

Salisbury Steak

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44840

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK SALISBURY CHARB	1 Each	BAKE Conventional Oven Preheat oven to 375 degrees f. Bake frozen product for 25-30 minutes or until internal temperature reaches 165 degrees f. CONVECTION Convection Oven Preheat oven to 350 degrees f. Bake frozen product for 15-20 minutes or until internal temperature reaches 165 degrees f. GRILL Flat Grill Preheat flat to 350 degrees f. Cook frozen product 2-4 minutes per side or until internal temperature reaches 165 degrees f. MICROWAVE Microwave Cook frozen product on high power for 2-4 minutes or until internal temperature reaches 165 degrees f. UNSPECIFIED Not Available	697011
GRAVY MIX BROWN	2 Ounce	STOVE TOP DIRECTIONS: 1.BRING 3 QUARTS OF WATER TO A BOIL. 2.MEANWHILE, ADD 1 PACKAGE OF GRAVY MIX GRADUALLY TO 1 QUART OF COOL WATER, STIRRING VIGOROUSLY WITH A WIRE WHIP. 3.WHILE STIRRING CONSTANTLY, ADD THE GRAVY MIXTURE TO THE BOILING WATER. CONTINUE TO STIR WHILE BRINGING TO A FULL BOIL. 4.REDUCE HEAT AND SIMMER FOR 3-4 MINUTES, STIRRING OCCASIONALLY. IF GRAVY IS TOO THICK, ADD MORE WATER. USE LESS WATER IF A THICKER GRAVY IS DESIRED. ALTERNATE INSTANT: SLOWLY ADD MIX TO ONE GALLON OF HOT (140°F-180°F) WATER WHILE STIRRING WITH A WIRE WHIP. CONTINUE MIXING UNTIL CONTENTS ARE DISSOLVED. COVER AND LET STAND FOR 10 MINUTES. REMOV	242450

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.500
Grain	0.000
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	250.63
Fat	15.01g
Saturated Fat	3.50g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	1098.86mg
Carbohydrates	14.10g
Fiber	1.00g
Total Sugar	3.03g
Added Sugar	2.03g
Protein	12.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

Nutrition - Per 100g

Calories	442.03
Fat	26.48g
Saturated Fat	6.17g
Trans Fat	0.00g
Cholesterol	61.73mg
Sodium	1938.03mg
Carbohydrates	24.87g
Fiber	1.76g
Total Sugar	5.34g
Added Sugar	3.57g
Protein	21.16g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg