

Biscuit & Gravy

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39958
School:	Prairie Heights High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT BTRMLK	1 Each	**Non-Whole Grain**	451740
GRAVY SAUS CNTRY	3 Ounce		846891

Preparation Instructions

1 biscuit with 3 oz of gravy

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	2.250
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	265.00
Fat	12.25g
Saturated Fat	5.25g
Trans Fat	0.00g
Cholesterol	7.50mg
Sodium	920.00mg
Carbohydrates	34.00g
Fiber	1.00g
Total Sugar	3.00g
Added Sugar	2.00g
Protein	5.50g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 65.00mg	Iron 2.00mg

Nutrition - Per 100g

Calories	311.58
Fat	14.40g
Saturated Fat	6.17g
Trans Fat	0.00g
Cholesterol	8.82mg
Sodium	1081.72mg
Carbohydrates	39.98g
Fiber	1.18g
Total Sugar	3.53g
Added Sugar	2.35g
Protein	6.47g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 76.43mg	Iron 2.35mg