

# Cordon Bleu Sandwich

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Each
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Complex Food Prep

Sandwich

## Nutrition Information

<b>Calories</b>	465.00	<b>Protein</b>	28.50g
<b>Fat</b>	15.75g	<b>SaturatedFat</b>	5.75g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	80.00mg
<b>Carbohydrates</b>	10.50g	<b>Fiber</b>	3.00g
<b>Sugar</b>	0.50g	<b>Sodium</b>	620.00mg
<b>Iron</b>	1.26mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	200.00IU	<b>Calcium</b>	150.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 bun	3159	Aunt Millie's 4" Whole Grain Hamburger Bun	
1 Each	525480	CHIX BRST BRD CKD WGRAIN 3.75Z 4-7.5	<p>BAKE</p> <p>Appliances vary, adjust accordingly.</p> <p>Conventional Oven</p> <p>Preheat oven to 400°F. Place frozen filets on a baking sheet lined with parchment paper in a single layer. Heat for 18 to 20 minutes.</p> <p>CONVECTION</p> <p>Appliances vary, adjust accordingly.</p> <p>Convection Oven</p> <p>Preheat oven to 375°F; no steam and low fans. Place frozen filets in a single layer on a baking sheet lined with parchment paper. Heat for 16 to 18 minutes.</p>

Measurement	DistPart #	Description	Preparation Instructions
1 Slice	777587	CHEESE MONTRY JK JALAP SLCD 6-1.5	
2 Slice	294187	HAM SLCD .5Z 4-2.5 GFS	

## Preparation Instructions