

# Breakfast Bowl



<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-44245

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD W/BCN CHS	2 Ounce	<b>BAKE</b> 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. 40 minutes. Cook frozen product for approx. 55 minutes.	533034
HASHBROWN PTY	1 Each	<b>CONVECTION</b> PREHEAT OVEN TO 425° F. SPREAD FROZEN PATTIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 15 MINUTES, TURNING ONCE FOR UNIFORM COOKING. <b>DEEP_FRY</b> FILL BASKET 1 LB (8 EACH) WITH FROZEN PATTIES. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	201146
Toast with Butter Option	1 Serving	Spray sheet pan with butter spray Place bread on a sheet pan spread liquid butter on the top of the bread- 1/2 tablespoon per slice Toast in a convection oven until lightly brown- approximately 5-7minutes Place in heat and hold until ready to serve Cook to the line during service.	R-44246

## Preparation Instructions

Bake according to instructions and place in boat for service

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	1.750
<b>Grain</b>	1.000
<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>	0.500

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	360.00
<b>Fat</b>	23.00g
<b>Saturated Fat</b>	5.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	170.00mg
<b>Sodium</b>	685.00mg
<b>Carbohydrates</b>	26.00g
<b>Fiber</b>	2.00g
<b>Total Sugar</b>	2.00g
<b>Added Sugar</b>	1.00g
<b>Protein</b>	12.00g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 104.50mg	<b>Iron</b> 1.92mg

## Nutrition - Per 100g

No 100g Conversion Available