

HAM AND CHEESE SAUCE

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21434
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM DCD	3 Ounce		202150
SAUCE CHS CHED MILD	1/4 Cup	READY_TO_EAT Ready to eat. Serve at a minimum temperature of 140 °F.	563005

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 3.00 Ounce

Amount Per Serving	
Calories	169.63
Fat	8.98g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	59.82mg
Sodium	978.41mg
Carbohydrates	5.00g
Fiber	0.00g
Sugar	2.00g
Protein	14.95g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 40.00mg	Iron 0.72mg

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

Nutrition - Per 100g

Calories	199.46
Fat	10.56g
SaturatedFat	2.93g
Trans Fat	0.00g
Cholesterol	70.33mg
Sodium	1150.41mg
Carbohydrates	5.88g
Fiber	0.00g
Sugar	2.35g
Protein	17.58g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 47.03mg	Iron 0.84mg

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