

# Sausage, Egg and Cheese Muffin



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

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	2.000
<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 Sandwich

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

## Nutrition - Per 100g

No 100g Conversion Available