**IRON MAN CHARBURGER**

Instructional Food Service OCC

Categories: Lunch

Locations: Game ON

Serving Size 16 fl oz

servings Per Container 1

**Nutrient Descriptors**

Good Source of Carbohydrates

Good Source of Potassium

High in Calcium

High in Iron

High in Protein

High in Vitamin C

**Nutrition Facts**

Amount per Serving % Daily Value

Calories 680

Calories From Fat 380

Total Fat 42g 63%

Saturated Fat 15g 70%

Trans Fat 0g

Polyunsaturated Fat 1.5g

Monounsaturated Fat 15g

Cholesterol 110 mg 37%

Sodium 630mg 26%

Total Carbohydrate 44g 15%

Dietary Fiber 1g 3%

Sugars 6g

Protein 32g

Vitamin A 6% Vitamin C 35%

Calcium 25% Iron 25%\*

\* Percent Daily Values are based on a 2000 calorie diet.

**Ingredients:**

GROUND BEEF GRASS FED 75/25 MEDIUM, BUN BRIOCHE GAMEON (UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, GRANULATED SUGAR, FULLY

REFINED SOYBEAN OIL, WHEAT GLUTEN, SALT, HONEY, DOUGH IMPROVER (MALTED WHEAT FLOUR, ENZYMES AND 2% OR LESS OF ASCORBIC ACID), CALCIUM PROPIONATE (TO RETAIN FRESHNESS), DEXTROSE, CORN STARCH, ARTIFICIAL FLAVORING, DEXTRIN, LESS THAN 2% SILICON DIOXIDE ADDED TO PREVENT CAKING, YELLOW CORN FLOUR, TURMERIC AND ANNATTO EXTRACTS (COLOR), VEGETABLE PROTEINS, VEGETABLE OIL, MALTODEXTRINS, STARCH), CHIMICHURRI SLAW (cabbage

slaw with carrot, CHIMICHURRI MAYO (mayonnaise, vinegar cider (DISTILLED VINEGAR (DILUTED WITH WATER TO 4% ACIDITY) NATURAL FLAVOR, CARMEL COLORING.), cilantro, parsley curly, lime juice fresh, jalapeno, garlic peeled, SALT PLAIN (SALT, CALCIUM SILICATE, DEXTROSE, POTASSIUM IODIDE), PEPPER BLACK GROUND), SALT KOSHER (Salt, Yellow Prussiate of Soda)), cheddar white

**Contains:** Eggs, Milk, Soy, Wheat