

Cheeseburger on Whole Grain Bun

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY DLX CKD 135-2.45Z COMM	1 Each	BAKE Conventional oven: from frozen state, bake in preheated 350 degree f conventional oven for 12 minutes. Convection oven: from frozen state, bake in preheated 350 degree f convectionoven for 8 minutes. Microwave: on high for about 1-2 minutes. Times given are approximate. Ovens vary. Adjust accordingly.	105880
Aunt Millie's 4" Whole Grain Hamburger Bun	1 Each	BAKE	3159
CHEESE AMER 160CT SLCD 6-5 COMM	1 1 Slice		150260

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.50
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	350.00		
Fat	14.50g		
SaturatedFat	6.50g		
Trans Fat	0.50g		
Cholesterol	52.50mg		
Sodium	515.00mg		
Carbohydrates	2.50g		
Fiber	1.00g		
Sugar	0.50g		
Protein	14.50g		
Vitamin A	137.00IU	Vitamin C	0.00mg
Calcium	103.50mg	Iron	1.50mg