

Ham & Egg Bites



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-41503
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON CANAD SLCD 64/ W/A	1 Each	FULLY COOKED CAN BE SERVED WARM OR COLD.	167661
EGG SCRMBD LIQ MIX BOIL-IN-BAG	2 Ounce	Thaw to use.	417441
CHEESE CHED SHRD	1/2 Ounce	Ready to eat.	199720

Preparation Instructions

Preheat oven to 350 degrees.

Spray muffin tins with cooking spray.

Place ham slice in each muffin cup and gently press down in the middle until a cup shape forms.

Add 2 ounces of liquid egg.

Sprinkle .5 oz. of cheese on top of liquid egg.

Bake for 20-25 minutes.

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.500
Grain	0.000
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	134.00
Fat	9.13g
Saturated Fat	4.50g
Trans Fat	0.00g
Cholesterol	190.63mg
Sodium	232.50mg
Carbohydrates	1.63g
Fiber	0.00g
Total Sugar	1.13g
Added Sugar	0.00g
Protein	10.25g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 36.50mg	Iron 1.05mg

Nutrition - Per 100g

No 100g Conversion Available