

# Hot Ham & Cheese Sandwich (commodity)



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat/Meat Alternate</b>	4.000
<b>Grain</b>	2.000
<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>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

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

## Nutrition - Per 100g

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