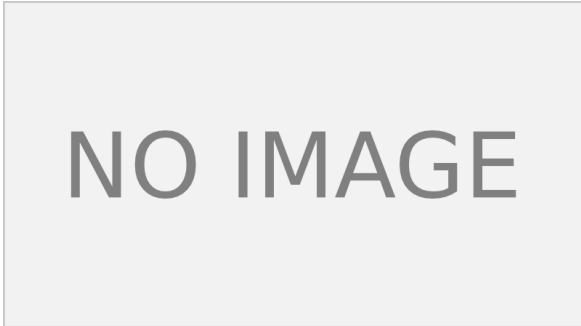


Ham, Egg, & Cheese Breakfast Bagel



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Breakfast Sandwich	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-10141

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAGEL WHT WGRAIN 2Z	1 Each		230264
EGG SCRMBD PTY RND 3.5" 1.5Z 1-120CT	1 Each		119493
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 Slice		100187
Land O Lakes® 50% Reduced Fat American Cheese Slices	1 slices		499789

Preparation Instructions

Prepare egg patty as stated on package.

Prepare whole grain Bagel by splitting in half put bagel on sheet pan spray with butter flavored spray and toast at 350 for 5-8 mins until toasted assemble . Bagel half first then egg patty then 1 slice of cheese and 1 slice of ham place other half of bagel on top wrap sandwich serve 1 per serving.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	1.750
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 Breakfast Sandwich

Amount Per Serving	
Calories	270.16
Fat	9.32g
Saturated Fat	3.16g
Trans Fat	0.00g
Cholesterol	129.88mg
Sodium	595.08mg
Carbohydrates	31.82g
Fiber	4.00g
Total Sugar	7.41g
Added Sugar	5.00g
Protein	14.55g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 132.00mg	Iron 2.25mg

Nutrition - Per 100g

Calories	1906.59
Fat	65.77g
Saturated Fat	22.30g
Trans Fat	0.00g
Cholesterol	916.56mg
Sodium	4199.59mg
Carbohydrates	224.56g
Fiber	28.23g
Total Sugar	52.29g
Added Sugar	35.29g
Protein	102.68g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 931.55mg	Iron 15.88mg