

Country Fried Steak on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52964
School:	Benton Jr -Sr High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY BRD	1 Each		192312
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	2.000
Grain	3.250
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		440.12	
Fat		20.01g	
Saturated Fat		4.50g	
Trans Fat		0.00g	
Cholesterol		30.01mg	
Sodium		720.20mg	
Carbohydrates		44.01g	
Fiber		5.00g	
Sugar		6.00g	
Added Sugar		3.00g	
Protein		20.01g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	30.00mg	Iron	2.00mg

Nutrition - Per 100g

No 100g Conversion Available	
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