

# Cheeseburger

<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-22444
<b>School:</b>	NEW PRAIRIE HIGH SCHOOL	<b>Grams Per Serving:</b>	

## Ingredients

Description	Measurement	DistPart #
CHEESE AMER 160CT SLCD R/F	1 Slice	722360
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546
BEEF PTY 5/ 80/20	1 Each	482790

## Preparation Instructions

- 1.Pre-heat oven to 350 degrees.
2. Put raw hamburgers on paper lined cookie sheet.
3. Season with pepper and garlic.
4. Thawed- cook 8-10 minutes, must reach 165 degrees and not be pink in the middle.
5. Top with 1 slice of cheese while hot and let melt.
6. Put on bun (wrap if desired).

Updated 8.4.25

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.500
<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>	415.00
<b>Fat</b>	22.00g
<b>Saturated Fat</b>	8.75g
<b>Trans Fat</b>	1.00g
<b>Cholesterol</b>	67.50mg
<b>Sodium</b>	500.00mg
<b>Carbohydrates</b>	26.00g
<b>Fiber</b>	3.00g
<b>Total Sugar</b>	4.50g
<b>Added Sugar</b>	3.00g
<b>Protein</b>	25.50g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 126.00mg	<b>Iron</b> 3.80mg

## Nutrition - Per 100g

No 100g Conversion Available