

SOUTHWEST BREAKFAST TORNADO



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-33203
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORNADO BKFST EGGSAUS 2.79Z 18-8CT	1 Each		495932

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.750
Grain	1.250
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 Each

Amount Per Serving	
Calories	180.00
Fat	7.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	280.00mg
Carbohydrates	22.00g
Fiber	2.00g
Sugar	1.00g
Protein	7.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 40.00mg	Iron 1.44mg

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

Nutrition - Per 100g

No 100g Conversion Available