

# Ham & Cheese Hot Pocket



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

## Ingredients

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

## Preparation Instructions

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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

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<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	2.000
<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: 1.00 Serving

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

## Nutrition - Per 100g

No 100g Conversion Available