Green Eggs & Ham

Servings:	1.00	**Category:**	Entree
Serving Size:	4.00 Ounce	**HACCP Process:**	Same Day Service
Meal Type:	Breakfast	**Recipe ID:**	R-12942
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD FZ	2 Ounce	**BAKE** **Place pre-cooked scrambled eggs in a pan sprayed with pan release, cover pan with foil. Begin cook process, stirring product every 10 minutes. CONVECTION OVEN - 275°F Thawed: 25-30 minutes Frozen: 30-35 minutes CONVENTIONAL OVEN - 300°F Thawed: 30-35 minutes Frozen: 35-40 minutes**	192330
HAM SMKD RND CLSC W/A	2 Ounce		179906
COLORING FOOD GREEN	1 Cup		573051

Preparation Instructions

BAKE

Place pre-cooked scrambled eggs in a pan sprayed with pan release, and cover the pan with foil. Begin cook process, stirring the product every 10 minutes. CONVECTION OVEN - 275°F Thawed: 25-30 minutes Frozen: 30-35 minutes CONVENTIONAL OVEN - 300°F Thawed: 30-35 minutes Frozen: 35-40 minutes

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

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

4 ounce spoodle

Meal Components (SLE)

Amount Per Serving

Meat	4.000
Grain	0.000
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: 4.00 Ounce

Amount Per Serving	
Calories	259.47
Fat	10.53g
SaturatedFat	3.00g
Trans Fat*	0.08g
Cholesterol	255.33mg
Sodium	2098.53mg
Carbohydrates	6.00g
Fiber	0.00g
Sugar	0.00g
Protein	33.60g

Vitamin A	4.96IU	Vitamin C	0.12mg
Calcium	60.36mg	Iron	6.72mg

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

Nutrition - Per 100g

Calories	228.81
Fat	9.29g
SaturatedFat	2.65g
Trans Fat*	0.07g
Cholesterol	225.17mg
Sodium	1850.59mg
Carbohydrates	5.29g
Fiber	0.00g
Sugar	0.00g
Protein	29.63g

Vitamin A	4.37IU	Vitamin C	0.11mg
Calcium	53.23mg	Iron	5.93mg

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