

# Minuteman Burger

<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-40335
<b>School:</b>	Concord Jr. High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATLOAF CKD SLCD W/CHS	1 Piece		765641
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

## Preparation Instructions

Cook meatloaf/beef according to directions on package. This product is designed to be heated to 140 degrees F before serving

For service: Put patty on hamburger bun and serve.

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<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>	340.00
<b>Fat</b>	14.00g
<b>Saturated Fat</b>	6.50g
<b>Trans Fat</b>	0.50g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	630.00mg
<b>Carbohydrates</b>	33.00g
<b>Fiber</b>	4.00g
<b>Total Sugar</b>	9.00g
<b>Added Sugar</b>	3.00g
<b>Protein</b>	16.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 30.00mg	<b>Iron</b> 2.00mg

## **Nutrition - Per 100g**

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No 100g Conversion Available

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