

# 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

<b>Meat</b>	2.000
<b>Grain</b>	0.000
<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: 132.00

Serving Size: 1.00 Each

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

## Nutrition - Per 100g

No 100g Conversion Available