

Pretzel, Cheese and Egg Box



| | | | |
|----------------------|--------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-58560 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|-------------------|------------|
| CHEESE COLBY JK CUBE IW 200-1Z LOL | 1 Package | BAKE | 680130 |
| PRETZEL SFT PREBKD WGRAIN | 1 Each | | 607122 |
| EGG HRD CKD PLD REF | 1 Each | | 787136 |
| CARROT BABY WHL CLEANED | 1/2 Cup | | 510637 |

Preparation Instructions

Place in 3 compartment clear container- for cold service 41F or below

Meal Components

Amount Per Serving

| | |
|---------------------------------|-------|
| Meat/Meat Alternate | 2.000 |
| Grain | 1.000 |
| 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 Serving

| Amount Per Serving | | | |
|----------------------|------------------|------------------|----------|
| Calories | 245.01 | | |
| Fat | 11.50g | | |
| Saturated Fat | 5.50g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 200.02mg | | |
| Sodium | 400.01mg | | |
| Carbohydrates | 21.00g | | |
| Fiber | 3.00g | | |
| Total Sugar | 3.00g | | |
| Added Sugar | 0.00g | | |
| Protein | 15.00g | | |
| Vitamin A | 9695.00mcg RAE** | Vitamin C | 2.00mg** |
| Calcium | 238.00mg | Iron | 2.72mg |

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

Nutrition - Per 100g

| | | | |
|----------------------|-------------------|------------------|----------|
| Calories | 864.22 | | |
| Fat | 40.57g | | |
| Saturated Fat | 19.40g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 705.53mg | | |
| Sodium | 1410.96mg | | |
| Carbohydrates | 74.07g | | |
| Fiber | 10.58g | | |
| Total Sugar | 10.58g | | |
| Added Sugar | 0.00g | | |
| Protein | 52.91g | | |
| Vitamin A | 34197.53mcg RAE** | Vitamin C | 7.05mg** |
| Calcium | 839.51mg | Iron | 9.59mg |

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