

# TURKEY, BACON SUB

NO IMAGE

|                      |                        |                       |         |
|----------------------|------------------------|-----------------------|---------|
| <b>Servings:</b>     | 1.00                   | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 1.00 Each              | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch                  | <b>Recipe ID:</b>     | R-9942  |
| <b>School:</b>       | Manchester High School |                       |         |

## Ingredients

| Description               | Measurement | Prep Instructions | DistPart # |
|---------------------------|-------------|-------------------|------------|
| BACON CKD RND             | 1 Gram      |                   | 433608     |
| TURKEY BRST SLCD OVN RSTD | 3 Ounce     |                   | 689541     |
| White Wheat Sub Bun       | 1 Each      |                   | 31454      |

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 2.055 |
| <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: 1.00

Serving Size: 1.00 Each

| Amount Per Serving      |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 236.93                  |
| <b>Fat</b>              | 2.87g                   |
| <b>SaturatedFat</b>     | 1.33g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 42.63mg                 |
| <b>Sodium</b>           | 743.02mg                |
| <b>Carbohydrates</b>    | 28.00g                  |
| <b>Fiber</b>            | 2.50g                   |
| <b>Sugar</b>            | 4.00g                   |
| <b>Protein</b>          | 24.95g                  |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 63.00mg  | <b>Iron</b> 1.00mg      |

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

## Nutrition - Per 100g

No 100g Conversion Available