

# ARL - Tornado Bfast



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Tornado	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-33904
School:	Certification High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
A breakfast Tornado with a blend of scrambled eggs, crumbled turkey sausage, tomatoes, cheddar and Monterey Jack Cheeses, jalapeno and picante sauce wrapped in a freshly baked whole grain tortilla that is partially fried to a golden crisp.	1 Each		122530
PANCAKE & PORK SAUSAGE ON A STICK, FULLY COOKED, FROZEN, INDIVIDUAL OVEN-SAFE WRAPPERS, WHOLE GRAIN PANCAKE BATTER AROUND A MAPLE FLAVOR PORK SAUSAGE, PROVIDES 1.0 oz EQUIVALENT MEAT FOR CN + 1.25 oz EQUIVALENT GRAINS, CONTAINS WHEAT,SOY, EGG, MILK	1		120106

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<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: 100.00

Serving Size: 1.00 Tornado

Amount Per Serving			
<b>Calories</b>	3.56		
<b>Fat</b>	0.13g		
<b>SaturatedFat</b>	0.03g		
<b>Trans Fat*</b>	0.00g		
<b>Cholesterol</b>	0.57mg		
<b>Sodium</b>	7.43mg		
<b>Carbohydrates</b>	0.44g		
<b>Fiber</b>	0.04g		
<b>Sugar</b>	0.09g		
<b>Protein</b>	0.16g		
<b>Vitamin A</b>	0.06IU**	<b>Vitamin C</b>	0.00mg**
<b>Calcium</b>	0.17mg**	<b>Iron</b>	0.01mg**

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

\*\*One or more nutritional components are missing from at least one item on this recipe.

## Nutrition - Per 100g

No 100g Conversion Available