

Cheeseburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Cheeseburger	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48983

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Bun White Wheat 4"	1 Each	READY_TO_EAT	51022
Beef, Patties, Lean, Frozen	1 PATTY	BAKE Bake until no longer pink - internal temperature of 165 degrees or more.	100163
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036

Preparation Instructions

Place cooked burger patty on bottom of bun, add cheese and put top bun on.

Meal Components (SLE)

Amount Per Serving	
Meat	2.500
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: 1.00			
Serving Size: 1.00 Cheeseburger			
Amount Per Serving			
Calories		290.00	
Fat		8.50g	
SaturatedFat		3.50g	
Trans Fat*		0.00g	
Cholesterol		47.50mg	
Sodium		570.00mg	
Carbohydrates		31.00g	
Fiber		2.00g	
Sugar		0.50g	
Protein		24.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available
