

# Ham & Egg Bites



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-41503
<b>School:</b>	Central Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON CANAD SLCD 64/	1 Each	FULLY COOKED CAN BE SERVED WARM OR COLD.	167661
EGG SCRMBD LIQ MIX BOIL-IN-BAG	2 Ounce	Thaw to use.	417441
CHEESE CHED SHRD	1/2 Ounce	Ready to eat.	199720

## Preparation Instructions

Preheat oven to 350 degrees.

Spray muffin tins with cooking spray.

Place ham slice in each muffin cup and gently press down in the middle until a cup shape forms.

Add 2 ounces of liquid egg.

Sprinkle .5 oz. of cheese on top of liquid egg.

Bake for 20-25 minutes.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.500
<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: 1.00 Serving

Amount Per Serving			
<b>Calories</b>		134.00	
<b>Fat</b>		9.13g	
<b>SaturatedFat</b>		4.50g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		190.63mg	
<b>Sodium</b>		232.50mg	
<b>Carbohydrates</b>		1.63g	
<b>Fiber</b>		0.00g	
<b>Sugar</b>		1.13g	
<b>Protein</b>		10.25g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	36.50mg	<b>Iron</b>	1.05mg

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

## Nutrition - Per 100g

No 100g Conversion Available