

Sausage Egg and Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-50411

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN ENGLISH WGRAIN	1 Each		681830
EGG PTY RND 3.5IN	1 Each		741320
SAUSAGE TKY PTY CKD 1.4Z	1 Each	BAKE To Bake (convection oven): Preheat oven to 325°F, heat for 3 - 3 1 2 minutes if frozen, 2 1 2 - 3 minutes if thawed. GRILL To Grill: Prepare over medium heat for 4-5 minutes if frozen, or 3-4 if thawed.	509790
CHEESE AMER 160CT SLCD	1 slices		350207

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving	
Calories	280.00
Fat	11.00g
SaturatedFat	3.75g
Trans Fat	0.00g
Cholesterol	137.50mg
Sodium	580.00mg
Carbohydrates	27.00g
Fiber	3.00g
Sugar	2.50g
Protein	19.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 193.00mg	Iron 1.82mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available
