

# Ham Egg & Cheese Bagel

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-54052
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD	1 Piece		556121
EGG SCRMBD PTY RND 3.5" 1.5Z 1-120CT	1 Each		119493
Land O Lakes® 50% Reduced Fat American Cheese Slices	1 Slice		499789
BAGEL WHT WGRAIN 2Z	1 Each		230264

## Preparation Instructions

Place Ham egg & cheese on Bagel can serve hot. Cook to temp 165.

Created: 7/8/25

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.154
<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 Each

Amount Per Serving	
<b>Calories</b>	287.68
<b>Fat</b>	10.13g
<b>Saturated Fat</b>	3.24g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	142.11mg
<b>Sodium</b>	656.86mg
<b>Carbohydrates</b>	31.00g
<b>Fiber</b>	4.00g
<b>Total Sugar</b>	7.00g
<b>Added Sugar</b>	5.00g
<b>Protein</b>	17.08g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 132.00mg	<b>Iron</b> 2.49mg

## Nutrition - Per 100g

<b>Calories</b>	1014.74
<b>Fat</b>	35.75g
<b>Saturated Fat</b>	11.43g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	501.26mg
<b>Sodium</b>	2316.98mg
<b>Carbohydrates</b>	109.35g
<b>Fiber</b>	14.11g
<b>Total Sugar</b>	24.69g
<b>Added Sugar</b>	17.64g
<b>Protein</b>	60.23g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 465.61mg	<b>Iron</b> 8.77mg