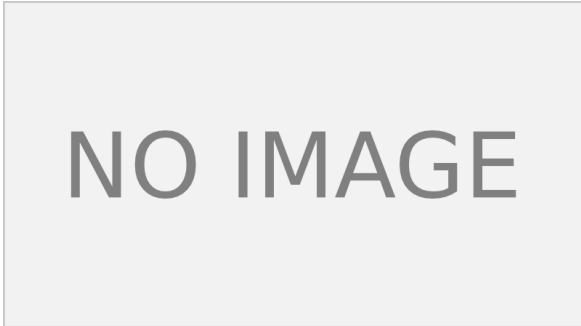


# Ham, Egg, & Cheese Breakfast Bagel



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

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	1.750
<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 Breakfast Sandwich

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

## Nutrition - Per 100g

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