

Salisbury Steak

Servings:	136.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46695
School:	Benton Jr -Sr High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK SALIS CKD	136 Each	BAKE Conventional Oven Preheat oven to 375 degrees f. Heat frozen product for 20-25minutes or until internal temperature reaches 165 degrees f. CONVECTION Convection Oven Preheat oven to 350 degrees f. Heat frozen product for 15-20minutes or until internal temperature reaches 165 degrees f. GRILL Flat Grill Preheat flat to 350 degrees f. Heat frozen product 2-4minutes per side or until internal temperature reaches 165 degrees f. MICROWAVE Microwave Heat frozen product on high power for 2-3 minutes or until internal temperature reaches 165 degrees f.	690030
MIX GRAVY BRN LO SOD	1 Pound		552050
Tap Water	1 Gallon		

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 136.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	205.88		
Fat	14.00g		
SaturatedFat	6.00g		
Trans Fat*	0.00g		
Cholesterol	45.00mg		
Sodium	380.59mg		
Carbohydrates	5.18g		
Fiber	1.00g		
Sugar	1.24g		
Protein	14.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.02mg

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

Nutrition - Per 100g

No 100g Conversion Available