

Sausage, Egg and Cheese Muffin



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-33266

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN ENG WGRAIN SLCD 2Z	1 Each	N/A	687131
CHEESE AMER 160CT SLCD	1 Slice	N/a	150260
SAUSAGE PTY TKY CKD	1 Each		184970

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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 Sandwich

Amount Per Serving	
Calories	235.00
Fat	10.00g
Saturated Fat	3.50g
Trans Fat	0.00g
Cholesterol	42.50mg
Sodium	585.00mg
Carbohydrates	22.00g
Fiber	1.00g
Total Sugar	1.50g
Added Sugar	0.00g
Protein	15.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 171.50mg	Iron 1.96mg

Nutrition - Per 100g

No 100g Conversion Available