of 1 lb 93/7 ground turkey nutrition. Since this product is primarily meat, carbohydrates are negligible, making it an excellent option for low-carb diets. The balance between protein and fat is critical for health and culinary uses.

Protein: The Lean Muscle Builder

Protein supports metabolic processes and is vital for muscle maintenance and immune function. The high protein quantity in 93/7 ground turkey makes it a favored choice among athletes and fitness enthusiasts looking to increase protein intake without excessive fat.

Fat: Essential but Controlled

Fat in 93/7 ground turkey serves as a source of energy and aids in the absorption of fat-soluble vitamins. The fat profile includes both monounsaturated and polyunsaturated fats, which are beneficial for heart health when consumed in moderation.

Carbohydrates: Minimal Presence

Ground turkey naturally contains virtually no carbohydrates, making it ideal for ketogenic or low-carb diets. This absence of carbs means that the protein and fat content supply nearly all the calories.

Micronutrients Found in 93/7 Ground Turkey

Beyond macronutrients, 1 lb 93/7 ground turkey nutrition includes various important vitamins and minerals that contribute to overall health and well-being. These micronutrients support immune function, energy production, and tissue repair.

Key Vitamins

Ground turkey is rich in B vitamins, particularly niacin (B3), vitamin B6, and vitamin B12. These vitamins play crucial roles in energy metabolism, red blood cell formation, and neurological health.

Important Minerals

This lean meat provides essential minerals such as zinc, phosphorus, and selenium. Zinc supports immune function, phosphorus contributes to bone health, and selenium acts as an antioxidant.

Health Benefits of Consuming Ground Turkey

Incorporating 1 lb 93/7 ground turkey into a balanced diet offers numerous health advantages. Its lean protein and nutrient-rich profile promote muscle maintenance, weight management, and cardiovascular health.

Supports Weight Management

Low in fat and high in protein, 93/7 ground turkey helps increase satiety, reduce overall calorie intake, and preserve lean muscle mass during weight loss efforts.

Promotes Heart Health

Replacing higher-fat meats with lean ground turkey can reduce saturated fat intake, which benefits cholesterol levels and cardiovascular risk factors.

Enhances Muscle Growth and Repair

The abundant high-quality protein supports muscle synthesis, making it a staple protein source for athletes and active individuals.

Comparison with Other Ground Meats

When evaluating 1 lb 93/7 ground turkey nutrition, it is useful to compare it with other popular ground meats such as beef, pork, and chicken to understand relative benefits and drawbacks.

Ground Turkey vs. Ground Beef

Ground beef typically contains higher fat content and calories, especially regular ground beef which can be 70/30 or 80/20 lean-to-fat ratios. In contrast, 93/7 ground turkey offers substantially less saturated fat and fewer calories per pound.

Ground Turkey vs. Ground Chicken

Ground chicken and 93/7 ground turkey have similar lean-to-fat ratios, but turkey often contains a slightly higher protein concentration and a slightly different micronutrient profile.

Ground Turkey vs. Pork

Pork ground meat usually has higher fat content than 93/7 ground turkey, making turkey a leaner and heart-healthier alternative.

Tips for Choosing and Preparing 93/7 Ground Turkey

Proper selection and cooking methods maximize the nutritional benefits of 1 lb 93/7 ground turkey nutrition and ensure food safety and optimal flavor.

Selection Tips

- Choose fresh or properly frozen 93/7 ground turkey with a bright pink color and no off-odors.
- Check the packaging date to ensure freshness.
- Opt for organic or antibiotic-free options if available for added quality assurance.

Cooking Recommendations

Ground turkey should be cooked to an internal temperature of 165°F to ensure safety. Cooking with minimal added fats, such as grilling, baking, or sautéing with small amounts of healthy oils, preserves its lean quality.

Flavor Enhancement

Utilize herbs, spices, and low-sodium seasonings to enhance taste without adding excess calories or sodium, supporting a healthy diet while enjoying flavorful meals.

Frequently Asked Questions

What is the calorie content in 1 lb of 93/7 ground turkey?

1 lb of 93/7 ground turkey contains approximately 676 calories.

How much protein is in 1 lb of 93/7 ground turkey?

There are about 92 grams of protein in 1 lb of 93/7 ground turkey.

What is the fat content in 1 lb of 93/7 ground turkey?

1 lb of 93/7 ground turkey has around 28 grams of fat.

How many carbohydrates are in 1 lb of 93/7 ground turkey?

93/7 ground turkey contains 0 grams of carbohydrates per 1 lb serving.

Is 93/7 ground turkey a good source of iron?

Yes, 1 lb of 93/7 ground turkey provides a moderate amount of iron, contributing to daily iron needs.

How much cholesterol is in 1 lb of 93/7 ground turkey?

There are approximately 260 milligrams of cholesterol in 1 lb of 93/7 ground turkey.

Does 1 lb of 93/7 ground turkey contain any dietary fiber?

No, 93/7 ground turkey contains 0 grams of dietary fiber per 1 lb serving.

Is 93/7 ground turkey considered a lean meat option?

Yes, 93/7 ground turkey is considered lean because it contains 7% fat, making it a healthier alternative to higher-fat ground meats.

How does the sodium content in 1 lb of 93/7 ground turkey compare to other ground meats?

1 lb of 93/7 ground turkey typically contains a low amount of sodium, similar to other fresh ground meats, unless seasoned or processed.

Additional Resources

1. The Complete Guide to Ground Turkey Nutrition

This book offers an in-depth look at the nutritional profile of ground turkey, including the popular 93/7 lean-to-fat ratio. It covers essential vitamins, minerals, protein content, and calorie counts, helping readers make informed dietary choices. Recipes and meal planning tips are included to maximize health benefits.

2. Healthy Cooking with 93/7 Ground Turkey

Focusing on practical applications, this book combines nutrition science with delicious recipes using 93/7 ground turkey. It emphasizes balanced meals that support weight management and heart health. Readers will find easy-to-follow instructions for breakfast, lunch, and dinner dishes.

3. Understanding Lean Meats: The Case of 93/7 Ground Turkey

This book explores the benefits of lean meats, with a special focus on 93/7 ground turkey. It discusses how this meat compares nutritionally to other protein sources and its role in various dietary plans. The book also addresses common myths and provides tips for selecting and storing ground turkey.

4. Nutrition Facts and Myths About Ground Turkey

A fact-based examination of ground turkey nutrition, this book debunks common misconceptions and highlights the true health benefits of 93/7 ground turkey. It includes scientific data and expert opinions to guide readers toward healthier eating habits. The book is suitable for nutritionists, chefs, and health-conscious individuals.

5. The Athlete's Guide to 93/7 Ground Turkey Nutrition

Designed for active individuals and athletes, this book details how 93/7 ground turkey supports muscle growth and recovery. It covers protein content, fat levels, and how to incorporate this lean meat into performance-focused diets. Meal prep strategies and quick recipes are also featured.

6. Ground Turkey Nutrition for Weight Loss and Wellness

This book provides insights on how 93/7 ground turkey can be part of an effective weight loss and wellness plan. It discusses calorie control, fat content, and nutrient density, offering tips to create satisfying, low-calorie meals. Readers will find motivational advice alongside nutritional science.

7. Cooking Smart: Nutritional Benefits of 93/7 Ground Turkey

A practical guide that combines cooking techniques with nutrition information, this book helps readers maximize the health benefits of 93/7 ground turkey. It covers how cooking methods affect nutrient retention and offers recipes optimized for flavor and nutrition. Ideal for home cooks and food enthusiasts.

8. Ground Turkey and Heart Health: Nutrition Insights

This book investigates the impact of 93/7 ground turkey on cardiovascular health. It explains how lean protein intake can support heart function and reduce risk factors. The author includes meal plans and lifestyle tips tailored to improving heart health through diet.

9. Family Meals with 93/7 Ground Turkey: Nutrition and Flavor Combined

A family-friendly cookbook that emphasizes nutritious meals using 93/7 ground turkey, this book balances taste and health for all ages. It features kid-approved recipes, nutritional guidance for growing children, and strategies for introducing lean proteins into everyday meals. The book aims to make healthy eating enjoyable and accessible.

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1 lb 93 7 ground turkey nutrition: The Complete GLP-1 Diet Cookbook for Beginners

Sarah Mitchell, 2025-08-19 Transform your health and discover the joy of eating again with the revolutionary GLP-1 diet approach that's changing lives worldwide. If you're tired of restrictive diets that leave you hungry and unsatisfied, this comprehensive GLP-1 diet cookbook offers a refreshing solution. The GLP-1 diet works with your body's natural hormone production to naturally reduce appetite, stabilize blood sugar, and promote sustainable weight loss—all while enjoying incredibly delicious meals. What You'll Discover Inside: 85+ mouthwatering GLP-1 diet recipes designed to boost natural hormone production Complete 30-day GLP-1 diet meal plan with weekly shopping lists Simple breakfast, lunch, dinner, and snack options that keep you satisfied for hours Beginner-friendly recipes perfect for those new to the GLP-1 diet Senior-friendly meal options with easy-to-follow instructions Meal prep strategies that save time and reduce stress Restaurant dining guidelines and craving management techniques Science-backed nutrition principles explained in easy-to-understand terms Whether you're managing diabetes, seeking sustainable weight loss, or simply want to feel more energized throughout the day, this GLP-1 diet cookbook proves that healthy eating doesn't mean sacrificing flavor. From Herb-Crusted Baked Salmon to Chocolate Avocado Mousse, every recipe is crafted to support stable blood sugar while delivering restaurant-quality taste. Unlike restrictive diet plans, the GLP-1 diet approach naturally helps you feel satisfied with smaller portions while providing steady energy all day long. You'll learn to work with your body's wisdom rather than against it, creating lasting changes that feel effortless. Perfect for beginners, seniors, and seasoned home cooks alike, this GLP-1 diet meal plan cookbook includes detailed nutritional information, cooking tips, and modifications to suit various dietary preferences. Each recipe includes GLP-1 Boost Tips explaining exactly how the ingredients support your health goals. Ready to revolutionize your relationship with food and feel amazing in your body? Start your GLP-1 diet transformation today with recipes that prove healthy eating is the most delicious choice you can make.

1 lb 93 7 ground turkey nutrition: The Allergy-Friendly Cookbook Elizabeth Pecoraro,

2023-08 No one should feel left out when it comes to healthy eating, regardless of food allergies. In *The Allergy-Friendly Cookbook*, registered dietitian Elizabeth Pecoraro teaches families with allergies to cook simple, healthy, delicious meals that are completely free of the top nine allergens: peanuts, tree nuts, egg, milk, wheat, soy, fish, shellfish, and sesame. Pecoraro, whose own children live with food allergies, offers 60 allergy-friendly recipes that won't take you hours to prepare and that your whole family will enjoy. With each recipe, she also provides substitution options, nutrition notes, and cooking tips. In addition, she shares which allergy-friendly manufacturers she trusts for her own family. *The Allergy-Friendly Cookbook* is a must-have resource for families who live with food allergies and want to feed their children healthy, safe meals.

1 lb 93 7 ground turkey nutrition: *Lose Weight Like Crazy Even If You Have a Crazy Life!*

Autumn Calabrese, 2020-08-18 You can lose weight like crazy, and you can achieve anything! Autumn Calabrese shares the revolutionary step-by-step approach to lose weight that made her one of the top fitness and nutrition celebrities in the world. No cutting corners and no BS: In this book

she reveals the personal struggles that shaped her approach to overcome excuses that led to this 30-day plan to succeed at weight loss, and life! Hey there! I'm Autumn Calabrese. I'm a Midwest girl, a single working mom who really had no business being in the business of health and fitness. But I found my passion in helping people achieve their weight-loss and health goals. I turned myself into a mini mega-mogul of nutrition and fitness with two of Beachbody's most successful programs ever: 21 Day Fix and The Ultimate Portion Fix. I've led a crazy life and it's still crazy—probably a lot like yours. I've faced tremendous hardships and disappointments that have deflated my self-confidence. But I've found a way to turn “failures” into “redirections” that have transformed my life. And you can do it, too! Over the past five years, I've helped hundreds of thousands of people finally get control of food and lose 10, 20, 30, even more than 100 pounds with my breakthrough weight-loss programs. And, now I'm going to do the same for you! Imagine enjoying your favorite CARBS, WINE AND COCKTAILS, AND EVEN CHOCOLATE CAKE and still melt fat to build the lean, fit, healthy body you've always wanted! Here's my proposition: Give me just 30 days of your time, trust my process, GO ALL IN, and see what happens to your body. If you've ever struggled to lose weight before, I know why, and I have the solution. Lose Weight Like Crazy is NOT a DIET. There's Zero Deprivation. It works by automatically controlling your portion sizes, eliminating those unhealthy, sugary processed foods that trigger cravings, and filling you up on a proven ratio of healthy whole foods. It's simple. It's backed by science. And it works. You Won't Count Calories! You won't feel hungry or deprived! You can enjoy dessert! You can have a cocktail with your friends! You can speed up your results by adding fast, fun exercise routines that you'll love! (free lifetime access to my 2 new workout videos included with the book!) You can maintain your new body and feel amazing—for life!

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1 lb 93 7 ground turkey nutrition: *Child Nutrition Legislation* United States. Congress. Senate. Committee on Agriculture, Nutrition, and Forestry. Subcommittee on Nutrition, 1977

1 lb 93 7 ground turkey nutrition: *Advanced Sports Nutrition* Dan Benardot, 2020-07-21 Use the most sophisticated sports nutrition information to help you reach your athletic performance goals. In *Advanced Sports Nutrition*, Third Edition, world-renowned sports nutritionist Dr. Dan Benardot combines the latest research, strategies, and sports nutrition information with his experience in academia and work with elite athletes to help you learn the following: The implications of relative energy deficiency in sport (RED-S) and within-day energy balance so you can maintain crucial energy balance throughout training and competition Optimal ratios and quantities of nutrients, vitamins, and minerals for achieving maximum power, strength, and performance How to avoid gastrointestinal distress during activity The most popular supplements and their effects on your athletic performance Strategies for balancing fluid and electrolytes to avoid dehydration and hyperhydration How to combat the effects of travel, such as jet lag, new foods, sleep disruption, and high altitude Weight-loss and body-composition issues so you can apply appropriate strategies to achieve the optimal strength-to-weight ratio for your sport Sport-specific guidelines for power sports, endurance sports, and those that require both power and endurance To further assist you in distilling the science into practice, you'll find 13 practical nutrition guides in the appendix. Curious about pregame nutrition, hydration, high-carb snacks, or macronutrient intake? These quick reference sheets help you easily apply the principles to your own nutrition plan. With *Advanced Sports Nutrition*, Third Edition, you get practical advice for how best to put nutrition science to work for you. Earn continuing education credits/units! A continuing education exam that uses this book is also available. It may be purchased separately or as part of a package that includes both the book and exam.

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1 lb 93 7 ground turkey nutrition: **Pregnancy Nutrition Counter** Annette B. Natow, Jo-Ann Heslin, 1992 From the renowned nutritionists who created *The Fat Counter* comes the first and only

counter especially designed for expectant mothers. Thousands of entries give counts for protein, folic acid, vitamin C, iron, and calcium; advice on fats, sugar, salt, and caffeine; a pregnancy journal; plus charts, diagrams, illustrations, and more.

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1 lb 93 7 ground turkey nutrition: Scientific Farm Animal Production Robert Ellis Taylor, Thomas Gordon Field, 1998 The latest edition of this proven and highly acclaimed best-seller provides the most up-to-date information while continuing to encompass the depth and breadth of both the livestock and poultry industries. Providing a sound overview of the biological principles of animal science (e.g. reproduction, genetics, nutrition, consumer products, etc.), the text also offers comprehensive coverage of the practical areas of breeding, feeding, and management of major farm animal species.

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Number 1 - Facts about the integer - Numbermatics Your guide to the number 1, an odd number which is uniquely neither prime nor composite. Mathematical info, prime factorization, fun facts and numerical data for STEM, education and fun

1 (number) | Math Wiki | Fandom 1 is the Hindu-Arabic numeral for the number one (the unit). It is the smallest positive integer, and smallest natural number. 1 is the multiplicative identity, i.e. any number multiplied by 1 equals

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