

# Eagle Muffin



|                      |                           |                       |                  |
|----------------------|---------------------------|-----------------------|------------------|
| <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>    | Breakfast                 | <b>Recipe ID:</b>     | R-41516          |
| <b>School:</b>       | Central Elementary School |                       |                  |

## Ingredients

| Description                 | Measurement | Prep Instructions   | DistPart # |
|-----------------------------|-------------|---|------------|
| BACON CANAD<br>SLCD 64/ W/A | 1 Each      | FULLY COOKED CAN BE SERVED WARM OR COLD.  | 167661     |
| EGG OMELET<br>CHS COLBY     | 1 Each      | BAKE<br>For best results reheat product from fully thawed state. Line sheet trays with pan liner or non-stick spray. Place product on sheet trays and cover with foil before placing in oven. Preheat oven to 350F. Cook thawed product for approx. 10 minutes. Cook frozen product for approx. 20 minutes. | 554470     |
| MUFFIN ENGLISH<br>2Z        | 1 Each      | READY_TO_EAT<br>THAW PRODUCT AT ROOM TEMPERATURE FOR ONE HOUR.  | 460648     |

## Preparation Instructions

No Preparation Instructions available.

## Meal Components

Amount Per Serving

|                                 |       |
|---------------------------------|-------|
| <b>Meat/Meat Alternate</b>      | 2.000 |
| <b>Grain</b>                    | 2.040 |
| <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>          | 247.50                  |
| <b>Fat</b>               | 9.13g                   |
| <b>Saturated Fat</b>     | 3.50g                   |
| <b>Trans Fat</b>         | 0.00g                   |
| <b>Cholesterol</b>       | 168.13mg                |
| <b>Sodium</b>            | 502.50mg                |
| <b>Carbohydrates</b>     | 26.13g                  |
| <b>Fiber</b>             | 1.00g                   |
| <b>Total Sugar</b>       | 1.13g                   |
| <b>Added Sugar</b>       | 0.00g                   |
| <b>Protein</b>           | 13.25g                  |
| <b>Vitamin A</b> 0.00mcg | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 176.00mg  | <b>Iron</b> 2.45mg      |

## Nutrition - Per 100g

No 100g Conversion Available