

Cheesy Eggs

Servings:	1.00	Category:	Entree
Serving Size:	1.00 egg	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49885

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG PTY RND 3.5IN	1 Each		741320
CHEESE AMER 160CT SLCD	1 Slice		350207

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.500
Grain	0.000
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 egg

Amount Per Serving	
Calories	100.00
Fat	7.00g
SaturatedFat	2.75g
Trans Fat	0.00g
Cholesterol	102.50mg
Sodium	250.00mg
Carbohydrates	2.00g
Fiber	0.00g
Sugar	0.50g
Protein	6.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 123.00mg	Iron 0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available