

Salisbury Steak with WG Roll

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44840

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK SALISBURY CHARB	1 Each	<p>BAKE Conventional Oven Preheat oven to 375 degrees f. Bake frozen product for 25-30 minutes or until internal temperature reaches 165 degrees f.</p> <p>CONVECTION Convection Oven Preheat oven to 350 degrees f. Bake frozen product for 15-20 minutes or until internal temperature reaches 165 degrees f.</p> <p>GRILL Flat Grill Preheat flat to 350 degrees f. Cook frozen product 2-4 minutes per side or until internal temperature reaches 165 degrees f.</p> <p>MICROWAVE Microwave Cook frozen product on high power for 2-4 minutes or until internal temperature reaches 165 degrees f.</p> <p>UNSPECIFIED Not Available</p>	697011
DOUGH ROLL DNNR WGRAIN	1 Each	<p>PANNING: 24 (4 X 6) FOR SINGLES, OR 48 (6 X 8) FOR CLUSTERS ON A LINED SHEET PAN - SPRAY PAPER WITH PAN RELEASE TO PREVENT BOTTOM SHRED. RETARD PRODUCT AT 38 DEGREES F (3.30 DEGREES C) FOR 18 HOURS ON A COVERED RACK OR FLOOR THAW TO TEMPLATE # 21 (2 3/4" X 1 3/4"). FLOOR TIME: 60-90 MINUTES AT AMBIENT CONDITIONS TO TEMPLATE # 21. BEFORE BAKING: SPRAY PRODUCT WITH WATER. SEED IF DESIRED. BAKE IN RACK OVEN AT 375 DEGREES F (190 DEGREES C) FOR 10-12 MINUTES; 14-18 MINUTES IF CLUSTER-BAKED. STEAM: 20 SECONDS. CONVECTION OVEN: FOLLOW ABOVE INSTRUCTIONS. BEFORE BAKING, SPRAY EACH ROLL HEAVILY WITH WATER. BAKE TEMP/TIME: 325 DEGREES F (160 DEGREES C) FOR 10-12 MINUTES ROTATE TRAY AT 6-7 MINUTES.</p>	152131
GRAVY MIX BROWN	2 Ounce	<p>STOVE TOP DIRECTIONS: 1.BRING 3 QUARTS OF WATER TO A BOIL. 2.MEANWHILE, ADD 1 PACKAGE OF GRAVY MIX GRADUALLY TO 1 QUART OF COOL WATER, STIRRING VIGOROUSLY WITH A WIRE WHIP. 3.WHILE STIRRING CONSTANTLY, ADD THE GRAVY MIXTURE TO THE BOILING WATER. CONTINUE TO STIR WHILE BRINGING TO A FULL BOIL. 4.REDUCE HEAT AND SIMMER FOR 3-4 MINUTES, STIRRING OCCASIONALLY. IF GRAVY IS TOO THICK, ADD MORE WATER. USE LESS WATER IF A THICKER GRAVY IS DESIRED. ALTERNATE INSTANT: SLOWLY ADD MIX TO ONE GALLON OF HOT (140°F-180°F) WATER WHILE STIRRING WITH A WIRE WHIP. CONTINUE MIXING UNTIL CONTENTS ARE DISSOLVED. COVER AND LET STAND FOR 10 MINUTES. REMOV</p>	242450

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.500
Grain	1.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	390.63		
Fat	17.51g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	1288.86mg		
Carbohydrates	38.10g		
Fiber	6.00g		
Sugar	6.03g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.36mg

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

Nutrition - Per 100g

No 100g Conversion Available