

K-6 Hamburger on WG Bun

Servings:	170.00
Serving Size:	1.00 Serving
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

All Beef Patty on WG bun

Nutrition Information

Calories	234.20	Protein	14.20g
Fat	9.70g	SaturatedFat	3.50g
Trans Fat	0.50g	Cholesterol	40.00mg
Carbohydrates	21.00g	Fiber	4.10g
Sugar	4.00g	Sodium	305.60mg
Iron	1.90mg	Vitamin C	0.04mg
Vitamin A	0.50IU	Calcium	44.36mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
170 Each	658622	BEEF STKBRGR PTY CKD 170-2Z SMRTPKS	Convection Oven: Preheat oven to 350 degrees F. Bake for 8-9 minutes. Microwave: Heat on HIGH power for 60-70 seconds. Appliances vary, adjust accordingly. Always heat until internal temperature reaches 165 degrees F when using a meat thermometer.
170 Each	676151	BUN HAMB WHLWHE 3.5 R/SOD 10-12CT	Thaw at room temperature for 1-2 hours
170 Each	634610	KETCHUP PKT LO SOD 1000- 9GM REDG	READY_TO_EAT None
170 Each	700051	MUSTARD PKT 500-5.5GM GFS	READY_TO_EAT None

Preparation Instructions

Serve:

Place 1 hamburger patty on bottom portion of bun, place 1 slice of cheese on top of patty and place with top bun.

condiments: optional

1 packet of Ketchup (25g Na)

1 packet of Mustard (85g Na)