

I Do So Like Green Eggs & Ham

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57414

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD FZ	3 Ounce		192330
Ham, Cubed Frozen	2 Ounce		100188-H
COLORING FOOD GREEN	1/8 Teaspoon		573051

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	4.500
Grain	0.000
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 Each

Amount Per Serving	
Calories	195.93
Fat	12.28g
Saturated Fat	4.64g
Trans Fat	0.00g
Cholesterol	314.59mg
Sodium	773.48mg
Carbohydrates	6.29g
Fiber	0.00g
Total Sugar	1.64g
Added Sugar	0.00g
Protein	17.24g
Vitamin A 0.01mcg RAE	Vitamin C 0.00mg
Calcium 54.07mg	Iron 0.02mg

Nutrition - Per 100g

Calories	138.23
Fat	8.66g
Saturated Fat	3.27g
Trans Fat	0.00g
Cholesterol	221.94mg
Sodium	545.67mg
Carbohydrates	4.44g
Fiber	0.00g
Total Sugar	1.16g
Added Sugar	0.00g
Protein	12.17g
Vitamin A 0.01mcg RAE	Vitamin C 0.00mg
Calcium 38.14mg	Iron 0.01mg