

# Diced Ham Wrap

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Wrap	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57772
<b>School:</b>	Tri-County Jr./Sr. High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 1/4 Ounce	USDA Brown Box Commodity--Weight--Diced	100187
LETTUCE ROMAINE RIBBONS	1/4 Cup		451730
Cheese, Cheddar Reduced fat, Shredded	1/4 Cup		100012
TORTILLA FLOUR ULTRGR 9"	1 Each		523610

## Preparation Instructions

Updated 1.19.26

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	2.250
<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 Wrap

Amount Per Serving	
<b>Calories</b>	290.41
<b>Fat</b>	12.55g
<b>Saturated Fat</b>	7.52g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	38.44mg
<b>Sodium</b>	587.70mg
<b>Carbohydrates</b>	32.55g
<b>Fiber</b>	3.25g
<b>Total Sugar</b>	3.27g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	16.37g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 44.00mg	<b>Iron</b> 1.44mg

## Nutrition - Per 100g

<b>Calories</b>	455.26
<b>Fat</b>	19.67g
<b>Saturated Fat</b>	11.80g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	60.26mg
<b>Sodium</b>	921.31mg
<b>Carbohydrates</b>	51.03g
<b>Fiber</b>	5.09g
<b>Total Sugar</b>	5.13g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	25.67g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 68.98mg	<b>Iron</b> 2.26mg