

# SALISBURY STEAK WITH BISCUIT

NO IMAGE

<b>Servings:</b>	1.00	<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-32529
<b>School:</b>	Manchester High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK SALISBURY CHARB	1 Each	<b>GRILL</b> Flat grill: preheat flat grill to 350 degrees f. Heat frozen product for 2-4 minutes per side or until internal temperature reaches 165 degrees f. Conventional oven: preheat oven to 375 degrees f. Heat frozen product for 25-30 minutes or until internal temperature reaches 165 degrees f. Convection oven: preheat oven to 350 degrees f. Heat frozen product for 15-20 minutes or until internal temperature reaches 165 degrees f. Microwave: heat frozen product on high power for 2-4 minutes or until internal temperature reaches 165 degrees f.	571730
DOUGH BISC HMSTYL	1 Each		504076

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<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>	390.00
<b>Fat</b>	23.00g
<b>SaturatedFat</b>	10.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	810.00mg
<b>Carbohydrates</b>	31.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	3.00g
<b>Protein</b>	17.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 30.00mg	<b>Iron</b> 2.20mg

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

## Nutrition - Per 100g

No 100g Conversion Available