

Hamburger Deluxe MTG



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-102
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD W/SOY CN	100 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan inpreheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	100650
BUN HAMB SLCD WHEAT WHL 4IN 10-12 GCHC	100 Each		517810
TOMATO 6X6 LRG	20 Cup	1 Slice	199001
LETTUCE ICEBERG FS	100 Ounce	1 Leaf	307769
KETCHUP PKT 1000-9GM FOH CRWNCOLL	100 Package		571720
MAYONNAISE LT	6 Cup 6 Tablespoon (1 3/5 Quart)		429406

Preparation Instructions

- WASH HANDS.
- ,WASH ALL FRESH PRODUCE UNDER COOL RUNNING WATER. RINSE WELL. DRAIN.
- ,1. Cook beef patty as directed on package.
- ,2. Layer patty, lettuce, tomato, ketchup, mustard and mayo over bottom of roll. Top with remaining half of roll. 3. Serve.

,1 hamburger provides: 2 oz. eq meat/meat alternate & 2 oz. eq. grain

,Updated October 2013

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Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.200
OtherVeg	1.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		362.07	
Fat		15.60g	
Saturated Fat		5.02g	
Trans Fat		1.00g	
Cholesterol		45.24mg	
Sodium		542.98mg	
Carbohydrates		37.49g	
Fiber		5.44g	
Sugar		9.02g	
Added Sugar		0.00g	
Protein		18.32g	
Vitamin A	299.88mcg	Vitamin C	4.93mg
Calcium	76.66mg	Iron	3.12mg

Nutrition - Per 100g

No 100g Conversion Available