

## Cracker barrel hamburger steak nutrition information





## Everyday Favorites

Country favorites including smaller portions of some of our signature breakfast items to mix and match.

### Bacon or Sausage with Fried Apples or Hashbrown Casserole

4.99

A full order of our Smoked Sausage Patties or Thick-Sliced Bacon with Fried Apples or Hashbrown Casserole.

### Hashbrowns, Fried Apples, Biscuit

4.59

Our Hashbrown Casserole with Fried Apples and a biscuit or toast, butter and preserves.

### Egg Sandwich

4.59

Two eggs\* cooked to order, served on our own Downough Bread with Fried Apples or Hashbrown Casserole.

### Eggs in the Basket

7.39

Two slices of Downough Bread with an egg\* in the middle of each and served with sausage or bacon and your choice of Fried Apples or Hashbrown Casserole.

### Assorted Cereal Breakfast

4.29

Your choice of Cheerios®, Froot Loops® or Frosted Flakes®

—with your choice of all-butter-raisins, Fried Apples or pecans —and—

Apple Bran Muffin or Wild Maine Blueberry Muffin.

### Apple n' Cinnamon Oatmeal Breakfast

5.29

A hotful of kettle hearty and steel cut oats simmered 'til creamy and blended with dried cranberries, apples, golden raisins, cinnamon and vanilla. All topped with a flavorful blend of fine roasted Fuji apples, dried cranberries and pecans. Served with reduced fat milk.

—and—  
Choice of Apple Bran Muffin or Wild Maine Blueberry Muffin.

### Two Eggs n' Biscuits

4.59

Cooked to order with homemade Buttermilk Biscuits or toast, butter and preserves.

### One Egg n' Bacon or Sausage

4.99

Cooked to order with a sausage patty or two strips of bacon and biscuits, butter and preserves.

### Heat Biscuit n' Hashbrowns or Fried Apples

4.59

Any sausage or ham biscuit served with Hashbrown Casserole or Fried Apples.

### Gravy n' Biscuits

3.89

Three Buttermilk Biscuits with Sawmill Gravy.

### Biscuits n' Gravy with Bacon or Sausage

4.99

Three Buttermilk Biscuits with Sawmill Gravy and Smoked Sausage Patties or Thick-Sliced Bacon.

## Kid's Menu

Kids of all ages are welcome to order from these kid-sized portions of some of our favorite menu items. (Does not include drink)

**Two Pancakes** Two fluffy Buttermilk Pancakes served with 100% Pure Natural Syrup or your choice of fruit topping.

4.39

**One Egg n' Biscuit** A farm fresh Grade A egg served scrambled or over-hard with a Buttermilk Biscuit, real butter and jelly.

3.29

### One Pancake

3.69

**Cereal and Milk** Choose from Cheerios®, Froot Loops® or Frosted Flakes®. Served with milk.

3.39

**Fresh Fruit n' Yogurt Parfait** Served with our honey oat granola mix with almonds and dried fruit.

3.99

Add a half-order of bacon or sausage to any kid's breakfast.

2.19



\*NOTICE: EGGS SERVED OVER-EASY, POACHED OR SUNNY-SIDE-UP AND STEAKS THAT ARE SERVED RARE OR MEDIUM-RARE MAY BE UNDERCOOKED AND CAN INCREASE THE RISK OF FOOD-BORN ILLNESS AND WILL ONLY BE SERVED UPON CONSUMER'S REQUEST.

We want to let you know that our Hashbrown Casserole is made the traditional way using meat seasonings and is not strictly vegetarian.

*Our made from scratch Buttermilk Pancakes are cooked to order and served with the day*

AT&T 04:59 83%

Debbie's Post Share



Debbie Douglas

September 5 at 13:57

Cracker Barrel's Hashbrown Casserole

2 lbs frozen hash browns

1/2 cup margarine or 1/2 cup butter, melted

1 (10 1/4 ounce) can cream of chicken soup

1 pint sour cream

1/2 cup onion, peeled and chopped

2 cups cheddar cheese, grated

1 teaspoon salt

1/4 teaspoon pepper

### DIRECTIONS

Preheat oven to 350°F and spray an 11 x 14 baking dish with cooking spray.

Mix the above ingredients together, place in prepared pan and bake for 45 minutes or until brown on top.



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**Cracker Barrel Meatloaf Recipe (Copycat)**

2 pounds lean ground beef	3 eggs
1 small finely diced onion	1 tsp. salt
1/2 cup finely diced bell pepper (optional)	1/4 tsp. black pepper
1 1/2 sleeves of crushed Ritz crackers	3/4 cup ketchup
4 oz. shredded sharp cheddar cheese	2 tbsp. brown sugar
1/2 cup milk	1 tsp. mustard

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**(Secret Recipe) Cracker Barrel Meatloaf**  
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Eat better. Feel better. Please note that some foods may not be suitable for some people and you are urged to seek the advice of a physician before beginning any weight loss effort or diet regimen. Although the information provided on this site is presented in good faith and believed to be correct, FatSecret makes no representations or warranties as to its completeness or accuracy and all information, including nutritional values, is used by you at your own risk. All trademarks, copyright and other forms of intellectual property are property of their respective owners. There are 440 calories in a Hamburger Steak from Cracker Barrel. Most of those calories come from fat (69%). -- Advertisement. Content continues below -- Gather the ingredients. The Spruce Preheat the oven 350 F. In a large bowl, combine the ground beef, celery, onion, green pepper, garlic salt, ground pepper, eggs, and Worcestershire sauce. Mix the ingredients thoroughly. The Spruce Form the ground beef mixture into patties (about 6 to 6 1/2 ounces each) and then dust them with flour; arrange the hamburger steaks in a 9-by-13-by-2-inch baking pan. The Spruce Pour the condensed soup in a saucepan and add browning sauce, if desired. Mix well and heat until it begins to simmer. The Spruce Pour mushroom soup over the steaks. The Spruce Bake about 45 minutes to 1 hour; or until the beef is thoroughly cooked. \*\*According to the USDA, the minimum safe temperature for ground beef is 160 F (ground poultry is 165 F).\*\* Ground beef loses roughly 25 percent of its weight—fat, and moisture—when cooked. Each 6 1/2-ounce raw patty should yield a 5-ounce cooked patty. Use ground chuck with about 15 to 20 percent fat for the moistest, most flavorful hamburger steaks. Add a splash of dry red wine to the gravy mixture for depth of flavor. For mushroom gravy, melt 2 tablespoons of butter in the saucepan and saute about 6 ounces of sliced mushrooms over medium-low heat until tender and golden brown. Add the cream of mushroom soup and browning sauce, if using. Bring to a simmer and then pour over the hamburger steaks. Proceed with the recipe. Rate This Recipe I don't like this at all. It's not the worst. Sure, this will do. I'm a fan—would recommend. Amazing! I love it! Thanks for your rating!

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