

Ham Egg & Cheese Bagel

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-54052
School:	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

Meat/Meat Alternate	2.154
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 Each

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

Nutrition - Per 100g

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