

# Cheeseburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46702
School:	Prairie Crossing		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY FLAMEBR	1 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan inpreheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag. UNSPECIFIED Not currently available	205030
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice		100036
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

## Preparation Instructions

Place 30 patties in #1 pan. Heat to 165 degrees, about 7 minutes on steam. Hold in hot pass thru at 165 degrees or higher.

Keep cheese cold until ready to serve.

Serve on bun with a slice of cheese if desired.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.750
<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 Each

Amount Per Serving			
<b>Calories</b>		320.00	
<b>Fat</b>		12.50g	
<b>Saturated Fat</b>		5.50g	
<b>Trans Fat</b>		0.50g	
<b>Cholesterol</b>		42.50mg	
<b>Sodium</b>		630.00mg	
<b>Carbohydrates</b>		27.00g	
<b>Fiber</b>		4.00g	
<b>Sugar</b>		4.50g	
<b>Added Sugar</b>		3.00g	
<b>Protein</b>		20.00g	
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	2.00mg

## Nutrition - Per 100g

No 100g Conversion Available