

# Cheeseburger\*

<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-10134
<b>School:</b>	Concord High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK SMKY GRLL	1 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
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

## Preparation Instructions

Cook beef patty at 350 ,for 25 min . temp at 165 . Add cheese and place in a hamburger bun . Wrap cheese burger up in a yellow foil wrapper. Hold in warmer and serve .

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.500
<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>	420.00
<b>Fat</b>	21.50g
<b>SaturatedFat</b>	9.00g
<b>Trans Fat</b>	1.00g
<b>Cholesterol</b>	77.50mg
<b>Sodium</b>	750.00mg
<b>Carbohydrates</b>	26.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	4.50g
<b>Protein</b>	24.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 30.00mg	<b>Iron</b> 2.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available