

# Salisbury Steak & Gravy

<b>Servings:</b>	72.00	<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-51528
<b>School:</b>	Prairie Crossing		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK SALIS CKD	72 Each		690030
MIX GRAVY BRN LO SOD	1 Package		552050
Water	1 Gallon		Water

## Preparation Instructions

1. Pan up the steaks 30-32 to a pan & steam to temperature 18- degrees.
  2. Mix the heated water with the gravy mix. Heat to 165 degrees or higher. Pour 1/2 gallon over the heated steaks.
- Hold in hot pass thru until ready to serve.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	0.000
<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: 72.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	222.50		
<b>Fat</b>	14.00g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	467.02mg		
<b>Carbohydrates</b>	8.50g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	1.90g		
<b>Protein</b>	14.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.09mg

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

## **Nutrition - Per 100g**

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No 100g Conversion Available

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