

SALISBURY STEAK WITH BISCUIT



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32529
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK SALISBURY CHARB	1 Each	GRILL Flat grill: preheat flat grill to 350 degrees f. Heat frozenproduct for 2-4 minutes per side or until internal temperature reaches165 degrees f. Conventional oven: preheat oven to375 degrees f. Heat frozen product for 25-30 minutes or until internal temperature reaches 165 degrees f. Convection oven: preheat oven to 350 degrees f. Heat frozen product for 15-20 minutes or until internal temperature reaches 165 degrees f. Microwave: heat frozen product on high power for 2-4 minutes or until internal temperature reaches 165 degrees f.	571730
DOUGH BISC HMSTYL	1 Each		504076

Preparation Instructions

No Preparation Instructions available.

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		390.00	
Fat		23.00g	
SaturatedFat		10.00g	
Trans Fat*		0.00g	
Cholesterol		40.00mg	
Sodium		810.00mg	
Carbohydrates		31.00g	
Fiber		2.00g	
Sugar		3.00g	
Protein		17.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	2.20mg

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

Nutrition - Per 100g

No 100g Conversion Available