

Salisbury Steak

NO IMAGE

| | | | |
|----------------------|--------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-44840 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------|-------------|--|------------|
| BEEF STK SALISBURY CHARB | 1 Each | BAKE Conventional Oven Preheat oven to 375 degrees f. Bake frozen product for 25-30 minutes or until internal temperature reaches 165 degrees f. CONVECTION Convection Oven Preheat oven to 350 degrees f. Bake frozen product for 15-20 minutes or until internal temperature reaches 165 degrees f. GRILL Flat Grill Preheat flat to 350 degrees f. Cook frozen product 2-4 minutes per side or until internal temperature reaches 165 degrees f. MICROWAVE Microwave Cook frozen product on high power for 2-4 minutes or until internal temperature reaches 165 degrees f. UNSPECIFIED Not Available | 697011 |
| GRAVY MIX BROWN | 2 Ounce | STOVE TOP DIRECTIONS: 1.BRING 3 QUARTS OF WATER TO A BOIL. 2.MEANWHILE, ADD 1 PACKAGE OF GRAVY MIX GRADUALLY TO 1 QUART OF COOL WATER, STIRRING VIGOROUSLY WITH A WIRE WHIP. 3.WHILE STIRRING CONSTANTLY, ADD THE GRAVY MIXTURE TO THE BOILING WATER. CONTINUE TO STIR WHILE BRINGING TO A FULL BOIL. 4.REDUCE HEAT AND SIMMER FOR 3-4 MINUTES, STIRRING OCCASIONALLY. IF GRAVY IS TOO THICK, ADD MORE WATER. USE LESS WATER IF A THICKER GRAVY IS DESIRED. ALTERNATE INSTANT: SLOWLY ADD MIX TO ONE GALLON OF HOT (140°F-180°F) WATER WHILE STIRRING WITH A WIRE WHIP. CONTINUE MIXING UNTIL CONTENTS ARE DISSOLVED. COVER AND LET STAND FOR 10 MINUTES. REMOV | 242450 |

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

| | |
|---------------------------------|-------|
| Meat/Meat Alternate | 1.500 |
| Grain | 0.000 |
| Fruit | 0.000 |
| DarkGreen | 0.000 |
| Red/Orange | 0.000 |
| OtherVeg | 0.000 |
| Beans, Peas, and Lentils | 0.000 |
| Starchy | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

| Amount Per Serving | |
|--------------------------|-------------------------|
| Calories | 250.63 |
| Fat | 15.01g |
| Saturated Fat | 3.50g |
| Trans Fat | 0.00g |
| Cholesterol | 35.00mg |
| Sodium | 1098.86mg |
| Carbohydrates | 14.10g |
| Fiber | 1.00g |
| Total Sugar | 3.03g |
| Added Sugar | 2.03g |
| Protein | 12.00g |
| Vitamin A 0.00mcg | Vitamin C 0.00mg |
| Calcium 0.00mg | Iron 0.00mg |

Nutrition - Per 100g

No 100g Conversion Available