

29002 Salisbury Steak



Servings:	25.00	Category:	Entree
Serving Size:	1.00 steak	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52779
School:	Key High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey, ground, 85% lean, 15% fat, pan-broiled crumbles	27 Ounce		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 2/3 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	19 Ounce		23570
Egg, white, raw, fresh	1/2 Cup		1124
Soup, chicken broth, low sodium, canned	4 Tablespoon		6970
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

Description	Measurement	Prep Instructions	DistPart#
Spices, onion powder	1 Teaspoon		2026
Mustard, prepared, yellow	1 Tablespoon		2046
Tomato products, canned, puree, without salt added	4 Ounce		11547

Preparation Instructions

Prepare gravy.
Combine all remaining ingredients and
bake at 350 F for 25-30 minutes.

Meal Components (SLE)

Amount Per Serving	
Meat	2.000
Grain	0.000
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: 25.00			
Serving Size: 1.00 steak			
Amount Per Serving			
Calories		193.97	
Fat		9.59g	
Saturated Fat		2.85g	
Trans Fat		0.20g**	
Cholesterol		51.94mg	
Sodium		336.29mg	
Carbohydrates		10.30g	
Fiber		1.42g	
Sugar		1.64g	
Added Sugar		0.00g**	
Protein		16.84g	
Vitamin A	228.90mcg	Vitamin C	1.06mg**
Calcium	51.62mg**	Iron	1.96mg**

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

Nutrition - Per 100g

No 100g Conversion Available