

GRILLED HAMBURGER STEAK

Yield 100

Portion 4-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
345 cal	0 g	38 g	20 g	133 mg	79 mg	11 mg

Ingredient

BEEF,GROUND,BULK,RAW,90% LEAN
 COOKING SPRAY,NONSTICK

Weight

37-1/2 lbs
 2 oz

Measure

1/4 cup 1/3 tbsp

Issue

Method

- 1 Shape into steaks about 1 inch thick by 4 inches weighing 6 ounces each.
- 2 Lightly spray griddle with non-stick cooking spray. Grill steaks on 350 F. griddle for 9 minutes on each side or until well done.
 CCP: Internal temperature must reach 155 F. or higher for 15 seconds. Hold for service at 140 F. or higher.