

SEASONED BEEF STEAK

NO IMAGE

| | | | |
|----------------------|------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 3.00 Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-40976 |
| School: | Manchester High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------|-------------|-------------------|------------|
| BEEF STK PHLL CKD | 3 Ounce | | 710831 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 1.500 |
| Grain | 0.000 |
| 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: 3.00 Ounce

| Amount Per Serving | |
|-------------------------|-------------------------|
| Calories | 120.00 |
| Fat | 7.50g |
| SaturatedFat | 3.00g |
| Trans Fat | 0.00g |
| Cholesterol | 30.00mg |
| Sodium | 645.00mg |
| Carbohydrates | 1.50g |
| Fiber | 0.00g |
| Sugar | 1.50g |
| Protein | 10.50g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 30.00mg | Iron 1.08mg |

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

Nutrition - Per 100g

| | |
|-------------------------|-------------------------|
| Calories | 141.10 |
| Fat | 8.82g |
| SaturatedFat | 3.53g |
| Trans Fat | 0.00g |
| Cholesterol | 35.27mg |
| Sodium | 758.39mg |
| Carbohydrates | 1.76g |
| Fiber | 0.00g |
| Sugar | 1.76g |
| Protein | 12.35g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 35.27mg | Iron 1.27mg |

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