

Hamburger



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12049

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	12 Pound 8 Ounce (200 Ounce)		23579
Rolls, dinner, whole-wheat	100 roll (1 oz)		18348
Catsup	3 Quart 3 Fluid Ounce 1 7/8 Tablespoon (200 Tablespoon)		11935
Pickles, cucumber, dill or kosher dill	200 Slice	2 Slices of Pickle	11937

Preparation Instructions

For the hamburger - 2 oz ground beef 23579; 2 oz roll 18348; 2 tsp catsup 11935; 2 slice pickles 11937

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: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		325.51	
Fat		12.03g	
SaturatedFat		4.04g	
Trans Fat*		0.60g**	
Cholesterol		47.60mg	
Sodium		762.70mg	
Carbohydrates		38.27g	
Fiber		4.44g	
Sugar		12.12g	
Protein		18.59g	
Vitamin A	202.35IU	Vitamin C	1.72mg
Calcium	90.57mg	Iron	2.93mg

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

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available