

Ham Egg & Cheese Bagel

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-54052
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD	1 Piece		556121
EGG SCRMBD PTY RND 3.5" 1.5Z 1-120CT	1 Each		119493
Land O Lakes® 50% Reduced Fat American Cheese Slices	1 Slice		499789
BAGEL WHT WGRAIN 2Z	1 Each		230264

Preparation Instructions

Place Ham egg & cheese on Bagel can serve hot. Cook to temp 165.

Created: 7/8/25

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.154
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 Each

Amount Per Serving	
Calories	322.68
Fat	8.13g**
Saturated Fat	4.49g
Trans Fat	0.00g
Cholesterol	149.61mg
Sodium	866.86mg
Carbohydrates	33.00g
Fiber	4.00g
Total Sugar	8.00g
Added Sugar	5.00g
Protein	19.58g
Vitamin A 0.00mcg RAE**	Vitamin C 0.00mg**
Calcium 212.00mg	Iron 2.54mg

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

Calories	1138.20
Fat	28.69g**
Saturated Fat	15.84g
Trans Fat	0.00g
Cholesterol	527.72mg
Sodium	3057.72mg
Carbohydrates	116.40g
Fiber	14.11g
Total Sugar	28.22g
Added Sugar	17.64g
Protein	69.05g
Vitamin A 0.00mcg RAE**	Vitamin C 0.00mg**
Calcium 747.80mg	Iron 8.94mg

**One or more nutritional components are missing from at least one item on this recipe.