

Diced Ham Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57772
School:	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

Meat/Meat Alternate	2.000
Grain	2.250
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 Wrap

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

Nutrition - Per 100g

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