

Cheeseburger on a Whole Grain Bun (LR100032)

HACCP Process: Process 2: Same day service
 Allergens: Contains Gluten, Milk, Soy, Wheat;
 Meal Contribution: 2 WGR, 2 Meat/MA
 Number of Servings: 1.00 Serving Size: 1 Each
 Moisture gain/loss%: 0.0000 Yield: 4 1/2 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 Flamebroiled Pattie 1.95 oz, Cooked, Frozen, AdvancePierre Foods, 1-155-820-20, MMA SI101378	2 ounces
				Cheese, Yellow American, Pasteurized Process, 160 Slice Land O'Lakes, 46255, MMA SI100678	1 Each
				Bread, 4" Whole Grain White Hamburger Bun, Nickles, 1711, WGR SI105357	1 Each

Nutritional Information

	Fat	SFat	Carb	Protein	Sugar
% of Calories	33.75	12.86	39.29	27.86	6.429

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)
223.495	8.381	3.193	0	27.937	570.71	21.95	2.395	3.592	15.565	2.299	171.612	119.729	0	(M)	(M)

Nutrients per serving (125.282 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)
280	10.5	4	0	35	715	27.5	3	4.5	19.5	2.88	215	150	0	(M)	(M)

(M) Indicates missing values.

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