

CHEESEBURGER ON A BUN MADE WITH LOCAL BEEF



| | | | |
|----------------------|------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-9434 |
| School: | Manchester High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------|-------------|-------------------|------------|
| BEEF STKBRGR GRND 80/20 | 4 Ounce | | 449010 |
| White Wheat Hamburger Bun | 1 Each | READY_TO_EAT | 51022 |
| CHEESE AMER 160CT SLCD R/F | 1 Slice | | 722360 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.500 |
| Grain | 2.000 |
| 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: 1.00 Each

| Amount Per Serving | |
|--------------------------|-------------------------|
| Calories | 475.29 |
| Fat | 22.51g |
| SaturatedFat | 8.34g |
| Trans Fat | 0.88g |
| Cholesterol | 108.07mg |
| Sodium | 546.57mg |
| Carbohydrates | 29.00g |
| Fiber | 2.00g |
| Sugar | 4.50g |
| Protein | 38.41g |
| Vitamin A 10.29IU | Vitamin C 0.00mg |
| Calcium 188.29mg | Iron 3.95mg |

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

Nutrition - Per 100g

No 100g Conversion Available