

Ham & Cheese Hot Pocket

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28976
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POCKET TKY HAM CHS	1 Each	For best results, do not thaw more than 2 hours prior to cooking. DO NOT REFREEZE. Cook for 9-11 minutes in a 350°F convection oven. If individually wrapped, cook in ovenable film. Cook to an internal temperature of 165°F as measured by a food thermometer. CAUTION: Product will be hot. Let stand for 2 minutes.	549632

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CCP: Heat to 165° F or higher for at least 15 seconds.

CCP: Hold for hot service at 135° F or higher.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	280.00
Fat	11.00g
Saturated Fat	5.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	590.00mg
Carbohydrates	31.00g
Fiber	3.00g
Total Sugar	4.00g
Added Sugar	4.00g
Protein	19.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 337.00mg	Iron 2.00mg

Nutrition - Per 100g

No 100g Conversion Available