

# HAMBURGER

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-3879
<b>School:</b>	Test High School 2		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CN Fully Cooked Beef Burger	100 Each	BAKE Convection Oven: From frozen state: Preheat oven to 350* F. Bake for 8-9 minutes or until internal temperature is 165* F.	
BUN HAMB SLCD 4IN	100 1each	THAW AND SERVE	763233

## Preparation Instructions

BAKE

Convection Oven: From frozen state: Preheat oven to 350\* F. Bake for 8-9 minutes or until internal temperature is 165\* F.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	200.00
<b>Fat</b>	5.50g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.25g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	280.00mg
<b>Carbohydrates</b>	28.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	4.00g
<b>Protein</b>	9.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 50.00mg	<b>Iron</b> 2.00mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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No 100g Conversion Available

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