

# Cheeseburger on Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10329
<b>School:</b>	Highland High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PTY CKD 2.45Z	1 Each	N/A	661851
Land O Lakes® 50% Reduced Fat American Cheese Slices	1 Slice		499789
Hamburger Bun 4in - Wheat	1 Each		51070

## Preparation Instructions

Wash hands and put on gloves.

Place hamburgers from frozen state in 4 inch large black pan with baking sheet. 50 hamburgers per pan.

Add about 1/2 inch water and cover with paper and foil.

Place in steamer for about 25 minutes or until the patties reach an internal temp of 165 degrees. Check patties and cook for additional time if needed.

Drain and dispose of liquid.

Add cheese slice and allow to melt. Place cooked patty inside fresh or thawed buns, wrap in foil wrappers. Single in steam table pan and hot hold until service.

Updated 1.14.25

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>		309.40	
<b>Fat</b>		14.57g	
<b>Saturated Fat</b>		5.27g	
<b>Trans Fat</b>		0.80g	
<b>Cholesterol</b>		49.00mg	
<b>Sodium</b>		461.00mg	
<b>Carbohydrates</b>		26.66g	
<b>Fiber</b>		3.27g	
<b>Sugar</b>		3.32g	
<b>Added Sugar</b>		0.00g	
<b>Protein</b>		17.52g	
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	21.00mg	<b>Iron</b>	2.34mg

## Nutrition - Per 100g

No 100g Conversion Available