

# Salisbury Steak

<b>Servings:</b>	30.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-39659
<b>School:</b>	Knox High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK SMKY GRL	30 Each	<b>BAKE</b> From a frozen state: Conventional Oven Bake on a pan in a preheated conventional oven at 350°F for 20-22 minutes. Times given are approximate. <b>CONVECTION</b> From a frozen state: Convection Oven Bake on a pan in a preheated convection oven at 350°F for 8-9 minutes. Times given are approximate.	451400
GRAVY MIX BROWN	2 Quart	Prepared	242450
Tap Water for Recipes	2 Quart		000001WTR

## Preparation Instructions

Make gravy according to package directions.

Pour 1/2 gallon gravy over each pan of 30 Salisbury Steaks.

Heat.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.000
<b>Grain</b>	0.000
<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: 30.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	256.67
<b>Fat</b>	17.53g
<b>SaturatedFat</b>	7.00g
<b>Trans Fat</b>	1.00g
<b>Cholesterol</b>	70.00mg
<b>Sodium</b>	743.33mg
<b>Carbohydrates</b>	4.27g
<b>Fiber</b>	0.00g
<b>Sugar</b>	1.07g
<b>Protein</b>	16.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 0.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available