

Breakfast Bowl



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-44245

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD W/BCN CHS	2 Ounce	BAKE For best results reheat product from fully thawed state. Line sheet trays with pan liner or non-stick spray. Place product on sheet trays and cover with foil before placing in oven. Preheat oven to 350F. Cook thawed product for approx. 40 minutes. Cook frozen product for approx. 55 minutes.	533034
HASHBROWN PTY	1 Each	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PATTIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 15 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET 1 LB (8 EACH) WITH FROZEN PATTIES. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	201146
Toast Option	1 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

Bake according to instructions and place in boat for service

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.750
Grain	1.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	360.00
Fat	23.00g
Saturated Fat	5.25g
Trans Fat	0.00g
Cholesterol	170.00mg
Sodium	685.00mg
Carbohydrates	26.00g
Fiber	2.00g
Total Sugar	2.00g
Added Sugar	1.00g
Protein	12.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 104.50mg	Iron 1.92mg

Nutrition - Per 100g

Calories	634.92
Fat	40.56g
Saturated Fat	9.26g
Trans Fat	0.00g
Cholesterol	299.82mg
Sodium	1208.11mg
Carbohydrates	45.86g
Fiber	3.53g
Total Sugar	3.53g
Added Sugar	1.76g
Protein	21.16g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 184.30mg	Iron 3.39mg