

# Green Eggs & Ham

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-12942
<b>School:</b>	Central Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD FZ	2 Ounce	<b>BAKE</b> 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 - 275°F Thawed: 25-30 minutes Frozen: 30-35 minutes CONVENTIONAL OVEN - 300°F 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 - 275°F Thawed: 25-30 minutes Frozen: 30-35 minutes CONVENTIONAL OVEN - 300°F 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

Amount Per Serving

<b>Meat/Meat Alternate</b>	4.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving	
<b>Calories</b>	259.47
<b>Fat</b>	10.53g
<b>Saturated Fat</b>	3.00g
<b>Trans Fat</b>	0.08g
<b>Cholesterol</b>	255.33mg
<b>Sodium</b>	2098.53mg
<b>Carbohydrates</b>	6.00g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	0.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	33.60g
<b>Vitamin A</b> 4.96mcg	<b>Vitamin C</b> 0.12mg
<b>Calcium</b> 60.36mg	<b>Iron</b> 6.72mg

## Nutrition - Per 100g

<b>Calories</b>	228.81
<b>Fat</b>	9.29g
<b>Saturated Fat</b>	2.65g
<b>Trans Fat</b>	0.07g
<b>Cholesterol</b>	225.17mg
<b>Sodium</b>	1850.59mg
<b>Carbohydrates</b>	5.29g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	0.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	29.63g
<b>Vitamin A</b> 4.37mcg	<b>Vitamin C</b> 0.11mg
<b>Calcium</b> 53.23mg	<b>Iron</b> 5.93mg