

LOCALLY PRODUCED BRAT ON A BUN



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31825
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
White Wheat Hot Dog bun	1 Each		53071
Brat, Original	4 Ounce		

Preparation Instructions

Place Brats on a pan insert in a 2 1/2 inch hotel pan. Bake at 375 for 15 minutes.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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		425.21	
Fat		24.09g	
SaturatedFat		8.33g	
Trans Fat*		0.03g	
Cholesterol		70.00mg	
Sodium		1094.84mg	
Carbohydrates		27.35g	
Fiber		2.28g	
Sugar		3.59g	
Protein		24.17g	
Vitamin A	0.00IU	Vitamin C	9.00mg
Calcium	50.49mg	Iron	2.40mg

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

Nutrition - Per 100g

No 100g Conversion Available