

# Bacon Cheeseburger



Servings:	144.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15842
School:	ANDERSON COUNTY HIGH		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD LO SOD FLAMEBR 144- 2.25Z	144 Each	GRILL Flat grill: from frozen at 375 degree f (medium-high) for 10-12 minutes (5-6 minutes per side). From thawed at 375 degree f for 6 minutes (3 minutes per side).conventional oven: frozen at 375 degree f for 15-18 minutes. Thawed at 375 degreef for 10-12 minutes. Convection oven: frozen at 350 degree f for 9-11 minutes. Thawed at 350 degree f for 5-7 minutes. Microwave: from frozen place on microwave safe plate. Cover with paper towel and heat on high 60-70 seconds. From thawedplace on microwave safe plate. Cover with paper towel and heat on high 40-45 seconds.	226851
Hamburger Bun Whole Grain	144 Each		3447
CHEESE AMER YEL 160CT SLCD	1 Slice		271411
BACON CKD RND WHOLE MUSCLE 2-96CT GFS	1 Slice		365620

## Preparation Instructions

Pan burgers according to how you do at your school. If you bake it will be at 375 for 10-12 mins or you reach temp of 165 degrees. If you steam, should be 10-15 mins or until 165 degrees.

Bake bacon at 375 for 3-4 mins

Pan buns then place burger , bacon, cheese in that order on each bun.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.003
<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: 144.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>		290.59	
<b>Fat</b>		10.05g	
<b>SaturatedFat</b>		3.52g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		40.12mg	
<b>Sodium</b>		287.61mg	
<b>Carbohydrates</b>		32.01g	
<b>Fiber</b>		3.00g	
<b>Sugar</b>		4.00g	
<b>Protein</b>		19.03g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.45mg	<b>Iron</b>	10.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available