

# STEAKBURGER ON A BUN



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9289
School:	Manchester High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
White Wheat Hamburger Bun	1 Each	READY_TO_EAT	51022
BEEF STK BRGR CHARB	1 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan inpreheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	203260

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.750
<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>		16.00g	
<b>SaturatedFat</b>		6.00g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		60.00mg	
<b>Sodium</b>		390.00mg	
<b>Carbohydrates</b>		28.00g	
<b>Fiber</b>		2.00g	
<b>Sugar</b>		4.00g	
<b>Protein</b>		24.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	66.00mg	<b>Iron</b>	1.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available