

# EGG, CHEESE ENGLISH MUFFIN



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-47826
School:	Manchester High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG PTY RND 300 - 1.25Z	1 Each		427073
Bongards Yellow Process American Loaf - 5#	14 Gram		123646
MUFFIN ENGLISH 2Z	1 Each	READY_TO_EAT THAW PRODUCT AT ROOM TEMPERATURE FOR ONE HOUR.	460648

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	2.040
<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: 1.00 Each

Amount Per Serving			
<b>Calories</b>		245.02	
<b>Fat</b>		9.49g	
<b>SaturatedFat</b>		3.51g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		107.46mg	
<b>Sodium</b>		495.00mg	
<b>Carbohydrates</b>		26.50g	
<b>Fiber</b>		1.00g	
<b>Sugar</b>		1.50g	
<b>Protein</b>		10.00g	
<b>Vitamin A</b>	0.00IU**	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	184.98mg	<b>Iron</b>	1.90mg

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

\*\*One or more nutritional components are missing from at least one item on this recipe.

## Nutrition - Per 100g

No 100g Conversion Available