

## Sloppy Joe on Bun100

Number of Servings: 100 (161.4 g per serving)

Amount	Measure	Ingredient
20.00	lb	Beef, ground, hamburger, pan browned, 10% fat
5.00	qt	Tomatoes, puree, cnd
2 1/4	cup	Spice, onion, minced, dehyd
1 1/8	cup	Sugar, white, granulated
1 1/8	cup	Vinegar, cider
100.00	ea	Buns, hamburger, whole wheat
1 3/4	tsp	Salt, table, iodized

### Nutrients per serving

Nutrition Facts	
Serving Size (161g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 290</b>	<b>Calories from Fat 90</b>
% Daily Value*	
<b>Total Fat 9g</b>	<b>14%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol 55mg</b>	<b>18%</b>
<b>Sodium 310mg</b>	<b>13%</b>
<b>Total Carbohydrate 29g</b>	<b>10%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 7g	
<b>Protein 22g</b>	
Vitamin A 8%	• Vitamin C 15%
Calcium 6%	• Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300 mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

### Instructions

Brown hamburger. Add tomato puree, onion, sugar, vinegar and salt. Simmer 2 minutes to blend flavors. Serve hot on whole wheat hamburger bun.

1/2 cup Sloppy Joe mixture and 1 bun = 2 CS

#### Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.

#### Cooking :

- Cook to an internal temperature of 155 F for 15 seconds.

#### Holding :

- Hold for hot service at an internal temperature of 135 F or higher.

#### Storing :

- Store refrigerated left overs at an internal temperature of 32 - 36 F.