

# Western Cheeseburger on Bun\*

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-50510
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 80/20	5 Ounce		158704
CHEESE AMER 160CT SLCD R/F	1 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	722360
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546
BACON CKD THN SLCD	1 Slice		874124

## Preparation Instructions

1. Bake the beef patties in a 350 degree oven for 30 minutes or until the internal temperature reaches 165 degrees.
2. Place the patties in a pan and cover.
3. Place in the hot boxes until service.
4. Then place a patty with slice of cheese on each bun.

Updated 3.17.23

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	4.104
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	570.83
<b>Fat</b>	33.40g
<b>Saturated Fat</b>	13.70g
<b>Trans Fat</b>	1.89g
<b>Cholesterol</b>	104.58mg
<b>Sodium</b>	614.78mg
<b>Carbohydrates</b>	26.00g
<b>Fiber</b>	3.00g
<b>Total Sugar</b>	4.50g
<b>Added Sugar</b>	3.00g
<b>Protein</b>	36.18g
<b>Vitamin A</b> 0.00mcg RAE**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 126.00mg	<b>Iron</b> 4.31mg

\*\*One or more nutritional components are missing from at least one item on this recipe.

## Nutrition - Per 100g

<b>Calories</b>	402.70
<b>Fat</b>	23.56g
<b>Saturated Fat</b>	9.66g
<b>Trans Fat</b>	1.33g
<b>Cholesterol</b>	73.78mg
<b>Sodium</b>	433.71mg
<b>Carbohydrates</b>	18.34g
<b>Fiber</b>	2.12g
<b>Total Sugar</b>	3.17g
<b>Added Sugar</b>	2.12g
<b>Protein</b>	25.53g
<b>Vitamin A</b> 0.00mcg RAE**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 88.89mg	<b>Iron</b> 3.04mg

\*\*One or more nutritional components are missing from at least one item on this recipe.