

Breakfast Scramble

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Bowl	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8520

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HASHBROWN CUBES SEAS CRISPY	2 8/9 Ounce		504122
EGG SCRMBD CKD FZ 4-5 GCHC	1/3 Cup		584584
Ham, Cubed Frozen	3/5 Ounce		100188-H
CHEESE CHED MLD SHRD 4-5 LOL	1 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250

Preparation Instructions

Pull Cubed Ham out of freezer the day before preparing this meal.

Prepare Crispy Cubes according to package directions.

Prepare Scrambled Eggs according to package directions.

Prepare Cubed Ham according to package directions.

In a styrofoam bowl (GFS#184802), use a 4oz spoodle and spoodle crispy cubes into styrofoam bowl.

Using 1/3 cup, scoop your eggs on top of the crispy cubes.

The Cubed Ham should weigh 0.61oz per serving. Scoop ontop of the scrambled eggs

Finally, top each bowl with 1 oz of shredded cheddar cheese.

Place in warmer until ready to serve.

CCP: Heat to 165 degrees F or higher for 15 seconds

CCP: Hold for hot service at 135 degrees F or warmer

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.500
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Bowl

Amount Per Serving	
Calories	273.99
Fat	17.24g
Saturated Fat	8.04g
Trans Fat	0.00g
Cholesterol	164.00mg
Sodium	676.97mg
Carbohydrates	14.32g
Fiber	1.08g
Total Sugar	2.04g
Added Sugar	0.00g
Protein	16.12g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 249.40mg	Iron 1.44mg

Nutrition - Per 100g

Calories	175.72
Fat	11.05g
Saturated Fat	5.16g
Trans Fat	0.00g
Cholesterol	105.18mg
Sodium	434.18mg
Carbohydrates	9.19g
Fiber	0.69g
Total Sugar	1.31g
Added Sugar	0.00g
Protein	10.34g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 159.95mg	Iron 0.92mg