

Egg Sandwich with sausage

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-50411

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN ENGLISH WGRAIN	1 Each		681830
EGG PTY RND 3.5IN	1 Each		741320
SAUSAGE TKY PTY CKD 1.4Z	1 Each	BAKE To Bake (convection oven): Preheat oven to 325°F, heat for 3 - 3 1 2 minutes if frozen, 2 1 2 - 3 minutes if thawed. GRILL To Grill: Prepare over medium heat for 4-5 minutes if frozen, or 3-4 if thawed.	509790
CHEESE AMER 160CT SLCD	1 slices		350207

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	1.500
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 Sandwich

Amount Per Serving			
Calories		280.00	
Fat		11.00g	
SaturatedFat		3.75g	
Trans Fat*		0.00g	
Cholesterol		137.50mg	
Sodium		580.00mg	
Carbohydrates		27.00g	
Fiber		3.00g	
Sugar		2.50g	
Protein		19.50g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	191.50mg	Iron	1.82mg

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

Nutrition - Per 100g

No 100g Conversion Available