

# EGG, CHEESE ENGLISH MUFFIN

NO IMAGE

|                      |                        |                       |                  |
|----------------------|------------------------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00                   | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each              | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Breakfast              | <b>Recipe ID:</b>     | R-47826          |
| <b>School:</b>       | Manchester High School |                       |                  |

## Ingredients

| Description                                | Measurement | Prep Instructions  | DistPart # |
|--|-------------|--|------------|
| EGG PTY RND 300 - 1.25Z                    | 1 Each      |  | 427073     |
| Bongards Yellow Process American Loaf - 5# | 14 Gram     |  | 123646     |
| MUFFIN ENGLISH 2Z                          | 1 Each      | READY_TO_EAT<br>THAW PRODUCT AT ROOM TEMPERATURE FOR ONE HOUR. | 460648     |

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 1.000 |
| <b>Grain</b>    | 2.040 |
| <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>           | 245.02                  |
| <b>Fat</b>                | 9.49g                   |
| <b>SaturatedFat</b>       | 3.51g                   |
| <b>Trans Fat</b>          | 0.00g                   |
| <b>Cholesterol</b>        | 107.46mg                |
| <b>Sodium</b>             | 495.00mg                |
| <b>Carbohydrates</b>      | 26.50g                  |
| <b>Fiber</b>              | 1.00g                   |
| <b>Sugar</b>              | 1.50g                   |
| <b>Protein</b>            | 10.00g                  |
| <b>Vitamin A</b> 0.00IU** | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 184.98mg   | <b>Iron</b> 1.90mg      |

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

\*\*One or more nutritional components are missing from at least one item on this recipe.

## Nutrition - Per 100g

No 100g Conversion Available