

# HAM AND CHEESE SAUCE



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

<b>Meat</b>	2.000
<b>Grain</b>	0.000
<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: 3.00 Ounce

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

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

## Nutrition - Per 100g

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

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