

# BC Burger

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Complex Food Prep

BC Burger

## Nutrition Information

<b>Calories</b>	340.00	<b>Protein</b>	17.00g
<b>Fat</b>	14.00g	<b>SaturatedFat</b>	6.00g
<b>Trans Fat</b>	0.50g	<b>Cholesterol</b>	40.00mg
<b>Carbohydrates</b>	35.00g	<b>Fiber</b>	3.00g
<b>Sugar</b>	9.00g	<b>Sodium</b>	600.00mg
<b>Iron</b>	3.44mg	<b>Vitamin C</b>	9.00mg
<b>Vitamin A</b>	200.00IU	<b>Calcium</b>	131.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Piece	765641	MEATLOAF CKD SLCD W/CHS 100- 2.9Z	BAKE  This product is designed to be heated to 140 degrees F before serving. Verify internal temperature with a meat thermometer, as cooking times will vary due to differences in appliances and weight of product. Always wash work surfaces and your hands before handling food. Keep raw meats and vegetables separate from cooked product. Freeze or refrigerate leftovers immediately.
1 1 bun		3474 WGR HAMBURGER BUN (76) 60g 12ct	READY_TO_EAT

## Preparation Instructions