

# HONEY BBQ RIB SANDWICH



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35508
School:	Manchester High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
White Wheat Sub Bun	1 Each		31454
BEEF RIB BBQ HNY	1 Each	BAKE From a frozen state. Conventional Oven Bake ribs on a pan in a preheated conventional oven at 350 for 13 minutes. CONVECTION From a frozen state. Convection Oven Bake ribs on a pan in a preheated convection oven at 350 for 11 minutes. MICROWAVE From a frozen state. Microwave Oven Microwave on full power for about 2 minutes. Microwave ovens vary, times give are approximate.	451410

## Preparation Instructions

Preparation & Cooking

FROM FROZEN BAKE ON SHEET PANS IN 350 DEGREE F CONVECTION OVEN FOR 11 MINUTES OR CONVENTIONAL OVEN FOR 13 MINUTES, OR MICROWAVE ON HIGH FOR 2 MINUTES.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<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 Each

Amount Per Serving			
<b>Calories</b>		350.00	
<b>Fat</b>		11.50g	
<b>SaturatedFat</b>		4.69g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		40.00mg	
<b>Sodium</b>		930.00mg	
<b>Carbohydrates</b>		41.00g	
<b>Fiber</b>		4.50g	
<b>Sugar</b>		14.00g	
<b>Protein</b>		20.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	103.00mg	<b>Iron</b>	2.80mg

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

## Nutrition - Per 100g

No 100g Conversion Available