## **Green Eggs & Ham**



Servings:	1.00	Category:	Entree
Serving Size:	4.00 Ounce	<b>HACCP Process:</b>	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 - 275ŰF Thawed: 25-30 minutes Frozen: 30-35 minutes CONVENTIONAL OVEN - 300ŰF 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 - 275ŰF Thawed: 25-30 minutes Frozen: 30-35 minutes CONVENTIONAL OVEN - 300ŰF 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

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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	

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

### **Nutrition - Per 100g**

		<u> </u>	
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

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