

# Breakfast Scramble

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Bowl	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	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

<b>Meat/Meat Alternate</b>	2.500
<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>	0.500

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Bowl

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

## Nutrition - Per 100g

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