

BBQ Rib Sandwich

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44340

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF RIB BBQ HNY	1 Each	BAKE From a frozen state. Conventional Oven Bake ribs on a pan in a preheated conventional oven at 350 for 13 minutes. CONVECTION From a frozen state. Convection Oven Bake ribs on a pan in a preheated convection oven at 350 for 11 minutes. MICROWAVE From a frozen state. Microwave Oven Microwave on full power for about 2 minutes. Microwave ovens vary, times give are approximate.	451410
5" WG Split Top Hoagie Bun x	1 Each		3737

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.500
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 Each

Amount Per Serving	
Calories	360.00
Fat	11.50g
Saturated Fat	4.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	930.00mg
Carbohydrates	41.00g
Fiber	2.00g
Total Sugar	14.00g
Added Sugar	0.00g
Protein	20.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 40.00mg	Iron 1.80mg

Nutrition - Per 100g

No 100g Conversion Available