

Ham, Bacon, Guacamole Stacker Sandwich



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51313
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WHL WHE PULLMAN SLCD	100 Each	THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.	710650
GUACAMOLE WESTERN STYL	3 Pound		899040
HAM SLCD W/A 8-5 640CT COMM	9 3/8 Pound		651470
BACON TKY CKD	100 Each		834770
ONION YELLOW COLOSS	6 Each		198706
APPLE GALA	9 Each		569392
SPRAY PAN MIST GARL ZESTY	1 Gram	as needed.	542344
SALT IODIZED	1 Teaspoon		125557
Black Ground Pepper	1/2 Teaspoon		2009817

Preparation Instructions

Instructions

Allow the bread to completely thaw in the stock room.

Allow the guacamole to thaw in the cooler at least 2 days prior to service.

Slice the ham in ½ ounce slices for sandwiches.

Crisp the bacon for 3 minutes at 350°F.

Spread 2 tablespoons guacamole and 2 tablespoons roasted apples-onions on bottom pieces of bread.

Top with 3 ounces slices ham and two slices of bacon.

Cut the sandwich and cold hold for service.

To Roast Apples and Onions

Using your slicer cut onions into 3/8" thick rings.

Core and slice the apples 3/8" thick, leaving the skin on.

Lightly spray cooking spray on a parchment lined baking sheet. Arrange the onions and apples in a single layer. Lightly spray with cooking spray and sprinkle with salt and pepper.

Cover the pan tightly with foil.

Roast the covered pan in a 350°F oven for 50 minutes, stirring halfway through roasting.

Recipe Notes

Serving size = 1 sandwich

Creating: 2 oz. grain equivalent, 2 oz. m/ma

Nutrition Facts per Serving (1 sandwich)

Calories: 380 kcal | Fat: 16 g | Saturated fat: 4 g | Cholesterol: 60 mg | Sodium: 1120 mg | Potassium: 233 mg | Carbohydrates: 42 g | Fiber: 7 g | Sugar: 12 g | Protein: 27 g | Calcium: 48 mg | Iron: 3 mg

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	288.77		
Fat	9.96g		
SaturatedFat	3.19g		
Trans Fat	0.00g		
Cholesterol	56.79mg		
Sodium	1043.28mg		
Carbohydrates	32.61g		
Fiber	4.68g		
Sugar	6.95g		
Protein	21.96g		
Vitamin A	12.51IU	Vitamin C	1.31mg
Calcium	82.28mg	Iron	2.17mg

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

Nutrition - Per 100g

No 100g Conversion Available
