

Salisbury Steak & Gravy



Servings:	132.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51528
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK SALIS CKD	132 Each	BAKE Conventional Oven Preheat oven to 375 degrees f. Heat frozen product for 20-25minutes or until internal temperature reaches 165 degrees f. CONVECTION Convection Oven Preheat oven to 350 degrees f. Heat frozen product for 15-20minutes or until internal temperature reaches 165 degrees f. GRILL Flat Grill Preheat flat to 350 degrees f. Heat frozen product 2-4minutes per side or until internal temperature reaches 165 degrees f. MICROWAVE Microwave Heat frozen product on high power for 2-3 minutes or until internal temperature reaches 165 degrees f.	690030
MIX GRAVY BRN LO SOD	2 Package	Basic Preparation IN SAUCEPAN HEAT 1 GALLON OF WATER (190-212 DEGREES F). REMOVE FROM HEAT. GRADUALLY AD DFULL PACKAGE OF GRAVY MIX, STIRRING BRISKLY WITH WIRE WHISK. RETURN TO MED-HIGH HEAT. STIR UNTIL GRAVY IS THICKENED AND SMOOTH. SERVE OR HOLD ON STEAM TABLE UNPREPARED OPEN pouch with our easy tear feature. POUR the full package of Low Sodium Brown Gravy Mix gradually into 1 gallon of boiling water (212°F). STIR briskly with wire whisk until smooth and thickened, while returning to medium-high heat; OR cover and let stand for 10 minutes, then STIR briskly with wire whisk.	552050
Water	2 Gallon	READY_TO_DRINK	Water

Preparation Instructions

1. Pan up the steaks 30-32 to a pan & steam to temperature 18- degrees.
2. Mix the heated water with the gravy mix. Heat to 165 degrees or higher. Pour 1/2 gallon over the heated steaks.
- Hold in hot pass thru until ready to serve.

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: 132.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		224.55	
Fat		14.00g	
Saturated Fat		6.00g	
Trans Fat		0.00g	
Cholesterol		45.00mg	
Sodium		477.65mg	
Carbohydrates		8.91g	
Fiber		1.00g	
Sugar		1.98g	
Added Sugar		0.00g	
Protein		14.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.10mg

Nutrition - Per 100g

No 100g Conversion Available			
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