

Scrambled Egg, Bacon and 1/2slice toast



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-58604
School:	Walton-Verona K-5		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD LIQ MIX BOIL-IN- BAG	1/2 Cup	Cook in steamer until reaches 155F.	417441
BACON TKY CKD	1 Ounce	Basic Preparation CONVECTIN OVEN: PREHEAT OVEN TO 350°F. PLACE 16 SLICES OF BACON ON A COOKIE SHEET IN A SINGLE LAYER. PLACE RACK IN CENTER OF OVEN. HEAT FOR 1-2 MINUTES. REMOVE AND SERVE. FLAT GRILL: PREHEAT TO 350°F. PLACE SLICES ON GRILL. FLIP BACON AT 30 SECONDS AND LEAVE ON FOR ANOTHER 30 SECONDS. REMOVE FROM GRILL AND SERVE. THE BACON WILL GET CRISPER THE LONGER IT'S HEATED.	834770
Toast Option	1/2 Serving	Spray sheet pan with butter spray Place bread on a sheet pan spread liquid butter on the top of the bread- 1/2 tablespoon per slice Toast in a convection oven until lightly brown- approximately 5-7minutes Place in heat and hold until ready to serve Cook to the line during service.	R-44246

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.500
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 Serving

Amount Per Serving	
Calories	325.00
Fat	21.00g
Saturated Fat	5.63g
Trans Fat	0.00g
Cholesterol	380.00mg
Sodium	832.50mg
Carbohydrates	9.50g
Fiber	0.50g
Total Sugar	2.50g
Added Sugar	1.50g
Protein	23.50g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 90.25mg	Iron 2.86mg

Nutrition - Per 100g

Calories	1146.38
Fat	74.07g
Saturated Fat	19.84g
Trans Fat	0.00g
Cholesterol	1340.39mg
Sodium	2936.51mg
Carbohydrates	33.51g
Fiber	1.76g
Total Sugar	8.82g
Added Sugar	5.29g
Protein	82.89g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 318.34mg	Iron 10.09mg