

# Baked Ham



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11216
<b>School:</b>	Central Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM PIT SMKD W/A CARVNG	2 Ounce	FULLY COOKED, READY TO SLICE, HEAT & SERVE. Ham- Standard Prep: After slicing ham in 2 oz portion lay in hotel pan and heat in 350 F convection oven until it reaches 165 degrees.	117315

## Preparation Instructions

FULLY COOKED, READY TO SLICE, HEAT & SERVE.

Ham-

Standard Prep: After slicing ham in 2 oz portion lay in hotel pan and heat in 350 F convection oven until it reaches 165 degrees.

CCP: Heat to 165° F or higher for at least 15 seconds.

CCP: Hold for hot service at 135° F or higher.

### 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: 2.00 Ounce

Amount Per Serving			
<b>Calories</b>	70.00		
<b>Fat</b>	3.00g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat*</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	620.00mg		
<b>Carbohydrates</b>	1.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	1.00g		
<b>Protein</b>	9.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.40mg

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

### Nutrition - Per 100g

<b>Calories</b>	123.46		
<b>Fat</b>	5.29g		
<b>SaturatedFat</b>	1.76g		
<b>Trans Fat*</b>	0.00g		
<b>Cholesterol</b>	52.91mg		
<b>Sodium</b>	1093.49mg		
<b>Carbohydrates</b>	1.76g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	1.76g		
<b>Protein</b>	15.87g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.71mg

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