

Sloppy Joe on Bun-Elementary

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34881
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLOPPY JOE REDUCED FAT	3 5/8 Ounce	#10 Disher or 3/8 cup	564790
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.130
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	298.00
Fat	8.00g
Saturated Fat	2.70g
Trans Fat	0.00g
Cholesterol	44.00mg
Sodium	669.00mg
Carbohydrates	35.00g
Fiber	4.00g
Total Sugar	11.00g
Added Sugar	8.00g
Protein	18.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 69.00mg	Iron 4.00mg

Nutrition - Per 100g

Calories	289.57
Fat	7.77g
Saturated Fat	2.62g
Trans Fat	0.00g
Cholesterol	42.76mg
Sodium	650.08mg
Carbohydrates	34.01g
Fiber	3.89g
Total Sugar	10.69g
Added Sugar	7.77g
Protein	17.49g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 67.05mg	Iron 3.89mg