

Breakfast Sandwich



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-22183

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD PTY 3.5 165-1.25Z GCHC	1 Each		592625
CHEESE AMER 184CT SLCD 4-5 GCHC	1 Slice		272744
MUFFIN ENG WGRAIN 2Z 12-12CT MUFFTOWN	1 Each		709431

Preparation Instructions

Heat egg, according to directions on the box. When heated through place in 1/2 deep steam table pan. Layer each sandwich components in the pan. Bread and cheese first, then , and egg.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
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 Each

Amount Per Serving	
Calories	235.00
Fat	9.00g
SaturatedFat	3.25g
Trans Fat	0.00g
Cholesterol	107.50mg
Sodium	525.00mg
Carbohydrates	25.50g
Fiber	3.00g
Sugar	1.50g
Protein	11.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 190.50mg	Iron 1.50mg

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

Nutrition - Per 100g

No 100g Conversion Available