

# Cheeseburger Blast Unwrap

Category	Entree
Total Portions	60
Portion Size(s)	1 each
Meal Components	2.25 oz eq M/MA; 2 oz eq grain; ¾ cup vegetable ½ cup dark green veg, ⅛ cup red/orange, ⅛ cup other



## INGREDIENTS

Ground beef, 85/15, frozen (USDA or Commercial)  
 Steak seasoning, no salt added  
 Dehydrated onion  
 Water, tap  
 Romaine lettuce, fresh, untrimmed  
 Tomatoes, fresh, whole  
 Red onion, fresh, whole  
 10" tortillas, flour, whole grain-rich (at least 2 oz eq grain)  
 Cheddar cheese, yellow, reduced fat, shredded (USDA or Commercial)  
 Pickles, low-sodium, canned, chips  
 Catsup, low-sodium  
 Yellow mustard, prepared

## WEIGHT

10 lb  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 7 lb 12 oz  
 4 lb  
 2 lb 12 oz  
 \_\_\_\_\_  
 7 lb 8 oz  
 \_\_\_\_\_  
 2 lb 4 oz  
 \_\_\_\_\_  
 \_\_\_\_\_

## MEASURE

\_\_\_\_\_  
 1/4 cup  
 1/3 cup  
 2 cups  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 60 each  
 \_\_\_\_\_  
 15 oz  
 \_\_\_\_\_  
 3 ¾ cup  
 1 ¼ cups

## DIRECTIONS

1. Thaw ground beef: Thaw ground beef under refrigeration for 2-3 days before preparation. **CCP: Hold at 41°F or lower.**
2. Cook ground beef: Brown ground beef in tilt skillet. Drain well. Add steak seasoning blend, dehydrated onion, and 2 cups water. **CCP: Heat to 160°F for at least 15 seconds. Hold at 140°F or higher.**
3. Process Vegetables: Chop lettuce into bite-sized pieces, medium dice tomatoes, and chop red onion. **CCP: Hold at 41°F or lower.**
4. Build and serve unwraps: Shape each tortilla into 2 lb boats to create a bowl shape. Place 1 cup romaine in the bottom of each tortilla bowl. Top romaine with #8 scoop (2 oz wt) seasoned ground beef, 1 Tbsp (¼ oz wt) cheddar cheese, 1 fl oz spoodle (2 Tbsp) tomatoes, 1 Tbsp red onion, 1 Tbsp (about 3 each) pickles, 1 Tbsp catsup, and 1 tsp mustard.

## Nutrients Per One Serving (K-12)

Calories	372	kcal
Total Fat	18	g
Saturated Fat	6	g
Trans Fat	2	g
Cholesterol	57	mg
Sodium	534	mg
Total Carbohydrate	33	g
Total Dietary Fiber	6	g
Sugars	6	g
Protein	22	g
Vitamin A	4,398	IU
Vitamin C	7	mg
Calcium	54	mg
Iron	1	mg



Funded by the Beef Checkoff