

Salisbury Steak - 29002



Servings:	25.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31549
School:	Certification High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey, ground, 85% lean, 15% fat, pan-broiled crumbles	1 Pound 11 Ounce (27 Ounce)	(38.4 oz turkey, raw, ground; no more than 15% fat)	5669
Cereals, oats, regular and quick, not fortified, dry	7 Ounce		8120
Soup, beef broth, less/reduced sodium, ready to serve	1/2 Cup		6188
Milk, dry, nonfat, regular, with added vitamin A and vitamin D	1 1/2 Ounce		1154
Onions, cooked, boiled, drained, without salt	4 5/8 Ounce		11283
Spices, parsley, dried	1/8 Cup		2029
Spices, pepper, black	1 1/4 tsp, ground		2030
Salt, table	2 1/2 Teaspoon		2047
Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	1 Pound 3 Ounce (19 Ounce)	(25.6 oz beef, ground, raw, no more than 15% fat)	23570
Egg, white, raw, fresh	1/2 Cup		1124
Soup, chicken broth, low sodium, canned	1 Quart 1/4 Cup (4 1/4 Cup)		6970

Description	Measurement	Prep Instructions	DistPart #
Wheat flour, whole-grain (Includes foods for USDA's Food Distribution Program)	2 1/2 Ounce		20080
Margarine-like spread, SMART BEAT Smart Squeeze	2 Ounce		4676
Mushrooms, white, cooked, boiled, drained, without salt	2 Ounce		11261
Spices, onion powder	1 Teaspoon		2026
Mustard, prepared, yellow	1 Tablespoon		2046
Tomato products, canned, puree, without salt added	4 Ounce		11547

Preparation Instructions

Preparation Instructions: Combine all ingredients and bake at 350 F.

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: 25.00			
Serving Size: 1.00 Serving			
Amount Per Serving			
Calories		194.33	
Fat		9.60g	
SaturatedFat		2.85g	
Trans Fat*		0.20g**	
Cholesterol		51.94mg	
Sodium		336.85mg	
Carbohydrates		10.36g	
Fiber		1.46g	
Sugar		1.65g	
Protein		16.87g	
Vitamin A	231.32IU	Vitamin C	1.22mg**
Calcium	53.04mg**	Iron	1.99mg**

*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

Calories	157.99
Fat	7.81g
SaturatedFat	2.32g
Trans Fat*	0.16g**
Cholesterol	42.23mg
Sodium	273.86mg
Carbohydrates	8.42g
Fiber	1.18g
Sugar	1.34g
Protein	13.72g
Vitamin A 188.06IU	Vitamin C 0.99mg**
Calcium 43.12mg**	Iron 1.62mg**

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