

# Salisbury Steak w/ Gravy

|                      |                                |                       |                  |
|----------------------|--------------------------------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00                           | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Serving                   | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch                          | <b>Recipe ID:</b>     | R-40140          |
| <b>School:</b>       | Union Center Elementary School |                       |                  |

## Ingredients

| Description        | Measurement   | DistPart # |
|--------------------|---------------|------------|
| BEEF STK SMKY GRLL | 1 Each        | 451400     |
| GRAVY BF RSTD      | 1 Fluid Ounce | 232424     |

## Preparation Instructions

Salisbury Steak: Conventional oven: from frozen state: preheat oven to 350 degrees f. Bake in a pan for 20-22 minutes. Convection oven: from frozen state: preheat oven to 350 degrees f. Bake in a pan for 8-9 minutes.

### Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 3.000 |
| <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: 1.00

Serving Size: 1.00 Serving

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 245.00   |                  |        |
| <b>Fat</b>           | 17.75g   |                  |        |
| <b>SaturatedFat</b>  | 7.25g    |                  |        |
| <b>Trans Fat</b>     | 1.00g    |                  |        |
| <b>Cholesterol</b>   | 70.00mg  |                  |        |
| <b>Sodium</b>        | 550.00mg |                  |        |
| <b>Carbohydrates</b> | 2.00g    |                  |        |
| <b>Fiber</b>         | 0.00g    |                  |        |
| <b>Sugar</b>         | 0.00g    |                  |        |
| <b>Protein</b>       | 16.50g   |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 2.50mg   | <b>Iron</b>      | 0.00mg |

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

### Nutrition - Per 100g

No 100g Conversion Available