

STEAK BURGER TOPPINGS



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27188
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE LEAF DELI	1 Each		416593
TOMATO SLCD 1/4IN	1 Piece		786535
PICKLE KOSH DILL CHIP C/C	4 Slice		242667

Preparation Instructions

Use this recipe when onion rings are on the same day.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.250
RedVeg	0.500
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	33.65		
Fat	0.40g		
SaturatedFat	0.10g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	273.58mg		
Carbohydrates	7.17g		
Fiber	2.37g		
Sugar	5.08g		
Protein	1.68g		
Vitamin A	1499.40IU	Vitamin C	24.66mg
Calcium	22.33mg	Iron	0.57mg

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

Nutrition - Per 100g

No 100g Conversion Available