

Ham & Cheese Hot Pocket



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28976
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POCKET TKY HAM CHS	1 Each	For best results, do not thaw more than 2 hours prior to cooking. DO NOT REFREEZE. Cook for 9-11 minutes in a 350°F convection oven. If individually wrapped, cook in ovenable film. Cook to an internal temperature of 165°F as measured by a food thermometer. CAUTION: Product will be hot. Let stand for 2 minutes.	549632

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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	
Meat	2.000
Grain	2.000
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: 1.00 Serving			
Amount Per Serving			
Calories		280.00	
Fat		11.00g	
SaturatedFat		5.00g	
Trans Fat*		0.00g	
Cholesterol		40.00mg	
Sodium		590.00mg	
Carbohydrates		31.00g	
Fiber		3.00g	
Sugar		4.00g	
Protein		19.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	337.00mg	Iron	2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available