

# K-6 Hamburger w/cheese on WG Bun

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

All Beef Patty w/ cheese on WG bun

## Nutrition Information

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