

Cheeseburger on WW Bun

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41643
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STKBRGR PTY CKD	1 Each	COOKING GUIDELINES: Cook from frozen state. CONVENTIONAL OVEN: Preheat oven to 350 F. Bake for 11 -12 minutes or until internal temperature reaches 165 F when using a meat thermometer. CONVECTION OVEN: Preheat oven to 350 F. Bake for 8 - 9 minutes or until internal temperature reaches 165 F when using a meat thermometer. MICROWAVE: Heat on high power for 60 - 70 seconds. Microwaves may vary, verify internal temperature is 165 F with the use of a meat thermometer. BAKE UNSPECIFIED Not currently available	658622
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546
CHEESE SLCD BLND 6-5 COMM	1 Slice		150600

Preparation Instructions

COOKING GUIDELINES: Cook from frozen state. Combi-Oven: Preheat oven to 350 F. Bake for 8 - 9 minutes with light steam or until internal temperature reaches 165°F when using a meat thermometer.

CONVECTION OVEN: Preheat oven to 350 F. Bake for 8 - 9 minutes or until internal temperature reaches 165°F when using a meat thermometer.

Hold at 140°F

Place 1 beef patty and 1 slice of cheese between hamburger bun to serve.

Meal Components (SLE)

Amount Per Serving	
Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		310.00	
Fat		12.50g	
Saturated Fat		5.50g	
Trans Fat		0.50g	
Cholesterol		47.50mg	
Sodium		480.00mg	
Carbohydrates		26.00g	
Fiber		3.00g	
Sugar		4.50g	
Added Sugar		0.00g	
Protein		18.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	30.00mg	Iron	3.08mg

Nutrition - Per 100g

No 100g Conversion Available			
------------------------------	--	--	--