

# Ham & Cheddar Egg Bites



<b>Servings:</b>	45.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-42717
<b>School:</b>	Liberty Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD LIQ BLND	7 1/2 Pound		465798
CHEESE CHED MLD SHRD 4-5 LOL	1 Pound	READY_TO_EAT Preshredded. Use cold or melted	150250
1% White Milk	24 Ounce	READY_TO_DRINK	13871
Black Pepper	1 Teaspoon	BAKE	24108
TURKEY HAM DCD	1 Cup	READY_TO_EAT Fully Cooked - Ready To Eat This product is fully cooked and is "Ready To Eat".	202150

## Preparation Instructions

Serving size = 2 bites

In a bowl or large pitcher, mix together eggs, milk, and pepper. Whisk well.

Heavily spray the muffin wells with vegetable spray.

Pour 1/3 cup of eggs into each muffin well

Evenly sprinkle all ham, then cheese in each well.

Bake for 15 minutes in a 350 °F oven until eggs are set and internal temperature reaches 160°F

PR 8/20/2025

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	1.500
<b>Grain</b>	0.000
<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: 45.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	128.89
<b>Fat</b>	7.85g
<b>Saturated Fat</b>	3.53g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	129.50mg
<b>Sodium</b>	366.88mg
<b>Carbohydrates</b>	2.86g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	1.89g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	10.45g
<b>Vitamin A</b> 0.61mcg RAE	<b>Vitamin C</b> 0.12mg
<b>Calcium</b> 106.68mg	<b>Iron</b> 0.63mg

## Nutrition - Per 100g

<b>Calories</b>	112.91
<b>Fat</b>	6.87g
<b>Saturated Fat</b>	3.09g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	113.44mg
<b>Sodium</b>	321.40mg
<b>Carbohydrates</b>	2.50g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	1.65g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	9.16g
<b>Vitamin A</b> 0.53mcg RAE	<b>Vitamin C</b> 0.11mg
<b>Calcium</b> 93.46mg	<b>Iron</b> 0.56mg