

HAMBURGER

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-3879
School:	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

Meat	1.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available
