

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