

Breakfast Sandwich

Servings:	1.00
Meal Type:	Breakfast
Category:	Entree
HACCP Process:	Same Day Service

English muffin with egg and turkey sausage

Nutrition Information

Calories	228.10	Protein	13.10g
Fat	9.10g	SaturatedFat	2.20g
Trans Fat	0.01g	Cholesterol	106.00mg
Carbohydrates	23.00g	Fiber	0.80g
Sugar	1.00g	Sodium	386.00mg
Iron	2.67mg	Vitamin C	1.25mg
Vitamin A	110.89IU	Calcium	71.44mg

Ingredients

1 Each MUFFIN ENGLISH 2Z 12-12CT GFS

THAW UNDER REFRIGERATION 24 HOURS

1 Each EGG SCRMBD PTY RND 3.25 200-1Z GFS

THAW IN THE REFRIGERATOR. DO NOT THAW AT ROOM TEMPERATURE
CONVECTION: HEAT OVEN TO 250F. PLACE SINGLE LAYER OF PATTIES IN FULL-SIZE STEAMER PAN SPRAYED WITH NON-STICK COOKING SPRAY. DO NOT COVER. THAWED 8-10 MIN. FROZEN 10-12 MIN.

1 Each SAUSAGE PTY TKY CKD 1Z 10.25# JENNO

Thaw under refrigeration or prepare from frozen state.

Heat and serve

Preparation Instructions