

Hamburger Deluxe MTG

NO IMAGE

| | | | |
|----------------------|--------------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-102 |
| School: | Test High School 2 | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-----------------------------|---|------------|
| BEEF PTY CKD W/SOY CN | 100 Each | BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag. | 100650 |
| BUN HAMB SLCD WHEAT WHL 4IN 10-12 GCHC | 100 Each | | 517810 |
| TOMATO 6X6 LRG | 1 Gallon 1 Quart (20 Cup) | 1 Slice | 199001 |
| LETTUCE ICEBERG FS | 6 Pound 4 Ounce (100 Ounce) | 1 Leaf | 307769 |
| KETCHUP PKT 1000-9GM FOH CRWNCOLL | 100 Package | | 571720 |
| MAYONNAISE LT | 1 3/5 Quart | | 429406 |

Preparation Instructions

WASH HANDS.

,WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL. DRAIN.

,1. Cook beef patty as directed on package.

,2. Layer patty, lettuce, tomato, ketchup, mustard and mayo over bottom of roll. Top with remaining half of roll. 3. Serve.

,1 hamburger provides: 2 oz. eq meat/meat alternate & 2 oz. eq. grain

,Updated October 2013

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.000 |
| Grain | 2.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.200 |
| OtherVeg | 1.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

| Amount Per Serving | |
|---------------------------|-------------------------|
| Calories | 362.07 |
| Fat | 15.60g |
| SaturatedFat | 5.02g |
| Trans Fat | 1.00g |
| Cholesterol | 45.24mg |
| Sodium | 542.98mg |
| Carbohydrates | 37.49g |
| Fiber | 5.44g |
| Sugar | 9.02g |
| Protein | 18.32g |
| Vitamin A 299.88IU | Vitamin C 4.93mg |
| Calcium 76.66mg | Iron 3.12mg |

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

Nutrition - Per 100g

No 100g Conversion Available