

# Egg & Cheese Bagel Sandwich

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-49263

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD PTY RND GRLLD	1 Each		208990
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	USDA Brown Box Commodity or Use GFS#499789	100036
BAGEL WHT WGRAIN 2Z	1 Each		230264

## Preparation Instructions

Bagel: Thaw the day or two before. May place in warmer morning of to warm bagel up

Egg Patty: Cook according to directions on case

Assembly: Place 1 egg patty and 1 slice between bagel halves. Hold in warmer/hot unit until ready for service.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.250
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	235.00		
<b>Fat</b>	7.50g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	82.50mg		
<b>Sodium</b>	390.00mg		
<b>Carbohydrates</b>	30.00g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	5.50g		
<b>Protein</b>	12.00g		
<b>Vitamin A</b>	32.73IU	<b>Vitamin C</b>	0.01mg
<b>Calcium</b>	45.00mg	<b>Iron</b>	1.20mg

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

## **Nutrition - Per 100g**

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No 100g Conversion Available

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