

# MJSH CHEESY HAM AND POTATO SOUP

NO IMAGE

<b>Servings:</b>	16.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-45179
<b>School:</b>	Manchester High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	1 Quart		000001WTR
POTATO DCD	1/3 #10 CAN		118583
CARROT DCD 1/4IN	1 Cup	Carrots purchased fresh already diced. May purchase local carrots and dice them yourself.	200972
CELERY DCD 1/4IN	1 Cup	Celery purchased fresh already diced. May purchase in bulk and dice it yourself.	198196
SALT IODIZED	1 1/2 Teaspoon	READY_TO_EAT used to salt food	108286
FLOUR A/P PASTRY	1/2 Cup		260231
BUTTER PRINT SLTD GRD AA	1/2 Cup		191205
MILK WHT 2	1 Quart		504602
SPICE PEPR BLK REG FINE GRIND	1/4 Teaspoon		225037
Ham, CKD, Frozen, 97% FF Commodity 100184	1 1/2 Pound		100184
CHEESE AMER SHRD R/F	1 Pound	READY_TO_EAT Preshredded. Use cold or melted	861950

## Preparation Instructions

COOK VEGETABLES UNTIL TENDER. DON'T DRAIN. ADD HAM. MAKE WHITE SAUCE WITH BUTTER, FLOUR, AND MILK. ADD CHEESE TO THE SAUCE. STIR UNTIL MELTED. ADD SAUCE TO VEGETABLES. DON'T BOIL AFTER PUTTING TOGETHER. (IT WILL CURDLE).

### 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>	0.125

### Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 1.00 Cup

Amount Per Serving	
<b>Calories</b>	237.98
<b>Fat</b>	13.69g
<b>SaturatedFat</b>	7.97g
<b>Trans Fat*</b>	0.00g
<b>Cholesterol</b>	57.13mg
<b>Sodium</b>	1121.01mg
<b>Carbohydrates</b>	17.12g
<b>Fiber</b>	1.31g
<b>Sugar</b>	2.73g
<b>Protein</b>	15.80g
<b>Vitamin A</b> 1820.47IU	<b>Vitamin C</b> 1.20mg
<b>Calcium</b> 294.88mg	<b>Iron</b> 0.32mg

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

### Nutrition - Per 100g

No 100g Conversion Available