



**For Immediate Release**

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**Bring the Big Game Tailgate Home and Deep-Fry a Turkey!**

*Alexandria, VA, January 31, 2012* – Football fans are scoring high at Game Day parties this year with deep fried turkey. Special new recipes such as the grilled turkey and pineapple sandwich with smoked mozzarella, the Latin-style turkey tostada salad with spicy peanut dressing, and the Monte Cristo del Rio Grande sandwich are sure to make everyone cheer.

Deep-fried turkeys in peanut oil are now the second most preferred way to prepare turkey, but take much less time than a traditional roasted turkey and is very similar from a nutritional standpoint. A 4-ounce serving of roasted turkey has 241 calories and 12 grams of fat while a 4-ounce serving of turkey deep-fried in peanut oil comes in at 253 calories and under 14 grams of fat, a very subtle difference.

Peanut oil is traditionally used to prepare a deep-fried turkey because of its great taste and high smoke point. It is naturally trans fat-free, cholesterol free, and low in saturated fats. Many are not aware that frying in 100% peanut oil is allergen-free as well. Peanut oil is high in unsaturated fats, especially monounsaturated fat. It is also a source of vitamin E and phytosterols, which benefit heart-health.

Visit [www.turkeyfrying.net](http://www.turkeyfrying.net) to get great fried turkey recipes created by the Culinary Institute of America, including creative ways to use your fried turkey in sandwiches and salads. After your turkey has fried, the peanut oil can be reused to prepare side dishes or anything else on your game day menu.

The Peanut Institute is a non-profit organization dedicated to supporting nutrition research and educational programs that contribute to healthful lifestyles. For further information on this and other studies visit [www.peanut-institute.org](http://www.peanut-institute.org) and [www.turkeyfrying.net](http://www.turkeyfrying.net).

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