

# I Do So Like Green Eggs & Ham

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57413

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD FZ	3 Ounce		192330
Ham, Cubed Frozen	2 Ounce		100188-H
COLORING FOOD GREEN	1/8 Teaspoon		573051

## Preparation Instructions

Place fully cooked scrambled eggs into a hotel pan.

In a small container, Whisk warm butter with green food coloring until evenly combined.

Heat eggs to an internal temperature of 165°F for service.

Slowly add the butter mixture a little at a time until the eggs reach a light green color.

Evenly sprinkle diced ham over the top of the eggs.

Hold at 140°F or higher until service.

AP: 02/17/26

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	4.500
<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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	195.93
<b>Fat</b>	12.28g
<b>Saturated Fat</b>	4.64g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	314.59mg
<b>Sodium</b>	773.48mg
<b>Carbohydrates</b>	6.29g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	1.64g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	17.24g
<b>Vitamin A</b> 0.01mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 54.07mg	<b>Iron</b> 0.02mg

## Nutrition - Per 100g

<b>Calories</b>	138.23
<b>Fat</b>	8.66g
<b>Saturated Fat</b>	3.27g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	221.94mg
<b>Sodium</b>	545.67mg
<b>Carbohydrates</b>	4.44g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	1.16g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	12.17g
<b>Vitamin A</b> 0.01mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 38.14mg	<b>Iron</b> 0.01mg