

Salisbury Steak - arl



Servings:	25.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32578
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
Oats, rolled, unenriched, quick cooking, dry, no salt added [100466]	7 Ounce		50456
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, fine ground, crumbles, pan-browned,15% fat [100158]	1 Pound 3 Ounce (19 Ounce)	(25.6 oz beef, ground, raw, no more than 15% fat)	50512
Soup, chicken broth, low sodium, canned	1 Quart 1/4 Cup (4 1/4 Cup)		6970
Wheat flour, whole-grain (Includes foods for USDA's Food Distribution Program)	2 1/2 Ounce		20080

Description	Measurement	Prep Instructions	DistPart #
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
Tomatoes, Diced, No Salt Added, Canned	4 Ounce		51504

Preparation Instructions

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

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
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		192.29	
Fat		9.51g	
SaturatedFat		2.83g	
Trans Fat*		0.08g**	
Cholesterol		51.78mg	
Sodium		335.88mg	
Carbohydrates		9.30g	
Fiber		1.36g	
Sugar		1.47g**	
Protein		16.93g	
Vitamin A	226.25IU	Vitamin C	1.22mg**
Calcium	52.64mg**	Iron	1.91mg**

*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