

# Hamburger on Bun

|                      |                         |                       |                  |
|----------------------|-------------------------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00                    | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Sandwich           | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch                   | <b>Recipe ID:</b>     | R-23552          |
| <b>School:</b>       | Concord Jr. High School |                       |                  |

## Ingredients

| Description         | Measurement | Prep Instructions | DistPart # |
|---------------------|-------------|-------------------|------------|
| BUN HAMB WHT WHE 4" | 1 Each      |                   | 248151     |
| BEEF STK BRGR CHARB | 1 Each      |                   | 203260     |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

|                                 |       |
|---------------------------------|-------|
| <b>Meat/Meat Alternate</b>      | 2.750 |
| <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 Sandwich

| Amount Per Serving           |                         |
|------------------------------|-------------------------|
| <b>Calories</b>              | 350.00                  |
| <b>Fat</b>                   | 16.00g                  |
| <b>Saturated Fat</b>         | 6.00g                   |
| <b>Trans Fat</b>             | 0.00g                   |
| <b>Cholesterol</b>           | 60.00mg                 |
| <b>Sodium</b>                | 380.00mg                |
| <b>Carbohydrates</b>         | 26.00g                  |
| <b>Fiber</b>                 | 3.00g                   |
| <b>Total Sugar</b>           | 3.00g                   |
| <b>Added Sugar</b>           | 0.00g                   |
| <b>Protein</b>               | 24.00g                  |
| <b>Vitamin A</b> 0.00mcg RAE | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 32.02mg       | <b>Iron</b> 1.43mg      |

### Nutrition - Per 100g

No 100g Conversion Available