HAMBURGER #001110

Ingredients

25 Hamburger patties
25 hamburger buns

Makes: 25
Prep Time:
Cooking Time:
Provides: 2M/MA 2G

Image

Nutrition Facts

Hamburger

Nutrition Facts
Serving Size: Serving
Serving per Container: 1

Amount Per Serving	
Calories: 322	Calories from Fat 137
	% Daily Value*
Total Fat 15.2g	23%
Saturated Fat 5.0g	25%
Trans Fat* 1.0g	
Cholesterol 35mg	12%
Sodium 503mg	21%
Total Carbohydrate 29.2g	10%
Dietary Fiber 5.4g	20%
Protein 18.5g	38%
Vitamin A 2%	Vitamin C 0%
Calcium 4%	Iron 10%

* - Trans Fat value is provided for informational purposes only, not for monitoring purposes.
* - Percent Daily Values are based on a 2,000 calorie diet.
"N/A" - denotes a nutrient that is either missing or incomplete for an individual ingredient.

Possible Allergens or Sensitivites

		Yes	No	Comments
1.	Contains Egg		X	
2.	Contains Dairy		X	
3.	Contains Nuts		X	
4.	Contains Pork		X	
5.	Contains Gluten	X		Gluten free w/o bun
6.	Contains Soy	X		
7.	Vegetarian		X	