

Hot Ham & Cheese Sandwich (commodity)



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-57839

Ingredients

Description	Measurement	Prep Instructions	DistPart #
wg 4 inch Hamburger Bun x	1 bun	BAKE Toast if desired	3474
Ham, 97% Fat Free, Cooked , Water Added, Sliced	3 Slice		100187
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	2 Slice		100036

Preparation Instructions

Open buns and lay out on a sheet pan.

Lay a slice of cheese on the bottom of each bun.

Fold each slice of ham in half and layer along bottom of the bun.

Top ham with another slice of cheese and replace the top bun.

Place sheet pan in oven and warm low & slow in the oven until internal temperature reaches 140 degrees. Ham should be warmed throughout and cheese should be melty.

CCP: Hold at 140 for hot service.

Meal Components

Amount Per Serving

Meat/Meat Alternate	4.000
Grain	2.000
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 Sandwich

Amount Per Serving	
Calories	341.00
Fat	13.00g
Saturated Fat	6.00g
Trans Fat	0.00g
Cholesterol	69.00mg
Sodium	1186.00mg
Carbohydrates	35.00g
Fiber	2.00g
Total Sugar	8.00g
Added Sugar	0.00g
Protein	27.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 71.00mg	Iron 2.00mg

Nutrition - Per 100g

Calories	328.64
Fat	12.53g
Saturated Fat	5.78g
Trans Fat	0.00g
Cholesterol	66.50mg
Sodium	1143.02mg
Carbohydrates	33.73g
Fiber	1.93g
Total Sugar	7.71g
Added Sugar	0.00g
Protein	26.02g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 68.43mg	Iron 1.93mg