

Author

Categories

Tools

Locations

Plate/Store

Yield	1	Hamburger	Prep
Portion	1	Hamburger	Cook
Num Portions	1		Finish
			Shelf

Nutrition Facts	
Serving Size 1 Hamburger	
Servings Per Container 1	
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Amount Per Serving	
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Calories 500	Calories From Fat 237
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% Daily Value	
Total Fat 26g	39%
Saturated Fat 11g	50%
Cholesterol 95mg	32%
Sodium 357mg	15%
Total Carbohydrates 31g	10%
Dietary Fiber 1g	4%
Protein 25g	
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Vitamin A 0%	Vitamin C 0%
Calcium 3%	Iron 21%
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* Percent Daily Values are based on a 2000 calorie diet.	

Nutrition Descriptors

High in Iron
High in Protein
Good Source of Carbohydrates