

# Sandwich, Hamburger on Whole Grain Bun, MMA, WG (SR103699)

HACCP Process: Process 2: Same day service  
 Allergens: Contains Gluten, Soy, Wheat;  
 Meal Contribution: 2 WGR, 2 Meat/MA  
 Number of Servings: 15 Serving Size: 1 HAMBURGER  
 Moisture gain/loss%: 0.0000 Yield: 4 Pound, 3 1/4 Ounce  
 Waste gain/loss%: 0.0000 Fat gain/loss% : 0.0000  
 Total Recipe Cost: \$0.0000 Cost Per Serving: \$0.0000

Stock Item#	Stock Item	Stock Quantity	Cost (\$)	Ingredient Name	Quantity
				Beef, Smart Picks Patty, 2.5 oz, Flamebroiled Cooked Fzn, Soy Added, AdvancePierre Foods, 155-525-0, MMA SI100109	15 Patty (2.5 oz)
				Spices, Pepper, Black SI101839	1/4 tsp, ground
				Bread, 4" Whole Grain White Hamburger Bun, Nickles, 1711, WGR SI105357	15 Each

**Preparation Instructions**

- 1. Preheat oven to 350 degree
- 2. Cover large baking sheet (16 1/2 X 24) with foil spray with vegetable spray
- 3. Lay burger out on sheet in single layer season with black pepper
- 4. Place patties in oven and bake till temperature reaches 155 degrees approximately 45 minutes. Check every 15 minutes to see cooking properly. Turn burgers over half way through baking time using metal tongs
- 5. After reaching proper temperature cover with foil, hold at 140 degrees till serving time for hot service.
- 6. On 1 whole grain bun using metal tongs place burger in bun serve immediately or hold at 140 degrees for hot service.

**Nutritional Information**

	Fat	SFat	Carb	Protein	Sugar
<b>% of Calories</b>	42.09	14.52	36.15	23.22	5.160

**Nutrients per 100 g**

FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
244.346	11.426	3.941	0.788(M)	27.579	393.991	22.083	2.372	3.152(M)	14.187	2.556	110.45	78.963	0	0.004(M)	0.002(M)

**Nutrients per serving (126.908 g)**

FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
310.096	14.501	5.001	1(M)	35	500.008	28.025	3.01	4(M)	18.004	3.244	140.17	100.21	0	0.005(M)	0.002(M)

(M) Indicates missing values.

1 Trans Fat is provided for informational purposes, not for monitoring purposes.